



UHL Session 9 U11-U12

Category: Technical: Passing & Receiving
Difficulty: Moderate

Am-Club: Oakville Soccer Club
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Description

Warm Up (15 mins)

Organization

- 20 x 20 Area
- Players split in two teams
- Each team has one player at opposite ends of the box

Activity

- The players play with the ball in their hands with European handball rules
- Players in possession have only one step to pivot
- Players not on the ball move to create passing options
- To score the players have to get the ball in to the player of their colour at the opposite end of the area

Coaches Emphasis

- Move the ball at speed
- Create passing lanes to keep the ball moving
- Move as the ball moves
- Awareness of space and players



Initial Game (10 mins)

Organization

- Split players in to teams of 3/4 depending on group size
- Create fields 15 x 20

Activity

- Players play 3v3/4v4 straight small sided games
- Encourage movement off the ball as the ball moves
- Encourage players to have a plan prior to receiving the ball

Coaches Emphasis

- Attack with speed
- First look forwards
- Movement to create passing options
- Awareness of space and players



Activity (10 mins)

Organization

- All players on the full 3v3 field
- 5 Players
- 6 cones
- 1 ball

Activity

- Players pass the ball between themselves with 1 rule
- The rule is once they have passed the ball they then must move to the spare cone
- Set up two stations of 5 players each
- Set a competition to see who can get to 20 passes first

Progression

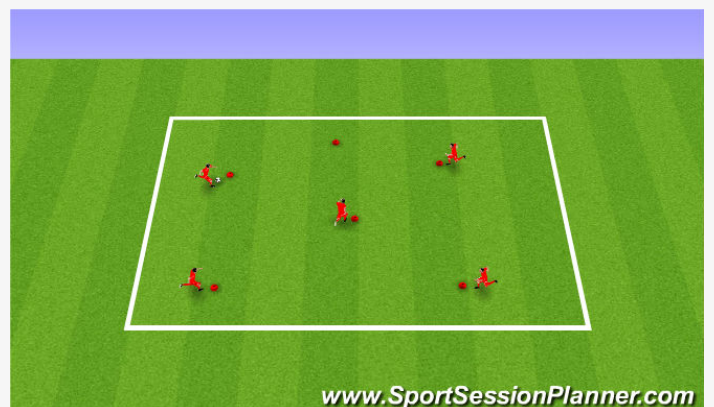
- Limit each player to two touch
- Limit to left foot only or right foot only
- Compete with the restrictions

Progression

- Add a defender should the group be consistent with their quality of pass and movement.

Coaches Emphasis

- Use of different areas of the foot
- Start without any competition to encourage quality over quantity



SOG (15 mins)

Organization

- 7v7 game

Activity

- The players play 7v7 with the encouragement to be positive and attack 1v1 where possible
- The role of the coach is to allow the players to play and encourage when making good decisions

Coaches emphasis

- Encourage Players to be positive
- Make good decisions
- Attack with speed

