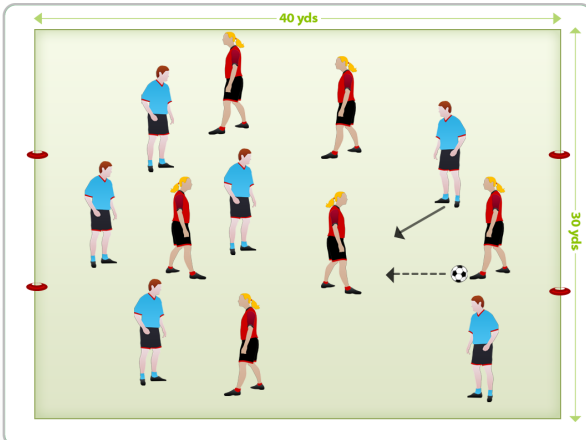


**NAME:** One Goal Up **TYPE:** Warm-up **THEME:** Combination Play



**SET UP**

Set out a 30x40 yard area. Group players in two equal teams. Position players randomly inside the area. Station a goal on each end line without a goalkeeper. One ball is required.

**LEARNING OUTCOME**

Controlling the ball and passing with accuracy.

**DIAGRAM KEY**

— Player Movement    - - - - - Ball Movement    - · - - - - Player/Ball Movement

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**HOW TO PLAY**

The coach rolls the ball into play to begin the game. The team with the ball combines to maintain possession. Opposing players try to tackle the player with the ball or intercept a pass to gain possession. The object of the game is to score a goal in the opposing team's goal. The team that scores first tries to maintain possession without scoring, and cannot score another goal until the other team scores to equalize. Play for a specified time period.

**PROGRESSIONS**

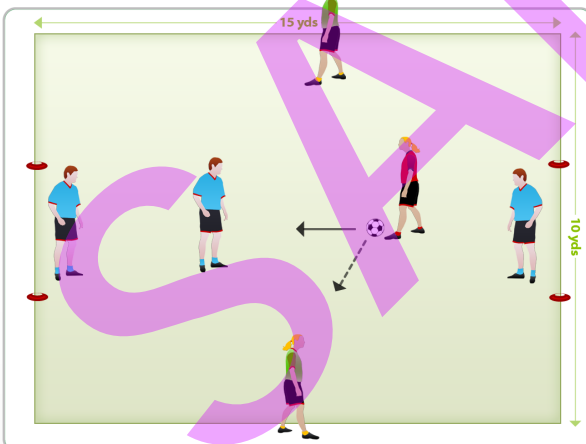
1. Remove the "no scoring" restriction if the scoring team makes five consecutive passes without an opposition player touching the ball.

**COACHING POINTS**

1. Move into space where the player with the ball can see you.
2. Make eye contact and call for the ball.
3. Move into line with the ball and open up the inside of your foot to receive the ball.
4. Relax and give slightly on impact to cushion the momentum of the ball.
5. Play the ball 2-3 feet in front or to the side of you, according to your intended direction of play.
6. Strike the middle of the ball with the inside of your foot and follow through in the direction of the intended target.

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**NAME:** One-Two Breakaway **TYPE:** Technique **THEME:** Combination Play



**SET UP**

Set out a 10x15 yard area. Group players in sixes. Position a red player and a blue player in the middle of the area, and a green player on each sideline. Position a goalkeeper inside a goal on each end line. One ball is required.

**LEARNING OUTCOME**

Advancing to goal with the help of support players.

**DIAGRAM KEY**

— Player Movement    - - - - - Ball Movement    - · - - - - Player/Ball Movement

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**HOW TO PLAY**

The coach rolls the ball into play to begin the game. The player in possession attacks the opposing goal by dribbling past his opposing player or playing a "one-two" pass with either green player into the space in front of goal. The opposing player tries to tackle the player with the ball to gain possession. Green players can move up and down the sideline to support the player with the ball. The object of the game is to score a goal past the opposing team's goalkeeper. Play for a specified time period or number of goals. Rotate positions and repeat.

**PROGRESSIONS**

1. Add another red and blue player and play 2 vs. 2 inside the area.
2. Add a green player on each end line.

**COACHING POINTS**

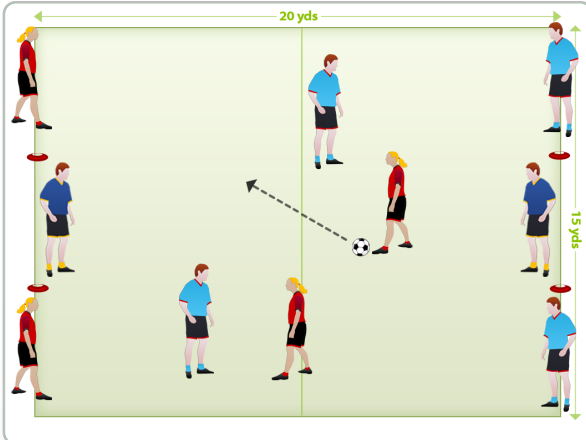
1. When dribbling, lean forward and over the ball, bending your knees and keeping your weight on the balls of your feet. Make contact with the ball with the inside, outside, and instep of both feet. Keep the ball within 2-3 feet and look up as much as possible between touches.
2. When playing a "one-two," play the ball on the ground to the feet of the supporting player and make a curved run behind the defender into the space in front of goal. Call for a quick return pass before the defender regains his balance and turns in pursuit.

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U11

WEEK 4  
#18

**NAME:** 2 vs. 2 + 2 to Goal **TYPE:** Skill **THEME:** Combination Play



**SET UP**

Set out a 15x20 yard area. Group players in tens. Position two red and blue players randomly inside the area. Position two supporting players on each end line. Position a goalkeeper inside a goal on each end line.

**LEARNING OUTCOME**

“One-two” passing to goal.

**DIAGRAM KEY**

——— Player Movement    - - - - - Ball Movement    - · - - - - Player/Ball Movement

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U11

WEEK 4  
#18

**HOW TO PLAY**

The coach rolls the ball into play to begin the game. The team with the ball combines to maintain possession. Opposing players try to tackle the player with the ball or intercept a pass to gain possession. The object of the game is to play a “one-two” return pass to a supporting player on the team’s attacking end line and to shoot and score with a first or second touch. Play for a specified time period or number of goals. Rotate positions and repeat.

**PROGRESSIONS**

1. Add another red and blue player and play 3 vs. 3 inside the area.

**COACHING POINTS**

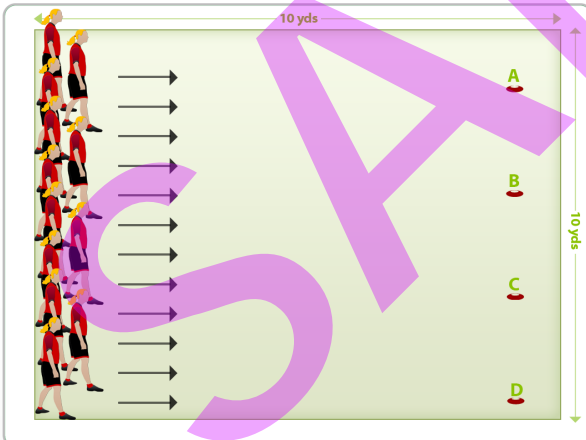
1. Play the ball on the ground to the feet of the supporting player and make a curved run behind the defender into the space in front of goal. Call for a quick return pass before the defender regains his balance and turns in pursuit.
2. Supporting players should pass the ball in front of the attacker so he can run onto the ball with an uninterrupted stride.

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U11

WEEK 4  
#19

**NAME:** Sportsmanship Quiz **TYPE:** Activity Break



**SET UP**

Station four discs 5 yards apart, 10 yards from a starting line. Name discs A, B, C, and D.

**DIAGRAM KEY**

——— Player Movement    - - - - - Ball Movement    - · - - - - Player/Ball Movement

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WEEK 4  
#19

**HOW TO PLAY**

The coach reads the quiz question. When the coach says, “Go,” players run to the appropriate disc (i.e. if they think the answer to the question is A, they run to disc A). The coach gives them 5 seconds to consider their answer. When the coach says, “Runaround,” players stand still or change their answer by running to a different disc. The coach reads the correct answer. Players return to the starting line for the next question.

**Good sports:**

- A - Kick the ball out of play to allow an injured player to receive treatment
- B - Acknowledge the opposing goalkeeper for making a great save
- C - Help an opponent to get up from the ground
- D - All of the above**

**Good sports:**

- A - Respect officials and accept their decisions without argument
- B - Treat opponents with respect
- C - Behave with dignity regardless of whether they win or lose the game
- D - All of the above**

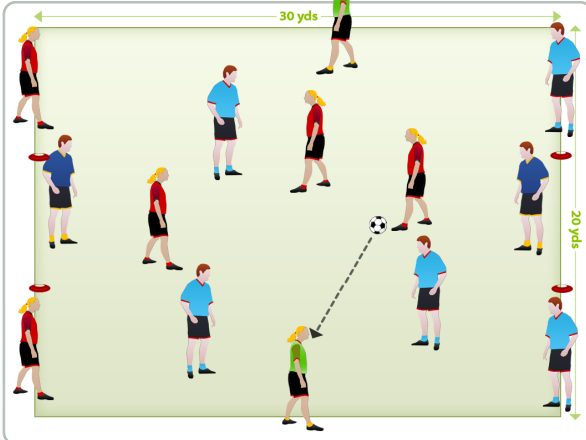
**Good sports:**

- A - Encourage their teammates
- B - Applaud good plays regardless of who makes them
- C - Play fair and have fun
- D - All of the above**

Talk to your players about the importance of being a good sport on and off the field.

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WEEK 4  
#20
**NAME:** 3 vs. 3 + 2 + 2 to Goal **TYPE:** Game **THEME:** Combination Play
**SET UP**

Set out a 20x30 yard area. Group players in two equal teams. Position three red and blue players randomly inside the area. Position two red and blue players on each team's attacking end line, and a neutral green player on each sideline. Position a goalkeeper inside a goal on each end line.

**LEARNING OUTCOME**

"One-two" passing for width in front of goal.

**DIAGRAM KEY**

—— Player Movement    - - - - - Ball Movement    - · - - - - Player/Ball Movement

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WEEK 4  
#20**HOW TO PLAY**

The coach rolls the ball into play to begin the game. The team with the ball combines to maintain possession. Opposing players try to tackle the player with the ball or intercept a pass to gain possession. The object of the game is to play a "one-two" return pass to a player on the team's attacking end line or a neutral player on either sideline and to shoot and score with a first or second touch. Play for a specified time period or number of goals. Rotate positions and repeat.

**PROGRESSIONS**

1. Play 4 vs. 4 inside the area with a single supporting player on each end line.

**COACHING POINTS**

1. Play the ball on the ground to the feet of the supporting player and make a curved run behind the defender into the space in front of goal. Call for a quick return pass before the defender regains his balance and turns in pursuit.
2. Supporting players should pass the ball in front of the attacker so he can run onto the ball with an uninterrupted stride.

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