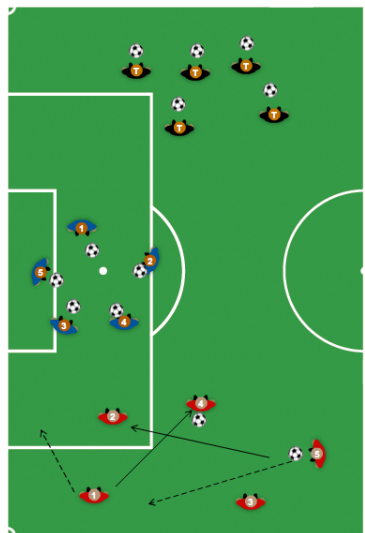


# U10/U11 - EYSA WEEK 3 - SHORT PASSING, MOVEMENT, CONTROL, RECEIVE - UNDER 11

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



### Method

Add some Ball Circulation (Pass and Movement into the Technical Warm Up.

Juggling (3-4 minutes): Try to improve juggling quality and quantity.

Ball Mastery (5 minutes): Change of Direction, Change of Pace, Foot Surface, Attacking - 1v1 Core/Unbalancing Defender

Ball Comfort (5 minutes): Chops, Cuts, Rollover, Drag, Feint

Pass and Move: Players should pass the ball, then move to a new space. Players receiving the ball should turn away (using some turning motions from the Ball Mastery) and find a pass. Receiving/Turns could be Zero Touch, Pull Back, Chops and Cuts into another direction.

### Materials

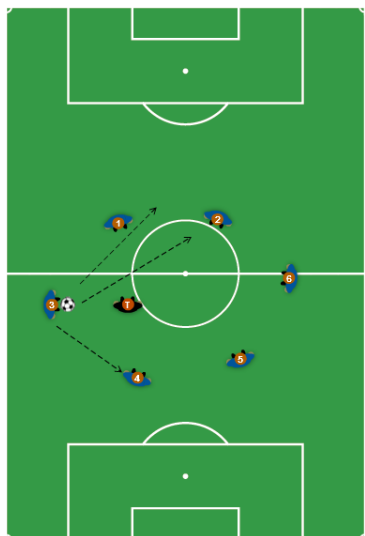
Each player with ball with the intent of getting players 1,000 touches in 25 minutes.

\*\* 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 or 4 balls in circulation.

## RONDO (INTRODUCTION) (15 MIN)



### Method

Rondo is designed to give the passing/possessing team success. Make 6v1, 9v2, 8v2 or any large number with minimal pressure. As they get better later, you progress to 3v1, 4v1 or 5v2. You can start at 4v0 and move to 3v1 when they are really proficient at U11/12.

Mandatory 2-touch so they are also receiving back foot.

### Materials

Number of players: Maximum depending on practice attendees

Number of balls: 1

Rotate: Every 2 minutes with points for passes or every time defender wins ball

### Directions

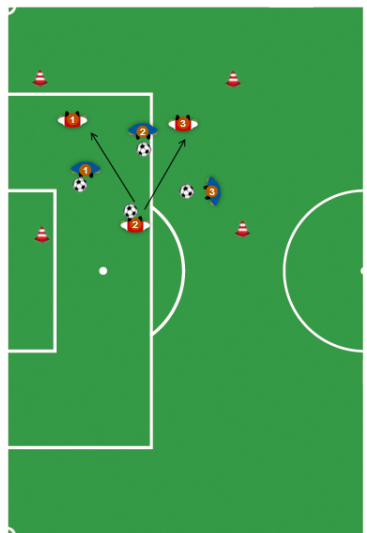
Defender in the middle trying to win possession of ball or knock ball out.

Coaching Points: Passing Technique, Away from Pressure and Receiving Back Foot

Game:

- Offense tries to maintain possession of ball so defender cannot gain points.
- 1 or 2 minute rounds, then rotate defender
- Track points for the defenders (obviously if the offense is keeping the ball, the defender is not scoring points)
- Defender must win possession or knock ball out to score points

## 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)

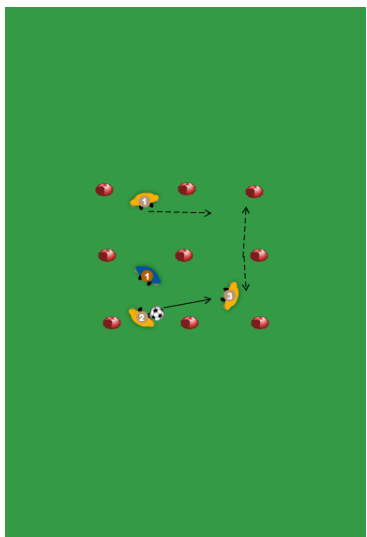
### Directions

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.

## 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

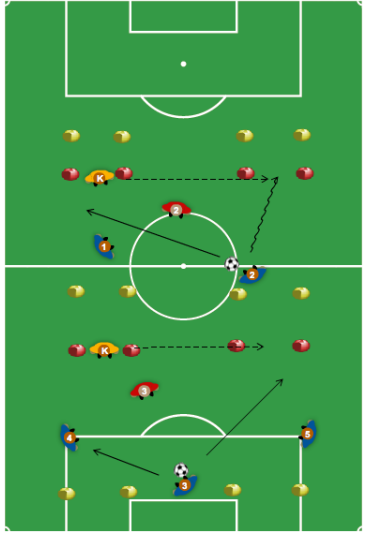
### Directions

- 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

## 2V1 DOMINATION \*PROGRESSION 2V1 TO 3V1 + GK (25 MINS)



### Method

Groups of 3-5 players, 1 ball, 4 goals. 2v1 + GK to 3v1 + GK.  
\*\*The GK must be in either goal and may not stop between goals.  
They must remain on the end-line.\*\* You can score by dribbling through either goal. Defender can shoot. If GK wins the ball, they can join the attack and shoot.

Defenders can always shoot.

Variation: In 3v1, points for passes.

Teams based: 2v1 to 3v1 + GK (teach wide space) to 3v1 (possession with points for pass). This will promote communication, decision making, switching the point of attack quickly.

Brain Endurance: Players need to be aware of which team receives the ball so they are aware and prepared to attack 2v1/3v1 and a GK.

### Materials

Number of players: 3-5 per round  
Number of balls: 1  
Number of goals: 4 (2 on each side)  
Number of cones: For goals  
Rotate: Every round

### Directions

Coach players on:

- Attacking using 1v1 Core, Change Direction, Change Pace, Switching, Triangulation
  - Space in 2v1
  - Good Math attacking in 3v1
  - 3v1, points for each pass if scores.
- Defender touches the ball, the pass count resets.