
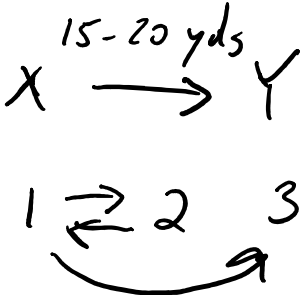

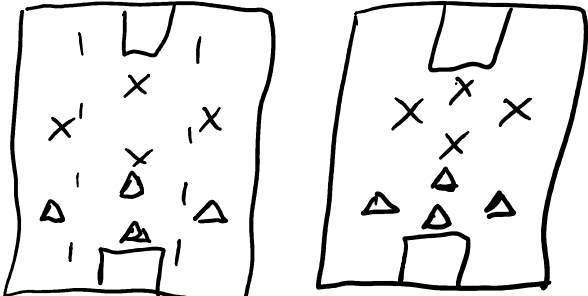


Name: U11 Girls

Topic: Flighted Balls

Technical Training Session

Fundamental (warm-up)	Organization	Key Coaching Points
Warm-Up Runs Warm-Up Touches		
Match Related Activity Paired Passing Short-Short-Long	<p>15-20 yds</p> <p>X → Y</p> <p>1 → 2 → 3</p> 	Plant foot away from the ball (shoulder width) Bent knee on plant leg Strike ball low on the laces or instep near toes Ankle locked Swing leg through the ball rising up on bent leg follow pass
Match Related Activity Flighted Ball to Bent Run		Plant foot away from the ball (shoulder width) Bent knee on plant leg Strike ball low on the laces or instep near toes Ankle locked Swing leg through the ball rising up on bent leg
Game Condition Activity Scrimmage with channels for service Goal to Goal Scrimmage		Must serve a ball in from the channel No defense on the cross