



U13G_07G Burgundy_Getting unmarked/open_create separation from defenders_3/3/2020

Category: Technical: Movement off the ball
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
Girls Directors, Albuquerque, United States of America

6v6 games (20 mins)

DESCRIPTION/ORGANIZATION:

6v6 multi directional game

Game 1 - play 4 goal game - reds attack one direction, whites attack opposite direction

Game 2 - each team attacks an end zone - score by passing or dribbling into end zone

COACHING POINTS:

Turn and face forward when possible, pass backwards if you cant turn

Movement off ball to create space and passing angles



Pass/Move technical (20 mins)

DESCRIPTION/ORGANIZATION:

in groups of 3, each group in their own square

players start on one side of the square (leaving one sideline open)
after each pass the player must move to the open line

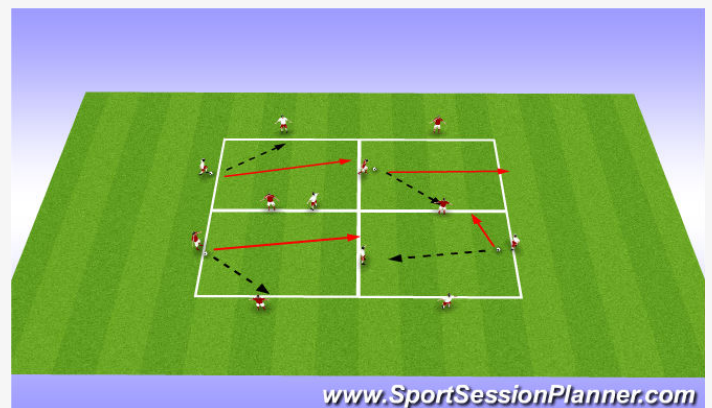
COACHING POINTS:

Quality of first touch and pass

quick movement after playing pass

body shape when moving - be in a position to receive the next pass

Recognize where other groups are on each line - find space on the line



multidirectional 6v6 games (20 mins)

DESCRIPTION/ORGANIZATION:

As in 1st game but now on coach's call of "Switch" the game changes 90 degrees in direction

COACHING POINTS:

As in 1st game but now also how quickly can players respond to change of game direction and different ways to score

