

Boston Breakers
U11 Practice # 3

Minutes 0 to 10

Dribbling – with several minutes spent on 180 degree turns.

You could say:

“Hey, girls – nice and light on your feet! Keep your whole body relaxed and use your arms for balance!”

10 to 20

1 v 1's to two goals: the defender can be a keeper whenever and wherever she wants.

You could say:

“If you have the ball, dribble right at the defender! If she's backpedaling or coming at you, 'pass' the ball past her feet into the goal. If she stops and plants her feet, quickly push the ball to the side, out of her reach, and shoot it past her.”

You defenders – if you decide to use your hands: bend your knees a lot and get your hands on front of your body and down as low as possible.”

Water

25 to 40

4 v 2 to two goals (2 wingers plus 2 keepers against two 'shooters'): the four try to make five consecutive passes (that equals a goal); the two try to win the ball and score into either of the goals. Game is to three – then change the keepers, wingers and 'shooters'.

Water

45 to 85

4 v 4 tournament. Play three eight-minute games – so that each team plays each of the other teams once. Between games, make quick comments.

You could say:

“Be sure that one of your players stays 'deep' – that she threatens the area around your opponent's goal and shoots as often as she can.”

“ 'Midfielders': stay nice and wide. Make the defenders come out and get you.”

“Back players: be tough! Don't get beaten! Stay low and balanced so that you can block shots and dribbles.”

“Everybody: talk to one another! Give advice, ask for the ball, have a nice conversation!”

“Put your arms up when you score!”

Cooldown