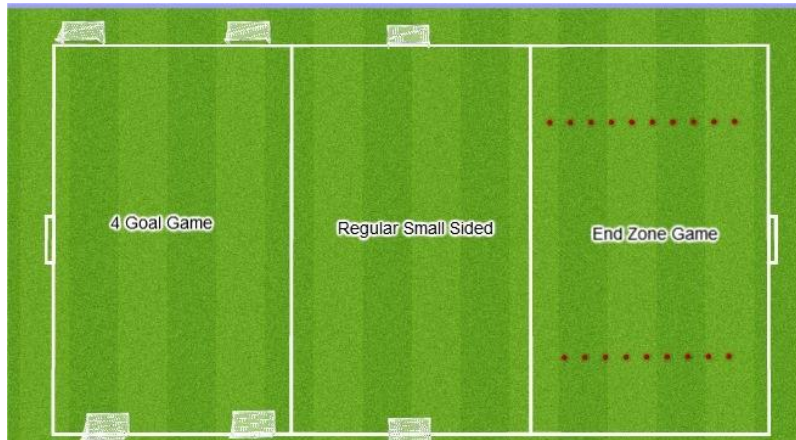




U9-U12 Divisional Outdoor 2017 WEEK 4



⌚ Set Up

The Small Sided Games Festival

The fields will be set up upon arrival in this manner

Within your grid you will run your Cores warm up

Focus:

4 Goal Game = Passing & Changing point of Attack

Regular Game = PLAY

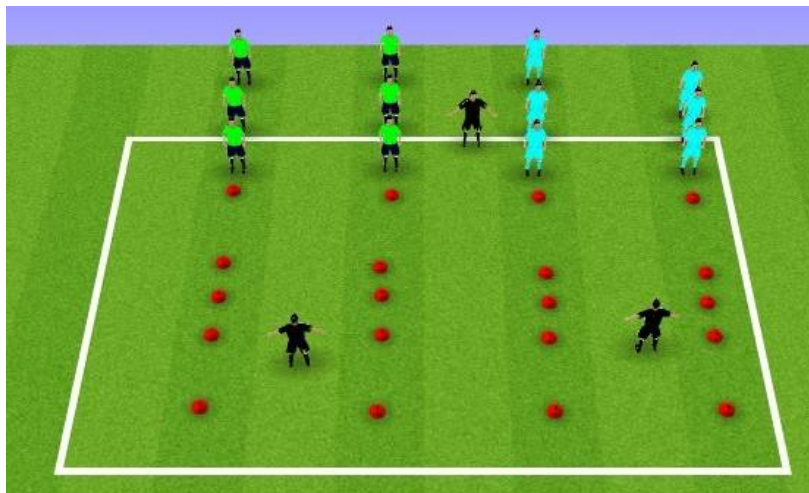
End Zone Game = Dribbling

*Make it FUN

Of Note:

The whistle will blow every 10 to 12 mins

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)

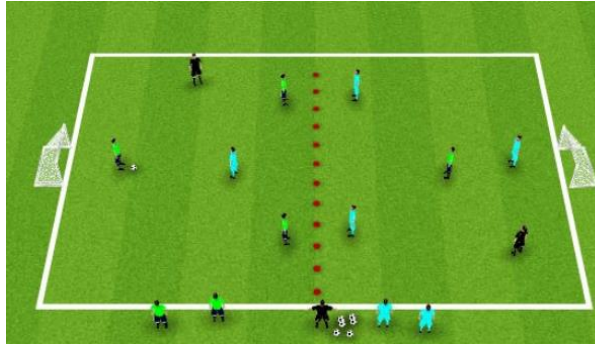
Introduce the ball and take them through the cones using inside/outside of both feet

Of Note:

As soon as the whistle blows be prepared to begin playing



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Regular Small Sided Game 4v4 (10 mins)

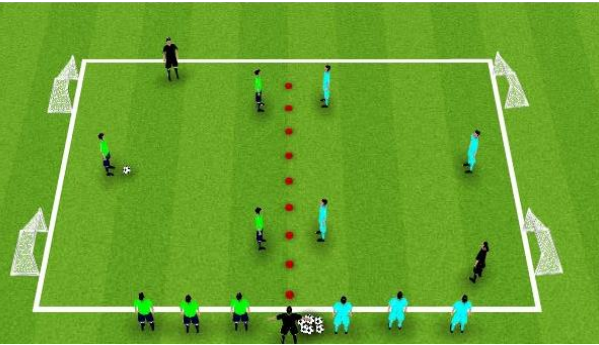
The focus of this Small Sided Game is to foster real time decisions and allow the players to PLAY

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*



4 Goal Game (10 mins)

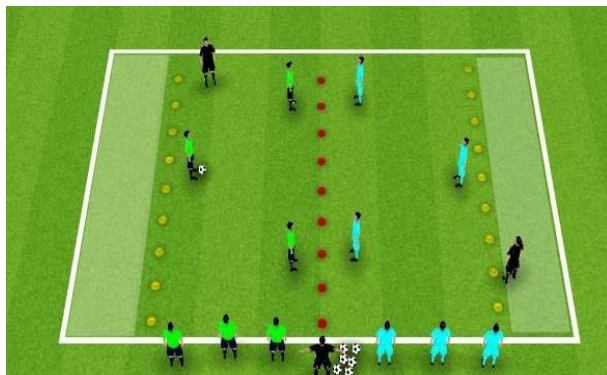
The focus of this Small Sided Game is to enable the players to change their point of attack by either passing or dribbling to 1 of the 2 goals

Encourage:

Spreading Out in a Triangle or Diamond (4v4)
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*



3 End Zone Game (10 mins)

The focus of this Small Sided Game is to dribble into the opposing teams end zone for a point

Encourage:

Spreading Out in a Triangle or Diamond (4v4)
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*