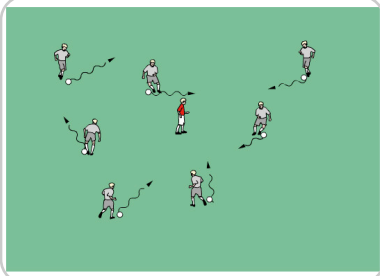
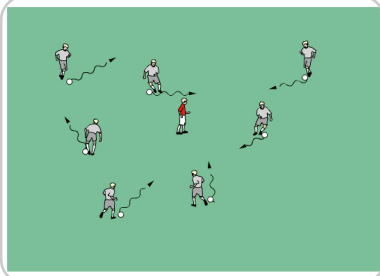

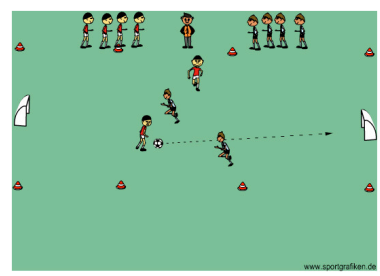
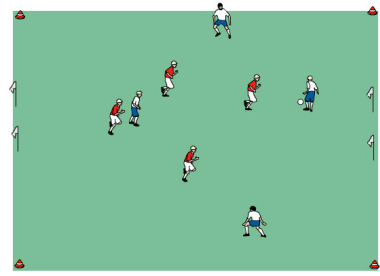
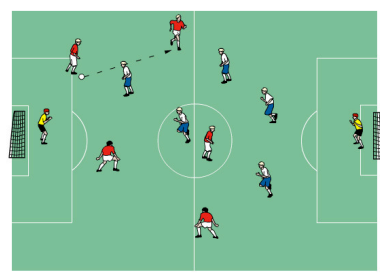


U11/12

Week 1

Theme: Dribbling with the head up	Character Theme: Respect	Soccer Theme: Best Dribbler
		
<p>Warm Up: Spatial Awareness</p> <p>All players have a ball. Players dribble around area. When coach says “stop” they are asked to be 10 feet away from anyone else. Vary the lengths that they can be away. Stress getting their heads up to find space.</p>	<p>1st Activity: Hospital Tag</p> <p>All players have a ball. Everyone is “it”. Players try to tag others. Order they must tag in are arm-other arm-knee. If someone gets tagged in their knee (third tag) then they go out and do 10 touchups and come back in to start tagging again.</p>	<p>2nd Activity: 3v1 (Box)</p> <p>Three players have a ball. One player does not. All four players are in a 10x10 box. The player without the ball tries to steal a ball away from one of the other three. If a player gets their ball stolen they they try to steal someone else’s ball. Can the players now “create” space?</p>
		
<p>Character Activity: Respect</p> <p>2v2 Game-Two teams. Play until ball goes out. Before the game, however, have the two teams shake hands. Take a moment to tell teach them about respect.</p>	<p>4th Activity: Boss of Balls</p> <p>The coach has a pile of balls. Players play small sided game. 4v4 is preferred. When ball goes out the coach plays in a new ball.</p>	<p>Final Activity: Small Sided Game</p> <p>4v4-6v6</p> <p>One ball-Goal keepers.</p>

