



Barkers U11 Wallabies Session 2 2024

Category: Technical: Passing & Receiving

Difficulty: Moderate | Start Time: 28-Mar-2024 17:30h

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Description

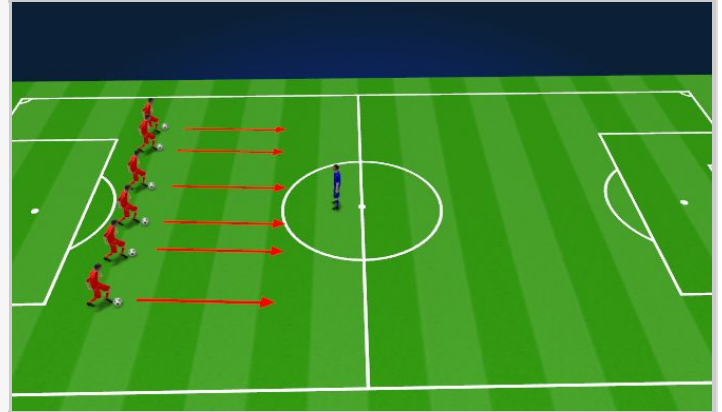
Passing into gameplay

Red Light, Green Light (10 mins)

Description: Use spots as starting point. Wake up listening ears. Use different lights for movements. Go over the lights Red=Stop, Green=Go fast, Yellow=Go slow. This will help keep the kids engaged in the activity and provide large body movement. **Do not** have to go in straight lines back and forth.

Coaching Points: Work on listening and having space around themselves. Along with keeping their eyes up and observing the field.

Progression: Each week add in a new light and review the ones they already have done. Coaches can have cones that coordinate with the colors, instead of saying the colors players have to keep eyes up to see color. Add moves to colors, example is tik tok when yellow is called.

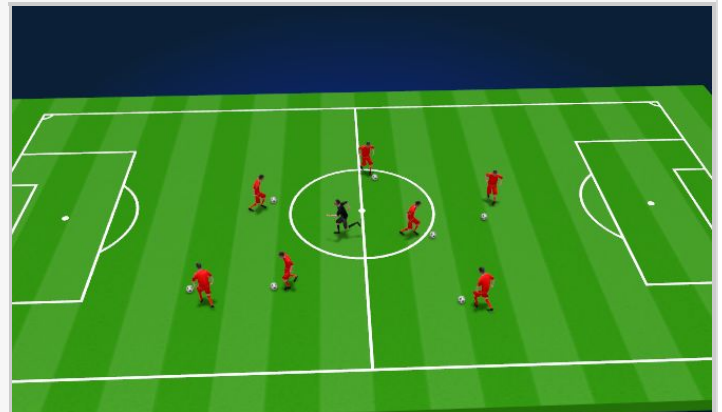


Foxes (10 mins)

Description: Set up- Have the players each get a ball and spread-out. The coach needs a bib to hold and tag players with. The goal of the game is to dribble with your ball away from the fox catcher(coach). If the fox catcher(coach) gets the ball or tags the player with the bib you must do toe taps to get back in. Have them work on controlling the ball and shielding it, along with keeping their eyes up and being aware.

Coaching Points: Remind them to keep their heads up and scan the field so they know anyone is close to them. Working on scanning and not having to look at the ball while dribbling, along with accelerating away from opponents with control of the ball.

Progressions: Players get eliminated when tagged or ball is taken away and the last fox standing wins. Rewarding players for not playing safe and trying to take on players during the game.



3 line game (20 mins)

3 Line Game

Set up

Grid is 15x15 boxes on the sides, 5/10 x 15 in the middle (size dependant on age and skill of players and how many players in the boxes)

Team divided into 3 teams. 2 on the sides and one in the middle

Play

Coach pass ball to one of the teams on the sides

Team in the middle sends defenders into the side grid (1 at first, build to 2 if ability allows)

offensive team makes a set number of passes (U11 we do 4 or 5) and then the goal is to send the ball to the opposite side.

The pass to the opposite side can be through on the ground (remaining defensive players are permitted to intercept this pass) or over the middle group.

If they succeed then they score 1 point and stay where they are, defensive team then goes to challenge the ball on opposite side. If the defensive team wins the ball, they take the place of the attacking team and play continues as it started.

Details

Shape of the attacking team (fill the box and be at good supporting positions)

Communication on offense

proper body shape to receive the pass

if 2 defenders closing, look to split.

Don't have to pass to opposite side after requisite number of passes, ensure the right opportunity

<https://app.veo.co/matches/20230930-three-line-game-281ca877/>



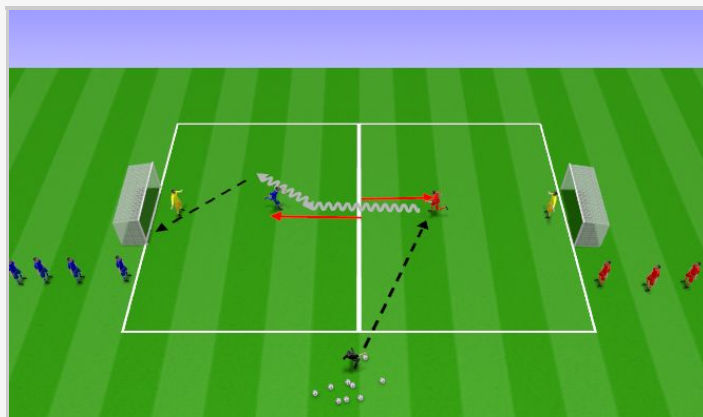
1v1 with Initial Movement to Receive (15 mins)

Set Up:

- Use an area approximately 25*15 with goals on each end line.
- Players compete in a 1v1 scenario. Both players starts in the center, then both players will backpedal away from each other to get open. At that point the coach will decide which player to play to the ball to, the other player will need to react and become the defender.
- Each game of 1v1 should last around 10 second or less as the session is designed for players to take a defender on and try to beat them quickly.

Coaching Points:

- **How do you want to receive the ball?** Across your body so your first touch can go forward to attack the defender
- **Do you want to dribble at the defender fast or slow?** Fast but under control, then do a move to either beat the defender or create enough space to get a shot away
- **Do you have to get all the way past the defender before you can shoot?** No just create enough space that the defender is unable to block your shot when you shoot
- **What is the most effective way to beat a defender?** Run at them at pace with the ball and try a move to get them off balance
- **How do you want to strike the ball when shooting?** With laces, ankle locked and getting my head and chest over the ball
- **How do you generate power when shooting?** Locked ankle and following through after my foot makes contact with the ball



3v3 Outta Here (20 mins)

Play 3v3 to small goals in a 30*25 area. When the ball goes out, a goal is scored, or time goes to long – three new players for each team enter the field. Have the players initiate the game with a pass across to the other team.

Coaching Points:

- **What part of your foot should you receive the ball with?**
Inside to create a nice broad surface
- **Where should your first touch go?** In the direction you want to go next to dribble/pass/shoot. Might also just be away from the defender
- **Where can you go to receive the ball from your teammate?**
In a space where there are no defenders between you and the ball
- **When is it a good time to take a defender on to try to beat them?** When its a 1v1 situation and you have space
- **What type of movements/combinations can you make to get open?** Give & go, overlap, diagonal runs
- **What do you do if the defenders leave you with space and stop you from passing?** Dribble to get a shot away

