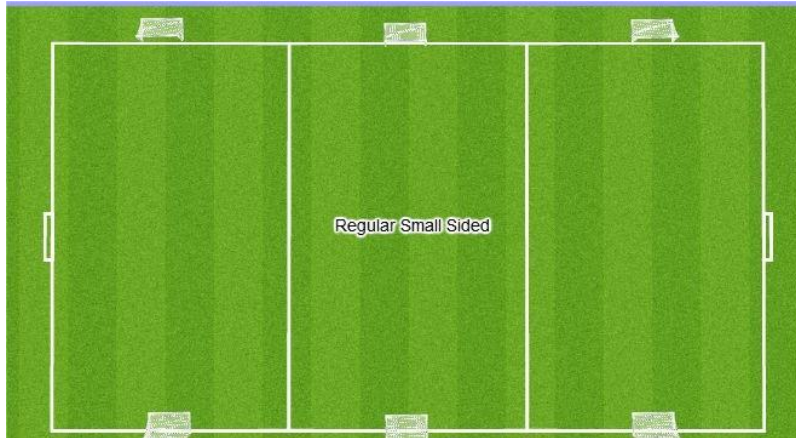




# U9-U12 Divisional Outdoor 2017 WEEK 5



## 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:**

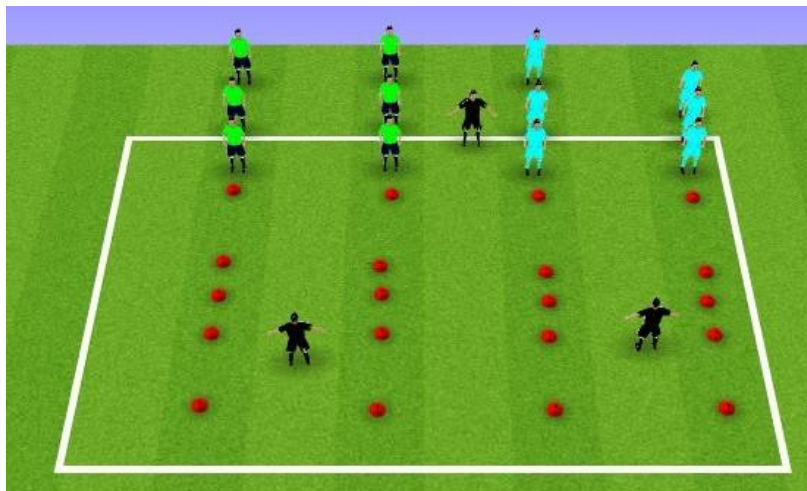
Should be placed on basic shape (Diamond)

\*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



## U9-U12 Divisional Outdoor 2017 WEEK 5



### **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*