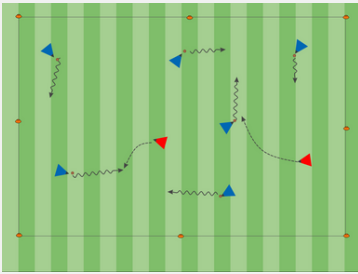


# U 9 - U 1 2

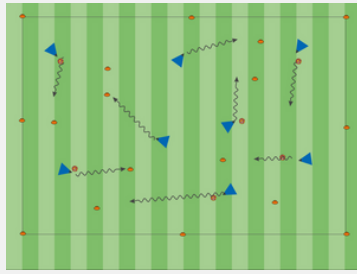
## N O N - G A M E F O R M

### N.90 Bandits



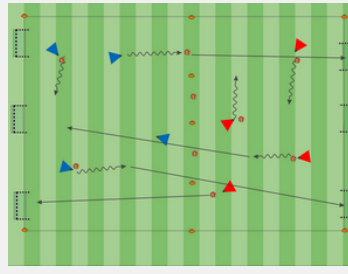
- Setup can work for pairs and passing as well
- Bandits are “red” in activity, but wouldn’t have a jersey on the field as they become dribblers
- Dribble/pass through the space
- If your ball gets stolen, “thief” becomes dribbler
- Scanning
  - Where are the players without a ball “bandits”
  - Where is space?

### N.91 Gates



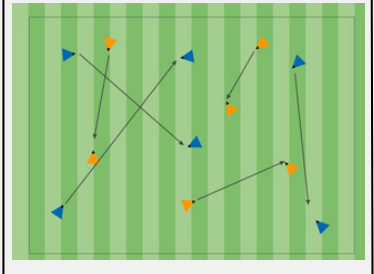
- Setup can work for pairs and passing as well
- Dribble through as many gates as you can
  - Pass with partner if you are passing/receiving
- Explore dribbling with all parts of both feet
  - What part do we take big touches with? Small touches?
  - When do we take big touches? Small touches?
- Scanning

### N.92 Shooting/Striking



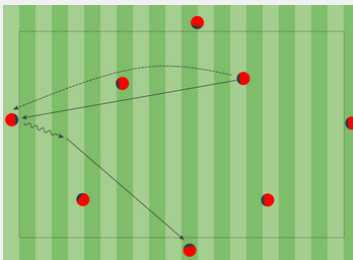
- Use half the field or bigger depending on player ability
- Three small goals on each end with a half line
- All the balls on the half line
- Two teams
  - Cannot cross half line to get a ball or strike a ball
- Can create a “no goalkeeper” zone if needed
- Focus on striking the ball with laces

### N.93 Paint Field



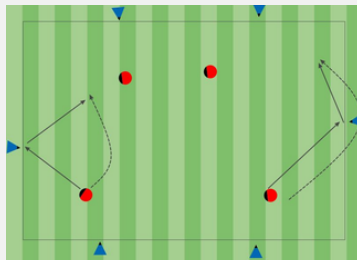
- 20 x 30 yard grid
- Players split in two groups
- Start by having players pass with a partner - “paint the entire field with your ball”
- Move to playing within your group (blue to blue) then within other group (orange to blue to orange)
- Focus on passing and receiving technique - heel down and toe up.
- “Can you take your touch to space?”

### N.83 Long Pass



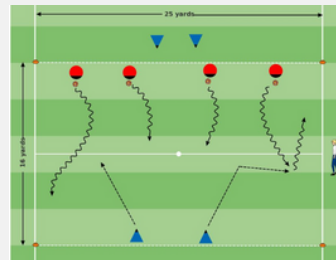
- Full group with half in and half out
- Can use a full half or make smaller
- One ball per 2 players
- Players inside start with a ball
- Play to players on outside, they take 1-2 touches inside and play a long pass
- Focus on driven balls
- Focus on good first touch into space
- Follow pass to go outside to receive a ball

### N.94 Pass/Receive



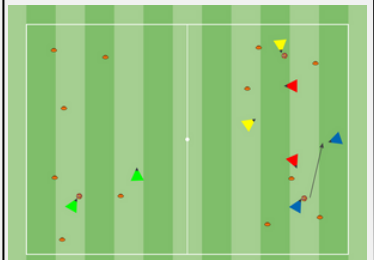
- 20 x 30 yard grid
- Players split in two groups
- Half the players inside (with a ball) and half the players outside the grid (without a ball)
- Variations:
  - Player inside plays player outside then goes to receive from different player outside
  - Player plays a wall pass with outside player
  - Player plays overlap with outside player

### N.95 Defending



- Field as shown
- Two teams of 4-6
- Dribble to one end line
  - Sharks and minnows style
  - Half of one team split on end lines
  - Opponent (full team) dribbles at half of opposing team
  - When sharks win it, pass to teammate on other side
- Switch after all minnows are gone

### N.96 Defending



- 20 x 30 yard or bigger with 13+ kids
- Players split in groups of two - one ball per pair
- One team doesn't have a ball
- Work in pairs to win the ball back - then they get it
- Triangles (bases) are “safe”
- Can't go back to previous base. Defending team - force them back because they can't
- If defending pair wins it, the team they won it from is “it”