

U12, 14 and 19 Game of the Week

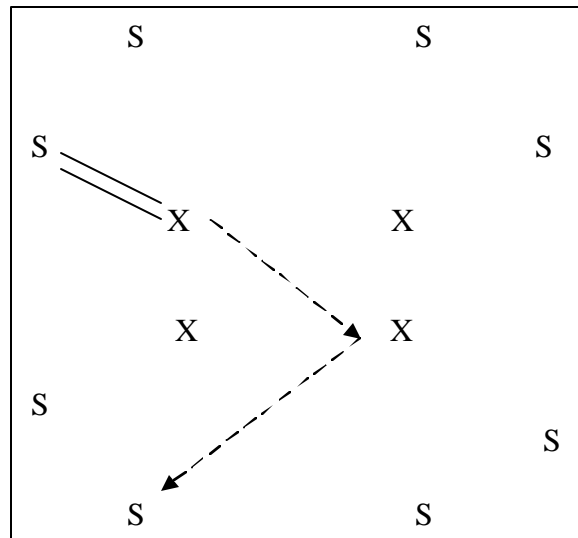
“Movement Square”

Purpose

To develop one touch passing with the ball in a conditioned practice.

Organization

Set out a 30 x 30 yard area. Position 2 players (servers) on each side of the area. Four players, each with a ball, play within the confines of the area.



Game Objective

The players pass the ball to a server on the outside of the area. The server plays the ball back to the player. The player then turns with the ball and passes to another server. Rotate positions. Once players are comfortable with this, add the following 4 options. “Give and Go” = 1-2 wall pass. “Hold the Ball” = pass then run up to the player, open legs and play ball through for player to turn onto. “Overlap” = pass ball, hold it and run around receiving player for a return pass. “Takeover” = cross over and change places.

Progressions

- Make the servers play the ball with their first touch, thus speeding the practice up.
- 4 players in the middle with 3 balls. If a ball is stolen, then the spare player acts as a defender and tries to get another ball.

Key Coaching Points

- Make sure players call the name of the person they are passing to or receiving a pass from.
- One-touch passes should be firm and to feet.
- Use your body to screen the ball and turn away from defenders.