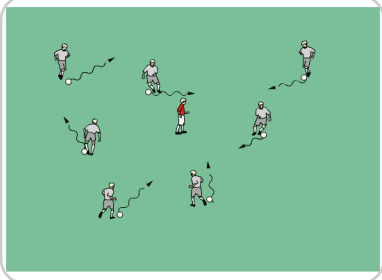

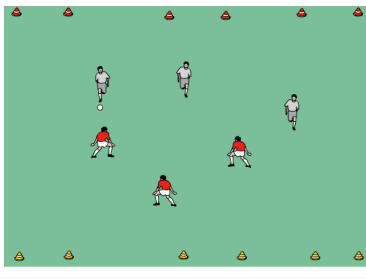
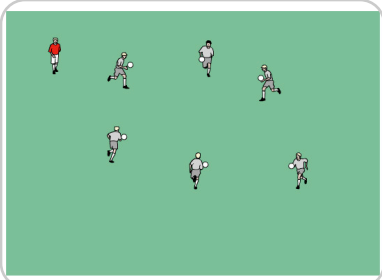
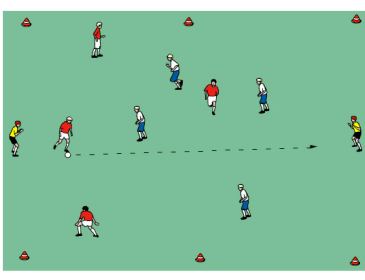
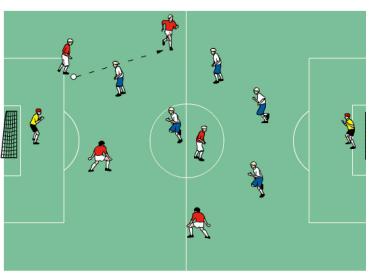


U11/12

Week 4

Theme: They have the ball! Winning the ball back!	Character Theme: 110%	Soccer Theme: Best Defender
		
<p>Warm-up: “Change” All players have a ball and dribbles a ball. When coach says “change” then go to a new ball.</p>	<p>1st Activity: 1v1 to small goals Players play 1v1 against each other. One player attacks the small goal. When ball goes across the other team’s endline a player from the other team then dribbles on to the field. The player that lost the ball or scored now defends.</p>	<p>2nd Activity: 3v3 to 3 goals Two teams of 3. Each team has 3 goals to score on and 3 goals to protect. Work on small group defending.</p>
		
<p>Character Activity: “Do your best” Juggling-see who can do the most? Start with: thigh-catch, foot-catch, thigh-foot-catch, etc. Try different challenges.</p>	<p>4th Activity: Target Game 4v4 game. Each team defends a target player and tries to get the ball to the other. Work on small group defending principles.</p>	<p>Final Activity: Small Sided Game 4v4-6v6 One ball-Goal keepers.</p>