



February 12th -18th

First Kicks: U6 # 6

Yasamin Alipour

Category: Technical: Keep possession

Whole

Objectives: Keep possession

Organization:

Field size: 20m x 25m

Divide players into three teams of four. Two teams will play 3v3 for 5 minutes, while the third team will be on a break. After every 5 minutes switch the teams. Game rules apply.

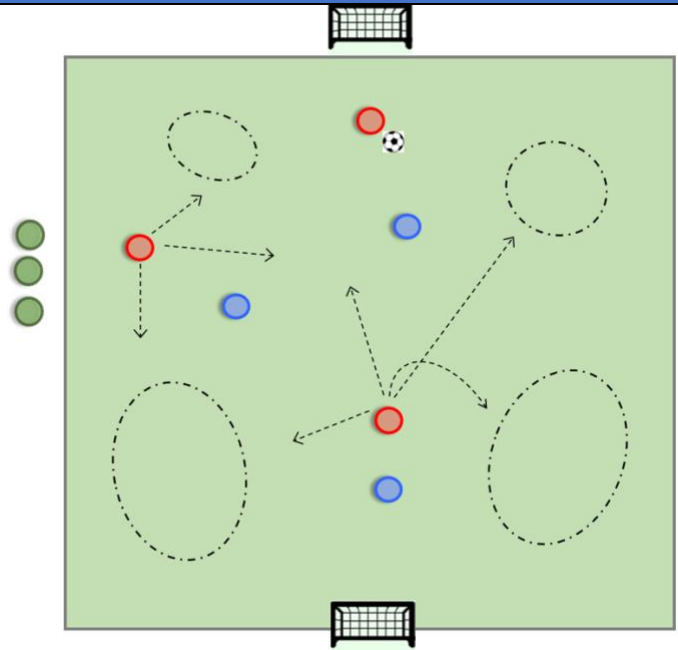
Coaching point:

Emphasize the importance of ball possession: stay wide, quality of pass, off the ball movements

Reminder!

Team shape: remind players to adjust their position to keep their team shape (triangle) as moving forward.

Duration: 10-15 min



Part (team base)

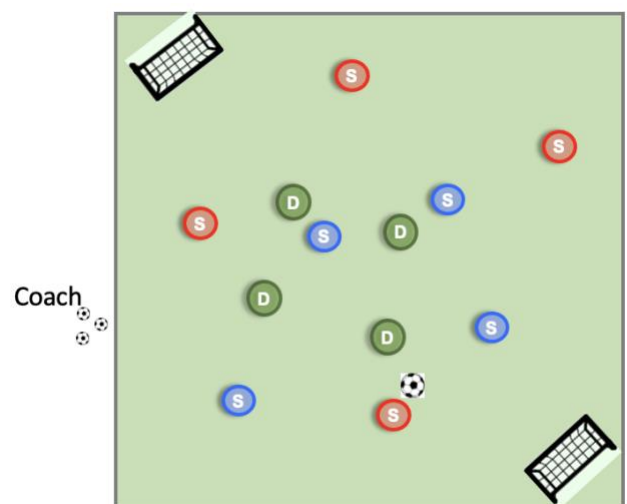
Objectives: Keep possession

Field size: 20m x 25m

Organization:

Divide players into three teams: blue, green and red. Two teams will join and start as strikers while the third team play as defenders. The strikers try to make seven passes in a row to score, while defenders try to win the ball and score on pugs. Every 3 minutes, switch the defenders.

Duration: 10-15 min



Whole

Objectives: Keep possession

Organization:

Field size: 20m x 25m

Play 3v3. Game rules apply.

Coaching points:

- Team shape (i.e., triangle)
- Pass and move forward

Progression:

You can give different tasks to the players of the team on the break to monitor and discuss the performance of a specific team. Tasks should be related to the coaching points.

Duration: 15-20 min

