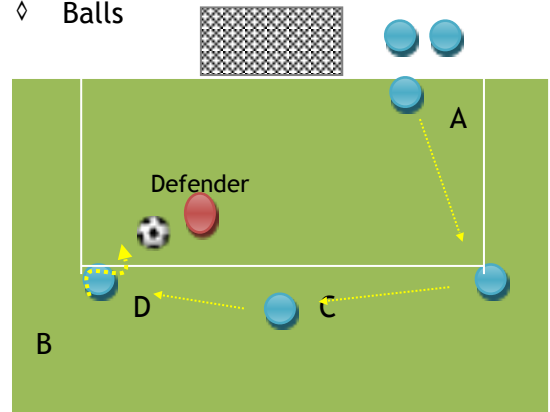


## Group U11 to U14

◇ Players

◇ Cones

◇ Balls



### **Topic**

### **Passing & Shooting**

#### **Organization:**

Position a group of players with a ball each beside the goal. Place a goalkeeper in goal. Position players and cones as in the diagram above, with a player positioned at each cone. The practice is performed in the following sequence.

Player "A" passes to player "B" and follows the pass to take the place of player "B". Player "B" passes to player "C" and follows the pass to take the place of player "C".

Player "C" passes to player "D" and follows the pass to take the place of player "D". Player "D" attacks the goal and tries to beat the defender and score a goal.

After the attack is ended player "D" then becomes the defender against the next player.

Players should keep track of goals scored and make a competition between them.

#### **Emphasize the following coaching points:**

- Make firm accurate passes.
- When controlling the ball, make the first touch in the direction of the next cone and get the ball out of the feet.

#### **Variation:**

- Have players run with the ball from cone to cone instead of passing.