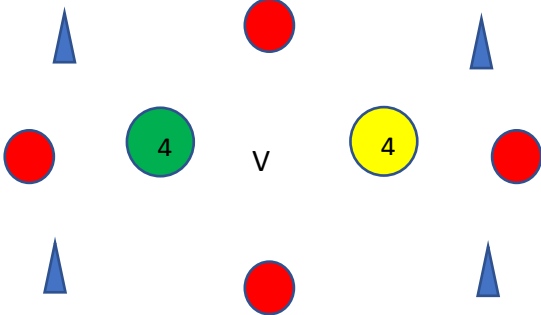
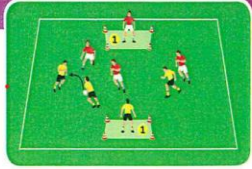



Make it Enjoyable

<p>Technical Skills focus priority(Year):</p> <ol style="list-style-type: none"> 1. Kick Pass 2. Hand Pass 3. Tackle <p>Goal is U11 can execute all skills in contested environment</p>	<p>Top 3 Good Habits:</p> <ol style="list-style-type: none"> 1. Attack the ball 2. Win the ball 3. Move the ball 	<p>Top 3 Physical/Athletic (Through Games):</p> <ol style="list-style-type: none"> 1. Agility 2. Running – Sprinting, Stopping 3. Jumping- High Ball
<p>Session Focus: Handpassing</p>	<p>Prep: 1. Split into 4 groups (2 x u11, 2 x u10)</p>	
<p>Exercise 1: 10 mins</p> <p>(a) Warm up/ Movement with ball</p> <p>(b) Fun Game with competition/challenge</p>		
<p>Exercise 2: 15 mins</p> <p>Handpassing game: 4 v 4 + 4</p> <ul style="list-style-type: none"> • Green v Yellow inside, reds on outside • Green try keep possession by handpassing • Green can pass to red if needed (same player cannot receive pass back) • Yellow try to intercept passes (no tackle) • Change roles every 2 mins 		
<p>Exercise 2: 10</p> <p>Handpassing drill (progressing from 2s or 3s to 4s)</p> <p>“Outside hand”</p>	<p>Simple handpassing drill focused on fundamentals of handpassing</p> <ul style="list-style-type: none"> - Left & Right hand (in 2s or 3s), step forward with same foot as hand holding the ball - “Outside hand” in 4s 	
<p>Exercise 4: (Stop & Fix as needed)</p> <p><u>Captains Ball - 15 (mins)</u></p> <p>2 x pitches = 4 x teams</p> <ul style="list-style-type: none"> - Handpass only - Only tackle your own man - Must get 3 consecutive passes to box player to get 1 score <p>Common Language: “Find a pass”</p>	<div data-bbox="722 1496 1382 1832"> <p>CAPTAINS BALL</p> <p>HOW TO PLAY: Two equal teams of 4 • Number the players from 1-4 • Position 1 player (captain) from each team into a scoring box</p> <ul style="list-style-type: none"> • Using a hand pass players attempt to get the ball to their captain in the box • Rotate the captaincy <p>PROGRESSION: Put an opponent beside the captain. Reduce the size of the grid. Increase the size of the teams.</p> <p>WHAT IT DEVELOPS: Quick & accurate hand-passing</p>   </div>	
<p>Wrap up race/fun game (5 min)</p>		