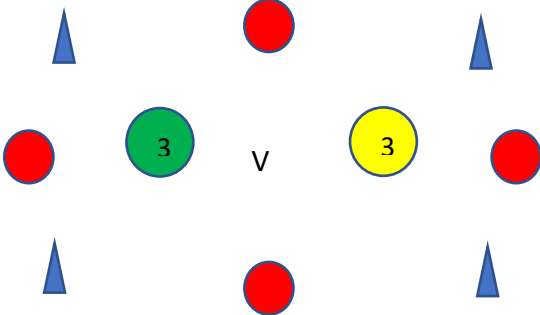



Make it Enjoyable

<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: 15 mins</p> <p>Handpassing game: 3 v 3 + 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 3: (Stop & Fix as needed)</p> <p><u>Bench 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 style="border: 1px solid red; padding: 10px;"> <p style="color: red; font-weight: bold; margin: 0;">BENCH BALL</p> <p>HOW TO PLAY: Using a grid 20m x 10m, the teams play • The teams try and move the ball by hand passing and travelling four steps around the grid • To score you must hand pass the ball to your team mates on the bench • Make a zone in front of the bench of 2m • This is a restricted area and only one player from each team is allowed in this area • Change players from the bench to the game every 1-2 minutes</p> <p>PROGRESSION: No bouncing. 3 seconds rule.</p> <p>WHAT IT DEVELOPS: Accurate hand-passing, maintaining possession & vision</p> <div style="text-align: right; margin-top: 10px;">  </div> </div>	