MoniveaAbbey U11 Date: 16/09/2023

Make it Enjoyable

Technical Skills focus priority(Year): Top 3 Physical/Athletic (Through Top 3 Good Habits: 1. Kick Pass 1. Attack the ball Games): 2. Hand Pass 2. Win the ball 1. Agility 3. Tackle 3. Move the ball 2. Running – Sprinting, Stopping Goal is U11 can execute all skills in contested 3. Jumping- High Ball environment Session Focus: Passing/Tackling Prep: 1. Split into 4 groups (2 x u11, 2 x u10) ng, High Intensity Physical Contest Ints (3-1, 2-4, 1-7 or 0-10) wins. Play 3 gar Exercise 1: 20 mins (warm up) Exercise 2: 10 mins each 1a. In groups of 3 & 1 ball. Players start at a cone. Continuity 1b. Player 1 handpasses to player 2 and moves to empty cone(arrow). 1c. Player 2 handpasses to player 3 and moves to empty cone. ayer 1 kicks to player 2 2 fist passes to player 3 who kicks to player DON'T LET HIM ON Exercise 3: 10 mins Tackling Exercise 4: Match Normal match