



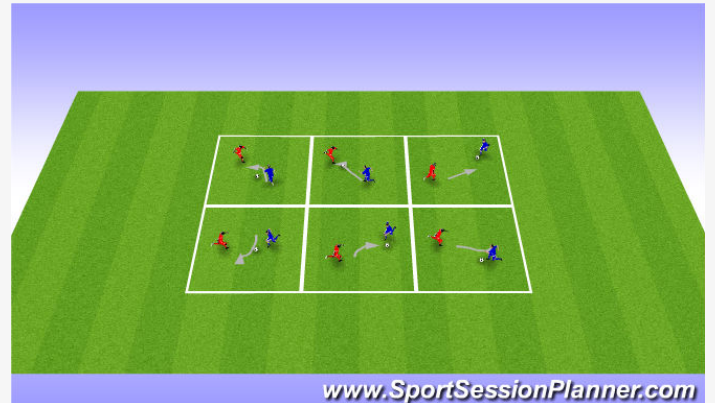
Week 6 U9-12 -Learn to Train -Receiving and Shielding

Category: Functional: Defender
Difficulty: Beginner

Reseller-Club: Premier Users' Club
Cyprian McFarlane, Brampton, Canada

Physical Literacy (10 mins)

Players are divided into pairs. Each player has a ball. A 25m x 25m area is divided up to create 6 boxes approx 8m x 8m. Players have 30 seconds to play 1v1 and try and touch each other's ball as many times as they can. A point awarded every time they touch opponent's ball. The players must be in close control of their own ball at all times & cannot leave it. The player who touches their opponent's ball the most in 30 seconds is the winner. Count up the score and have the winner move up in a ladder system. Create a 'World Cup Final Square', where the winner in that square stays in it. Rock, paper, scissors to decide a tie. Progression: Play with one ball where players shield for 15 seconds before swapping. Whoever gets the least touches on their ball wins. Start with a tackle, player who has possession at end of the time wins.



SSG (15 mins)

From there the attacker can move freely. If the attacker drops deep in their half, the defender must respect the retreat line. When the game is over after the next minute. Winning team moves on to the World Cup Final square. Include celebrations with team mates, high 5's, come up with their own.

Objective

To receive the ball when under pressure high pressure



Analytical Activity (15 mins)

Play starts when the coach says go. Players in red try to defend the ball by not letting the blue kick the ball off the cone. If the player in the blue kicks the ball off the cone, the ball restarts on the cone again and red tries to defend. 30 seconds and then switch.

Progression: 2v2 defending two cones and two balls.



6v6 or 7v7 with retreat line (15 mins)

Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart. Players play a normal game with all age and stage

appropriate rules applied. Retreat line, offsides, throw ins. Play two halves of 6 minutes to keep the game intense and players understanding of how long is left in the game.

