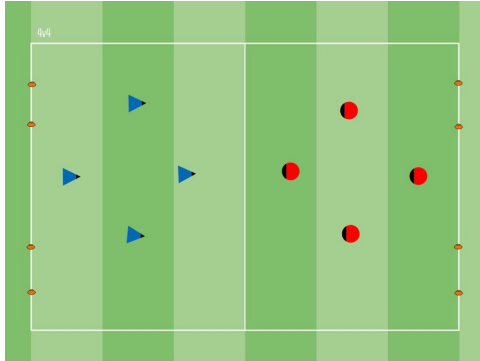


TRAINING SESSION: 11 AND 12U MOBILITY WINTER SESSION

Objectives

To establish Mobility as a primary goal of the offseason

4v4 4 Goal Game Mobility



 4 v 4

 cones for field and small goals, balls, pennies for teams

 Intensity: 7

 10:00 min
(x 00:00 min, 00:00 min rest)

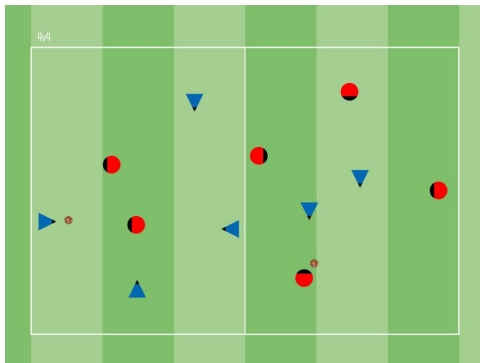
Coaching Points

1. Support the player with the ball
2. Moving to better positions with and without the ball
3. Defending compactly


Description

Standard 4v4 game 30x20 yards with 2 small goals per team.


4v2 Possession in 2 Seperate Grids



 4 v 2

 cones, balls, pennies for teams

 Intensity: 7

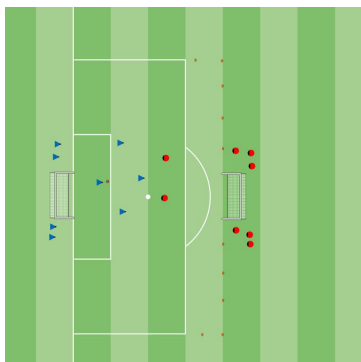
 15:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

1. Keep the ball on the ground
2. Move to support your teammates (Angles, distance, watching the ball)
3. Keep the ball moving, incorporate ball fakes, and let the ball do the work (less dribbling)
4. Coaches focus on the players hips, eyes, and shape to support. Movement must be purposeful and allow the ball to see the player at all times. This requires constant attention and can wear out this age mentally very quick. Therefore, encourage competition between teams and winning the ball back quickly on offense.

Description


4v2 to Full Size Goals (Mobility)



 4 v 2

 2 full size goals, cones, and penny's

 Intensity: 7

 15:00 min
(x 00:00 min, 00:00 min rest)

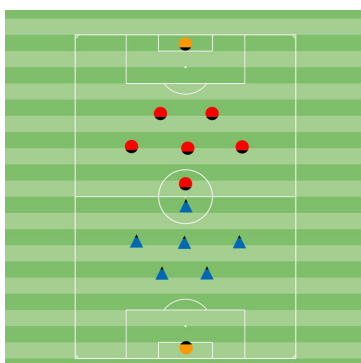
Coaching Points

1. Always be prepared to finish!
2. Create passing angles and shooting lanes by movement off the ball. (Overlaps, 2v1 principles, ball to the middle)
3. Spacing off the ball needs to be 8-10 yards and angled. Be realistic with transition. Coach the players off the ball more than the decisions on the ball. Make sure they are positioned properly to shoot first touch and can see the ball so they are a legitimate option and not hiding behind a defender.


Description

Extend the penalty box to 25 yards long and place a second full size goal there. Play

7v7 Scrimmage



 7 v 7

 Normal field

 Intensity: 7

 20:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Description