

Boston Breakers
U11 Practice # 2

Minutes 0 to 10

Dribbling

10 to 20

Gates: with right, with left, ball goes through but you don't, through and back, first to 10, how many in 20 seconds, etc.

Water

25 to 40

3 v 1 or 4 v 1: the passers try to get to five, three times. The defender tries to intercept and dribble the ball out of the area three times.

You could say:

“Keep the space big! Stay along the lines – don't drift into the middle.”

“Keep the ball moving – touch it to the side when it comes to you and play it on quickly.”

“Defender: move as fast as you can! Hassle them – make them nervous! Pin them against a line or in a corner – then take the ball and dribble it out before they can take it back!”

40 to 60

3 v 1 + 2 keepers.

You could say:

“Really attack the defender! Go right at her – then play the ball behind her and get a good, hard shot in.”

“You keepers: be sharp! Bend your knees, keep your hands low and in front of you, palms down. Don't let in any goals!”

Water

65 to 85

4 v 4

Emphasis on strong 1 v 1 defending: stay ball side and goal side, be tough, get down low, get in and take the ball away.

Cooldown