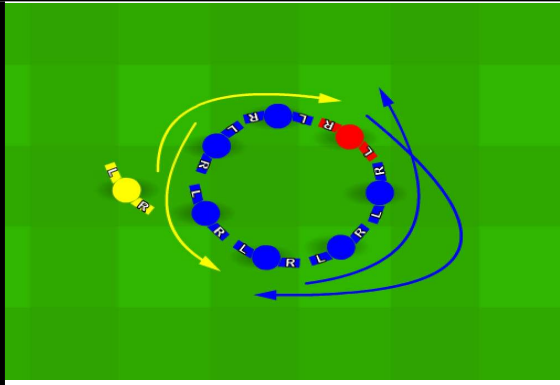




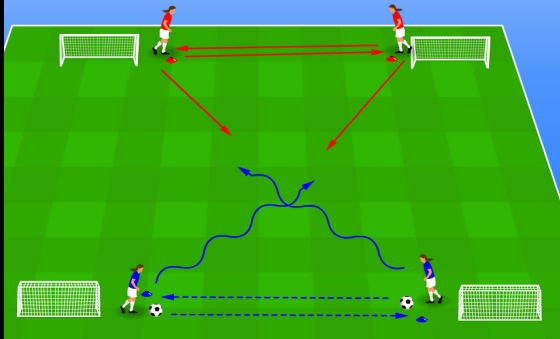
Team U11 House League	Session Objective
	1. Can we encourage players to want to keep the ball.
Session Focus Developing Individual Confidence	2. Can we develop a player's confidence on the ball
	3. Can we create a competitive environment for players to develop their creativity in soccer

Warm Up Activity

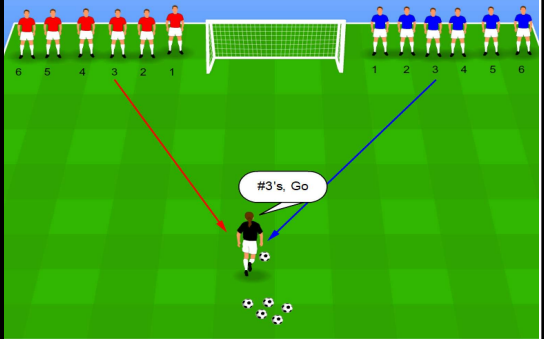


Activity Focus - Team Builder, Agility, Warm Up
 Select 1 person to be the tagger. That 1 person must move away from the group so that they can't hear who the group selects to be the person that needs to be kept safe. Once that person is selected, everyone holds hands and must move around in a circle while the tagger tries to catch the safe player. If a player is tagged, the group must then say whether that was the safe person or not. If it wasn't the round continues on.

1 vs 1 Activity



Team Based Activity



Activity Focus - Attacking the Goal with Pace
 The 1v1 fields are the nets set up diagonal from each other. The attackers are set up with a ball at their feet (see Blue) and the defenders are set up without a ball (see Red). On the coach's cue, the attacker will pass their ball to the other attacker. Once they receive the pass, they will look to attack the net diagonal from them with pace. While the attackers are passing to each other, the defenders will race around the other defender's cone and begin defending the net they are now in front of. If the defender wins the ball, they look to score.

Activity Focus - Building Compete Levels in Units
 Players are split up into 2 teams, then each given a number. All of the balls will be 15 - 20 yards away from the goal. The players will be lined up beside the goal. The coach will call a number, when that number is called the players with that number will race out to the ball then try and score. The team that scores gets the point. This is a great activity for matching up like skilled player against one another to create an balanced match up.

Game Play



Activity Focus - Creative ways for scoring Goals
 Set up 3 pop up goals on each side of the field, with the middle goals facing the boards. Game is played with 2 soccer balls. Players will be split up into 2 teams. Players can score on any of the 3 goals that they are attacking. Remind the players that there are no goalies in this activity. To make it more challenging, replace the forward goals with balls on top of cones.
 Scoring Points
Activity Focus - Creative ways for scoring Goals



Team	Session Objective
U11 House League	1. Can we encourage players to want to keep the ball.
Session Focus	2. Can we develop a player's confidence on the ball
Developing Individual Confidence	3. Can we create a competitive environment for players to develop their creativity in soccer

Technical Skill Development	Tactical Development
<p>Focus is on working to developing a players ability to dribble (run with) the ball at speed, while keeping it close and under control.</p> <p>Specifically in the 1v1 Activity and Team Based Activity</p>	<p>Working on spreading out, finding open space and determining when the best time to attack the space near goal or keep possession of the ball.</p> <p>Specifically in the Game Play Activity</p>
Physical Development	Psychological/Social-Emotional Development
<p>Working on the ability to change directions laterally and quick explosive movement with and without the ball at their feet.</p> <p>Also working on the ability to fight off an opponent and staying strong on the ball.</p>	<p>Working on the ability to work together as a team to accomplish a common goal within the group.</p> <p>Developing a fun environment where players can learn and explore creative ways to play the game.</p> <p>Developing a players competitive mindset of, "If I don't have the ball, I want it. If I have it, I don't want to lose it"</p>
Attacking Organization	Defensive Transition
<p>Teaching the players coping skills for what to do when they have possession of the ball.</p> <p>Coping skills under pressure situations, can they keep the ball instead of kicking the ball away.</p>	<p>When a player loses the ball, can they win the ball back immediately or before the other team has a chance to get set up in their attacking shape.</p>
Attacking Transition	Defensive Organization
<p>When players win the ball back, how quickly can they score a goal before the defender has a chance to get set up and organized to defend.</p>	<p>Working on where players can pressure the attacker away from goal in the 1v1 and Team Based Activities.</p> <p>Working on protecting the goals and stopping the opponents from scoring in the Game Play Activity.</p>