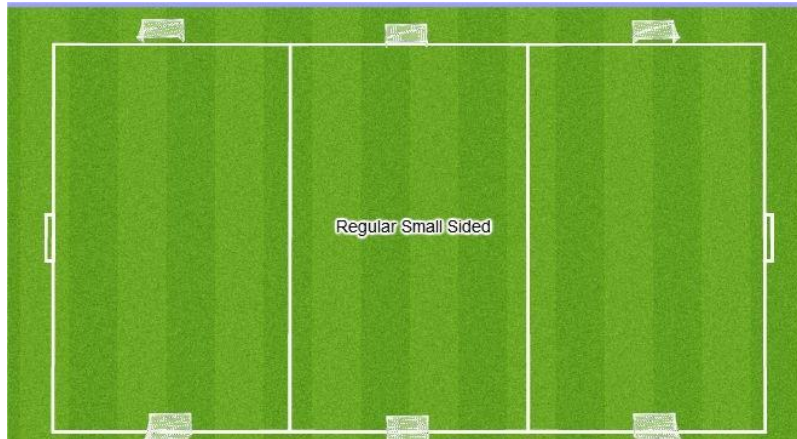




U7-U8 Fundamentals Outdoor 2018

WEEK 11



Set Up

The Small Sided Games Day

The fields will be set up upon arrival in this manner

Within your Starting Grid you will run your Cores warm up

Focus:

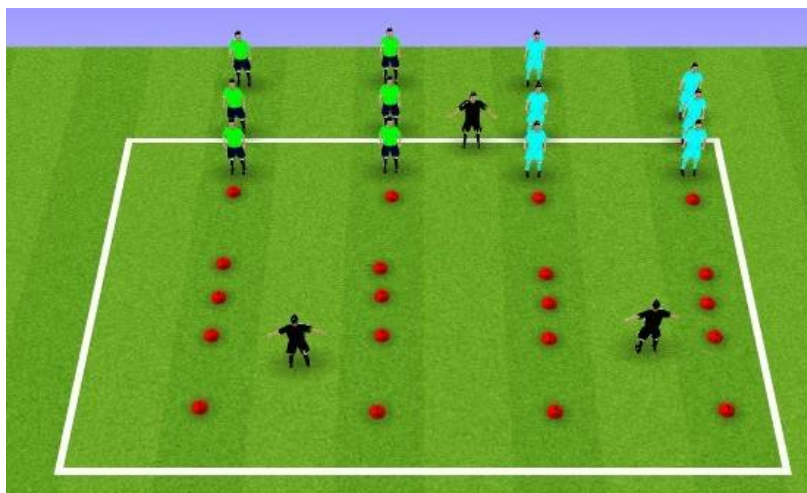
Should be placed on basic shape (Diamond)

*Make it FUN

Of Note:

The whistle will blow in 10mins intervals

Please take your *Water Breaks* when players are *Off* or during transition periods



Warm Up (10 mins)

Cores Warm Up

Split your groups into their teams & colors

Take them through various movements using the cones as guides (Skipping, 1&2 foot jumps, forward and backward running, etc)

Introduce the ball and take them through the cones using inside/outside of both feet

Of Note:

As soon as the whistle blows be prepared to begin playing



Regular Small Sided Game 4v4 (10 mins)

The focus of this Small Sided Game is to foster real time decisions and allow the players to PLAY

Encourage:

Spreading Out in a *Diamond*

Staying *High/Wide/Deep*

Keep their heads *UP*

Of Note:

Restarts from own end after goal

Opposing team backs up past center line

Kicks ins when Ball goes out

First Pass is *Free*