

Boston Breakers  
U11 Practice # 1

Minutes 0 to 10

Dribbling in an area: use the right foot only, the left foot only, soles of the feet only. Every several touches, turn 180 degrees and accelerate away. Knock the ball back and forth between your feet as fast as possible – standing, then moving. Then combine that with a pass, every few touches, to a partner.

10 to 20

Servers and players, in pairs. Play the ball back to the server with the tops of the thighs, volleys, and headers, or two touch. Finish with some races.

You could say:

“Focus on the ball!”

“Be sharp and alert – but try to keep your body as still as possible – move only as much as you need to.”

“Arms up and out for balance.”

Water

25 to 40

Relay races, in lines of three or four: out and back, out and all the way around a cone, out and step on the ball five times, out and back to pass through a ‘tunnel’, etc.

Knockout: 6 v 2 or 7 v 2 or 7 v 3 in each grid: ‘defenders’ must steal the ball.

You could say:

“When someone challenges you, turn sideways to them, get in between them and the ball, and get wide and low! Then ‘roll’ them or ‘spin’ them if they go for the ball.”

40 to 55

2 v 2 + keepers, on three fields. Keep rotating the players and the opponents.

You could say:

“Try to make 2 v 1’s!”

“Use your body to protect the ball!”

Water

60 to 85

4 v 4

Emphasis on the attacking team making the field long and wide and on keeping the ball moving.

Cooldown