



February 5th -11th

First Kicks: U7/8 # 6

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Category: Technical: Keep possession

Whole

Objectives: Keep possession

Organization:

Field size: 25m x 30m

Divide players into three teams of four. Two teams will play 4v4 for 5 minutes, while the third team will be on a break. After every 5 minutes switch the teams. Game rules apply.

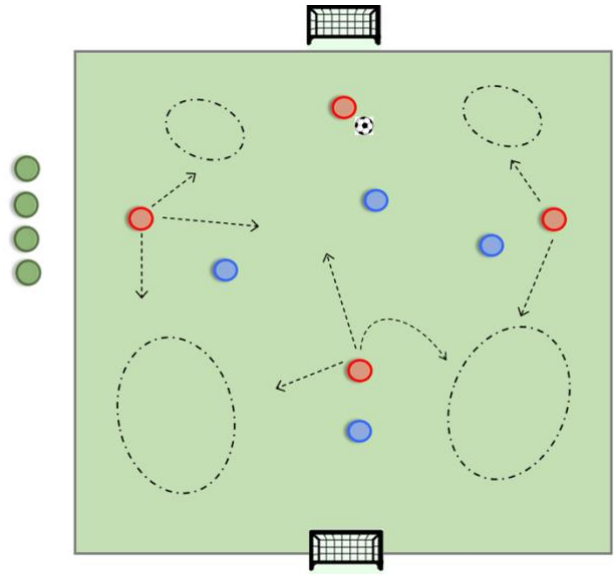
Coaching point:

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 (diamond) as moving forward.

Duration: 10-15 min



Part (individual base)

Objectives: Keep possession

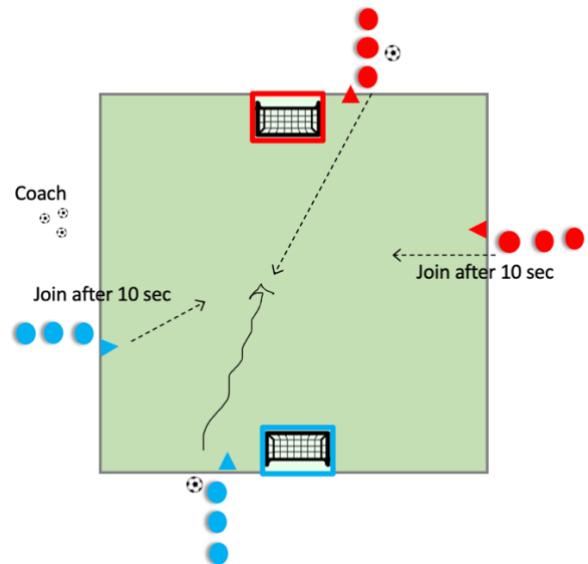
Organization:

Divide each team into two groups and ask each group to stand by cones that match their colours. The game starts with a 1v1 situation and progresses to a 2v2 game. The first player will start with a ball and dribbling toward the opponent's pug, while a defender from the opposite team tries to win the ball and score. After 10 seconds, the second players from each team will join and make it a 2v2 game. If the striker can score during the 10 sec, then the coach will play a ball and ask players to join and play 2v2.

Progression:

- Put the pugs in the middle (back to back) and allow strikers to score on either pugs.

Duration: 10-15 min



Whole

Objectives: Keep possession

Organization:

Field size: 25m x 30m

Play 4v4. Game rules apply.

Coaching points:

- Team shape (i.e., diamond)
- 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

