



Week 2 U8 & U12 Fitness & Fun

Category: Physical: Agility

Difficulty: Moderate | **Start Time:** 18-Aug-2020 00:00h

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Description

Small Sided Game

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3v3 / 4v4 no goalies and limited coaching.



Ball Mastery

Ball Mastery Skills

Players dribbling in the square, coaches sets some dribbling challenges also ask players to show skills move or turns.

Left / Right foot, Inside Outside cuts, Laces Heel.

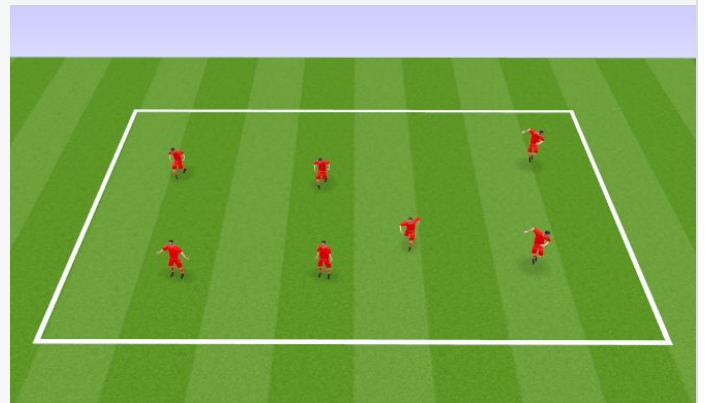
Building confidence with every touch.

Fun Games

King / Queen of the ring.

Juggle Challenge

Fun high energy games



Speed / Agility Work (40 mins)

SAQ Fitness & Fun

Station1 - Players use one foot, jump up over cone, land on opposite foot, hold position and then sprint 10 feet. Go for 1min

Station 2 - Players goes over hurdles/ cones forward then go sideways. Then jog to cones and accelerate to small cones to finish.

Station 3 - Slalom Agility - Players make movements through cones check through gates receive a ball and sprint home.

Station 4 - Ladders. Players make different movements through the ladders sprint in between.

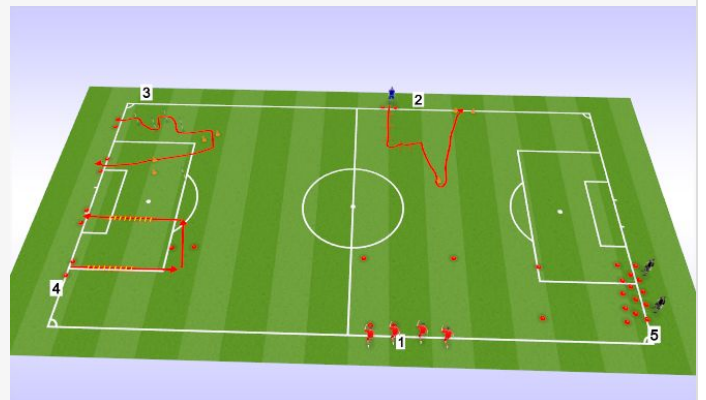
Station 5 - Shuffle Sprints. Players make quick movements around center cone and on command they sprint forward.

Progression:

Add balls to the station for pass or dribble.

SAQ Stations

Each group will rotate after 3 - 4mins at each station depends on numbers.



Game Play - 7v7

Coaching in the game

Have a coach on the field for part of the game so the players have some information in the game style of play and movement.

Work on a specific topic with the players i.e. Possession, playing out the back etc.

