Activity Title: U11 Day 4
Add to Warm-up touches

Activity Name: Grid 1 Combo movement attack to protect to escape

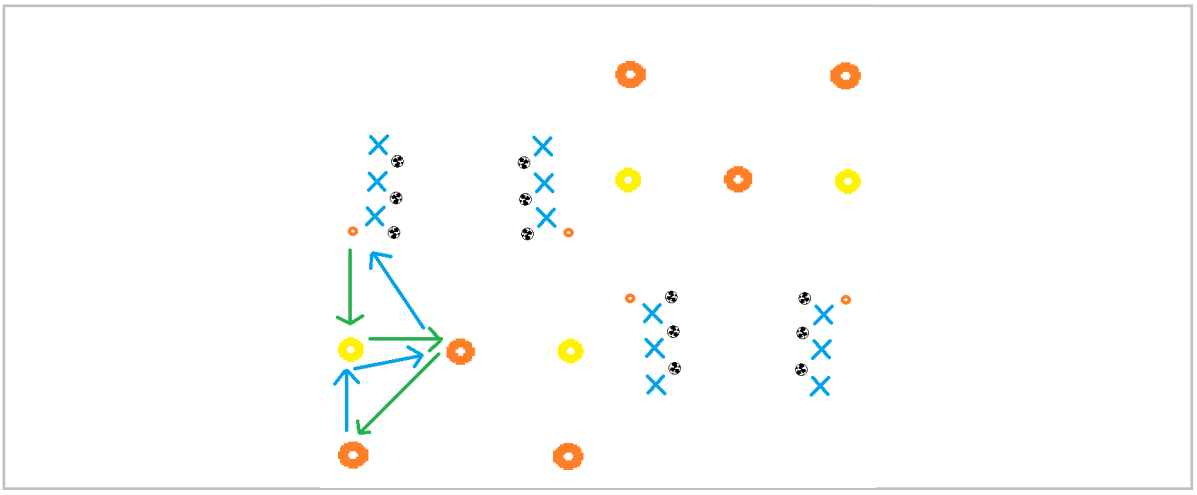
Activity Setup: Place one cone with an obstacle 4 yds apart with an obstacle in between. Place another obstacle 2 yds away from the first perpendicular to the middle obstacle . Make as many needed for no more than three players Per starting cone.

Activity Description: Player will drive to the first cone and perform a 1v1 attacking move towards the side obstacle. They will then use a protection move to change direction to the last obstacle. They will perform a turn move at the last obstacle and repeat 1v1 and protection back.

Emphasis:

Coach directed moves

Cue Words:



Activity Name: Grid 2 Passing and receiving on the move

Activity Setup: Place the walls in a larger square with at least 3-4 yds in between each. Place a gate 2 yards away from three of the walls. On the fourth offset it a yard. Place cones as shown in the diagram.

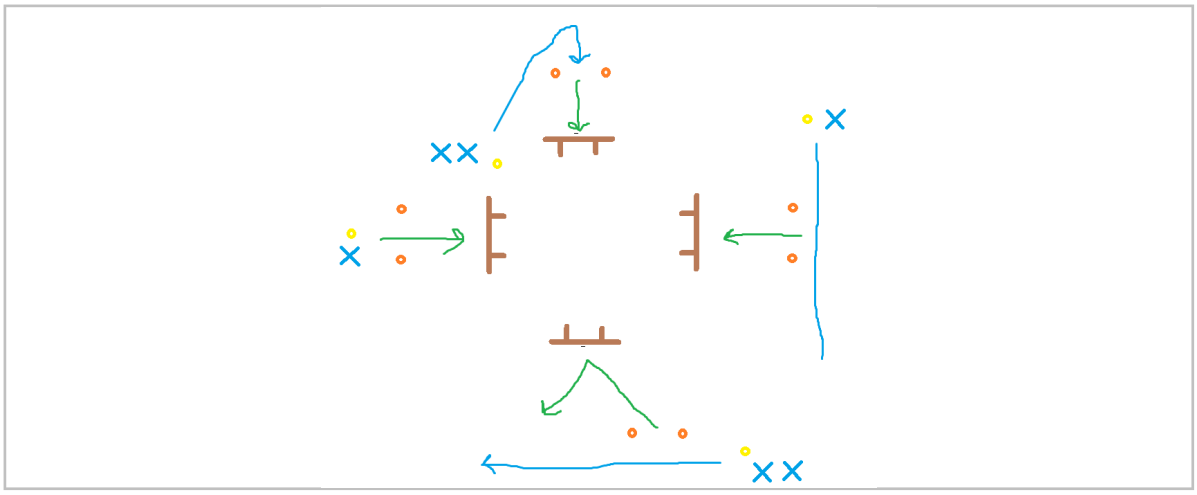
Activity Description: Player will drive to the gate, passing the ball with the appropriate foot to the wall, then receive the ball with an active touch to the next cone. Players will work their way clockwise around the passing grid.

Emphasis:

Fat part of the foot
Hips to the pass
Follow through

Cue Words:

Fat part
Hips to target
follow through



Activity Title: U11 Day 4

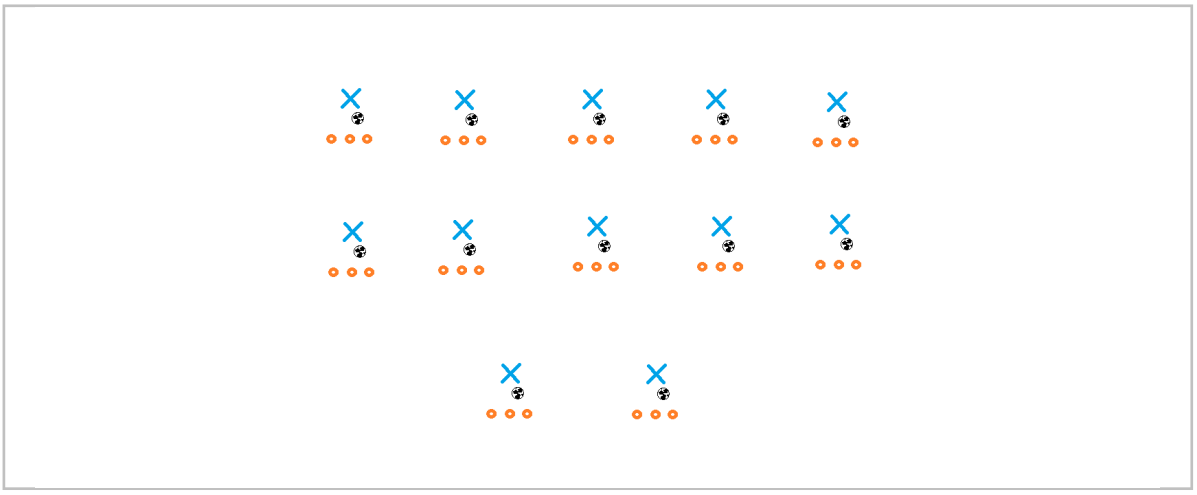
Activity Name: Grid 3 Touch and go

Activity Setup: Place three cones next to each other for each player with a ball in the grid. All players have a ball

Activity Description: Player will start with the ball still directly behind the three cones facing them. Coach will call out a touch or roll, player will touch or roll the ball laterally until they clear the cones then forward past the cones. They will then turn and face the opp. side of cones

Emphasis:

Sharp touch
Quick escape



Cue Words:

Quick touch
Go

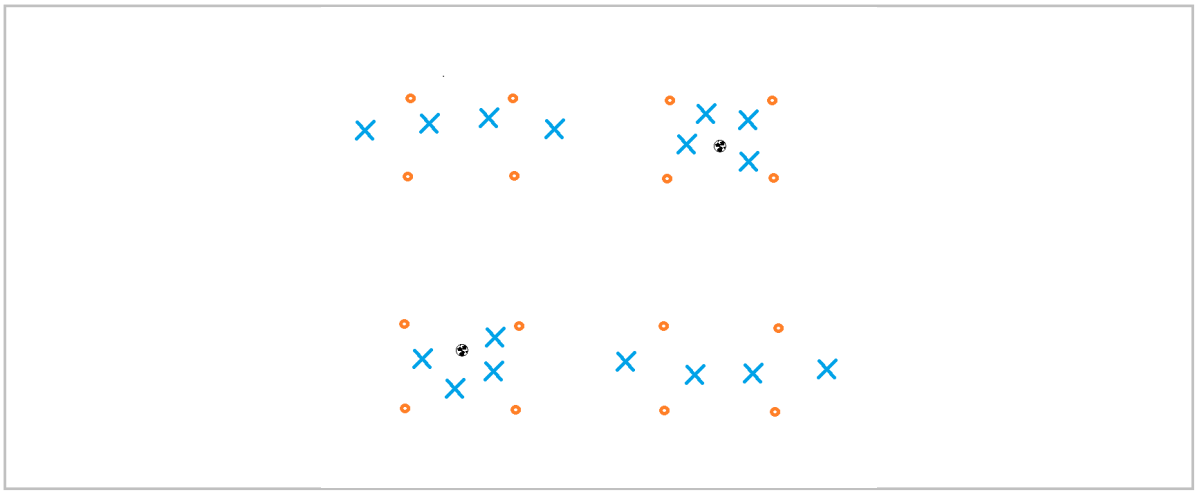
Activity Name: Grid 4 Escaping group pressure

Activity Setup: Place two grids of cones 2x2 yd 3yds apart. 3-4 players per cone facing the opposite cone. A ball per set of cones.

Activity Description: Players on one cone surround the ball loosely at the cone. Other cone players spread out a bit. A player spread out runs to the ball steps on it and pulls it through an available gap and passes back to a player from their group. Set the ball/repeat

Emphasis:

firm roll
low hips
eyes up



Cue Words:

Grip the ball
hips down
eyes up
fat part of the foot