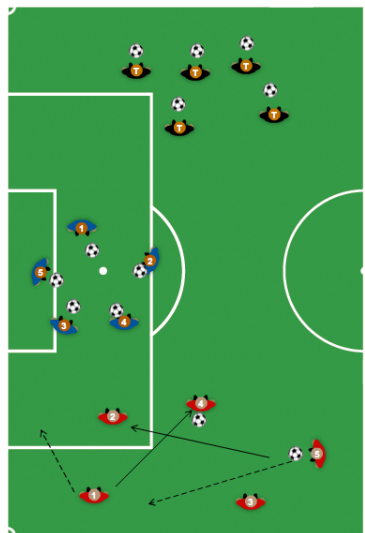


# U10/U11 - EYSA WEEK 9 - DIRECTIONAL RECEIVING, BASIC POSSESSION MOVEMENT - UNDER 11

## EYSA TECHNICAL WARM-UP (25 MIN) | PASSING/BALL CIRCULATION IN WARM UP



### Method

Ball Mastery: Change of Direction, Change of Pace, Foot Surface, Attacking - 1v1 Core/Unbalancing Defender

Ball Comfort: Chops, Cuts, Rollover, Drag, Feint

Juggling: Try to improve juggling quality and quantity.

Pass and Move: Players should pass the ball, then move to a new space. Players receiving the ball should turn away and find a pass.

### Materials

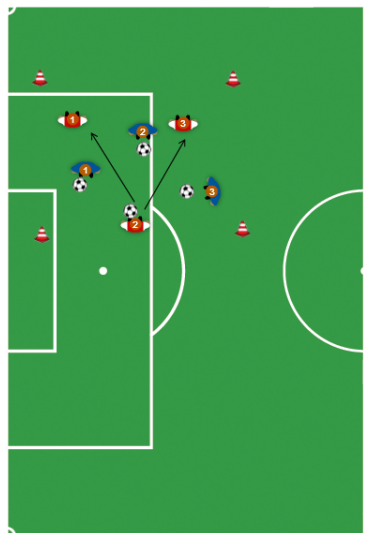
Each player with ball with the intent of getting players 1,000 touches in 25 minutes.

\*\* Over time as players mature, coaches will implement games that incorporate ball work into activities. It should be noted, that many professionals continue with ball mastery work using companies like Beast Mode, Coerver and Ajax activities.\*\*

### Directions

Pass and Move. Pass, Receive, Dribble Away, Head Up, Find a Pass. For 10 players, you would have 3 balls in circulation.

## POSSESSION WITH PRESSURE (15 MINUTES)



### Method

Possession with Pressure

Two teams in grid. One team has one ball (A). Other team all has a ball (B). Team A passes ball around to accumulate points for each pass. Team B is dribbling around with their ball and trying to knock Team A's ball out while they are dribbling.

Switch after set amount of time.

### Materials

4 cones

Team with one ball each

Team B with one ball amongst team

Distance between cones: Dependent on pitch size

Rotate: Every 2 minutes (track passes)

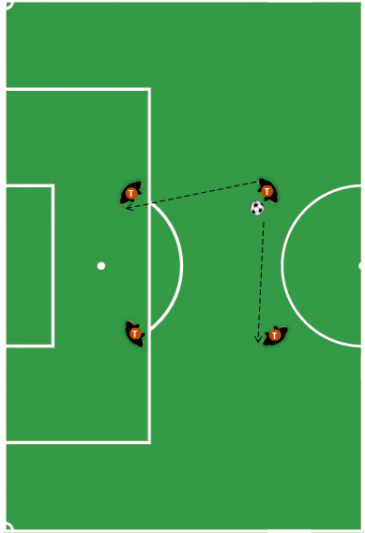
### Directions

Coach players on:

- Moving to receive the ball
- Head up to check exits for pass
- Passing technique
- Dribbling topics

- Rounds of 2 minutes with 30 seconds rest.

## RONDO 4V0



### Method

Key to Club Philosophy - START BUILDING INTO EVERY SESSION

Entry level Rondo, 4 players, no pressure.

Players pass ball around left to right. 2-touch mandatory. Focus is on receiving back foot/across body. Change pass pace and reverse direction.

### Materials

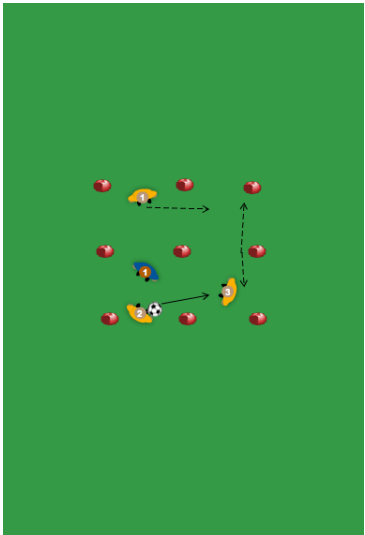
Number of players: 4

Number of balls: 1

### Directions

Coach players on: Receiving back foot.  
Passing technique and pace. First introduction to Rondo (very important).

## 4 CORNER RONDO (TRIANGLE PROMOTION) (20 MIN)



### Method

4-16 cones, 3 offensive, 1 defender. Attackers must be in squares/zones to receive the ball while defender attempts to win the ball. No diagonal balls so ball must be played to teammate in adjacent squares/zones to left or right (forming a natural triangle). This encourages 1) players to move without the ball to support the ball, 2) the natural formation of a triangle.

### Materials

Groups of 4 players (1 defender, 3 attacker)

4-16 cones (can create corner squares for younger players) to block off play squares/zones.  
1 ball

Variation:

- Alter distance to alter difficulty

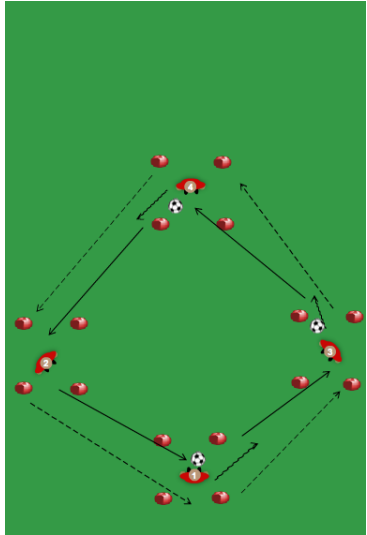
### Directions

- 60-90 second on
- Defender tracks points for team so offensive players do not want to lose ball or they give defender points
- 2-touch mandatory, allow for 1 touch later
- Back foot mandatory
- Rotate groups every round

Coach players on:

- Off ball support
- Passing away from pressure

## RECEIVE TO SWITCH (15 MIN) EXPLORATION/EXECUTION



### Method

Passing and receiving exercise to teach receiving back foot, body positioning, movement and increasing speed of ball movement.

4 square grids set up as points in diamond - with players in each. Ball is played from bottom to side of diamond, then continue. Players must receive in the square and take touch out opposite side, then play ball to next square. Follow the ball to the square which is played to.

Points given for each successful pass and receive in the square. If that player then passes successfully to next square with another successful receive, another point.

Can break into teams and give each team 2 minute rounds to score as many points as possible.

You can have small line of 2-4 players which should only be 30-45 second wait time. Can also introduce 2nd ball.

### Materials

Number of players: 4 active, up to 8 in exercise.

Set up two areas if needed.

Number of balls: 1-2

Number of cones: 16

Distance between cones: 8-15 yards depending on level

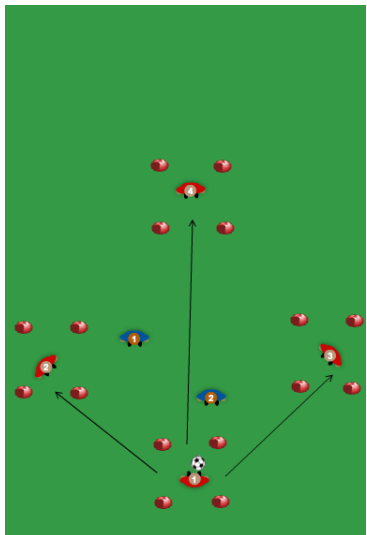
Rotate: 2 min on/30 seconds rest

### Directions

Coach players on: Passing technique, receiving, body positioning

Guided Discovery Q's: How can you receive the ball so you can switch it faster? Are you ready to pass? How is your body positioning?

## RECEIVE TO SWITCH PROGRESSION (ADD DEFENDERS) (15 MIN) SITUATIONAL



### Method

\* Progression to assimilate playing through opponent. Players hopefully learn that playing wide opens up space in the middle.

4 square grids set up as points in diamond - with players in each. Ball is played from bottom to side of diamond, then continue. Players must receive in the square and take touch out opposite side, then play ball to next square. \*Players can leave square to complete passes, but defenders can also close them down / steal the ball.

Points given for each successful pass and receive in the square. If that player then passes successfully to next square with another successful receive, another point.

\*\* 2 Defenders added. Players can now play vertically or to wide areas.

Can break into teams and give each team 2 minute rounds to score as many points as possible.

You can have small line of 2-4 players which should only be 30-45 second wait time. Can also introduce 2nd ball.

### Materials

Number of players: 4 active, up to 8 in exercise.

Set up two areas if needed.

Number of balls: 1-2

Number of cones: 16

Distance between cones: 8-15 yards depending on level

Rotate: 2 min on/30 seconds rest

### Directions

Coach players on: Passing technique, receiving, body positioning