

Boston Breakers
U11 Practice # 4

Minutes 0 to 10

Dribbling and turning: brisk, constant movement, asking for change of speed, constant change of direction.

10 to 25

Keepaway: 5 v 2. The team of five tries to make five consecutive passes; if they do, that's a goal. The two try to steal the ball and score into either of the two goals placed at diagonal corners of the rectangle. Game to three.

You could say:

"You five: keep the space big. Support the ball on the left and right, 'short', and the other two of you, stay away."

"Keep the ball moving: control and pass, control and pass."

"Try to pass behind the defenders so that they have to turn and chase the ball – not just in front of them."

"Keep talking – ask for the ball! Show with your body that you want it!"

"You defenders: keep fighting!"

Water

30 to 45

2 v 2 + keepers and+ 2 neutral players on the outside (one on each sideline) who must play with just one touch, and who try to help the pair in possession, to two goals. Keep rotating the inside players, the neutral passers, and the keepers.

You could say:

"You two attackers: try to make a 2 v 1 and then play that one defender out with a quick pass or dribble."

"If you have a chance to shoot the ball, shoot it!"

"You two neutral players: stay sharp and involved! Ask for the ball - keep the attack moving."

You defenders: stay connected! Talk to one another, help one another out!"

Water

50 to 85

4 v 4 Rotate the teams, change the teams, etc.

Emphasis on passing: accurate, confident, deceptive, easy to handle, ambitious, clever.

Cooldown