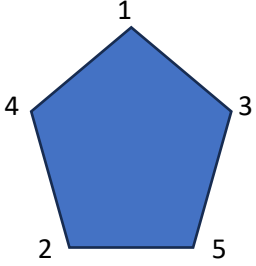
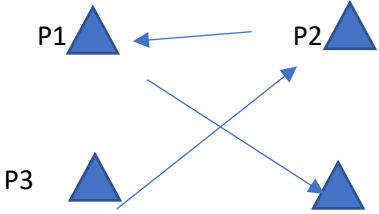


Make it Enjoyable

<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 (warm up)</p> <p>4 v 1 or 2 (handpass only, no hop/solo)</p> <p>Change middles person every minute or after a turnover</p>	<p>Piggy in the middle</p>	
<p>Exercise 2: 10 mins each</p> <p>1a. In groups of 3 & 1 ball. Players start at a cone.</p> <p>1b. Player 1 handpasses to player 2 and moves to empty cone (arrow).</p> <p>1c. Player 2 handpasses to player 3 and moves to empty cone.</p>		
<p>Exercise 3: 20 mins</p> <p>Match:</p> <ul style="list-style-type: none"> - points only - add number of handpasses passes to score (if 5 passes in a row before score then score is worth 5 points) 		
<p>Exercise 4: Match</p> <ul style="list-style-type: none"> - Normal match 		