

PLAYERS AGE: U11 – U13

NUMBERS OF PLAYERS: 12

MAIN GOALS

TECHNIQUE: dribbling, passing and receiving

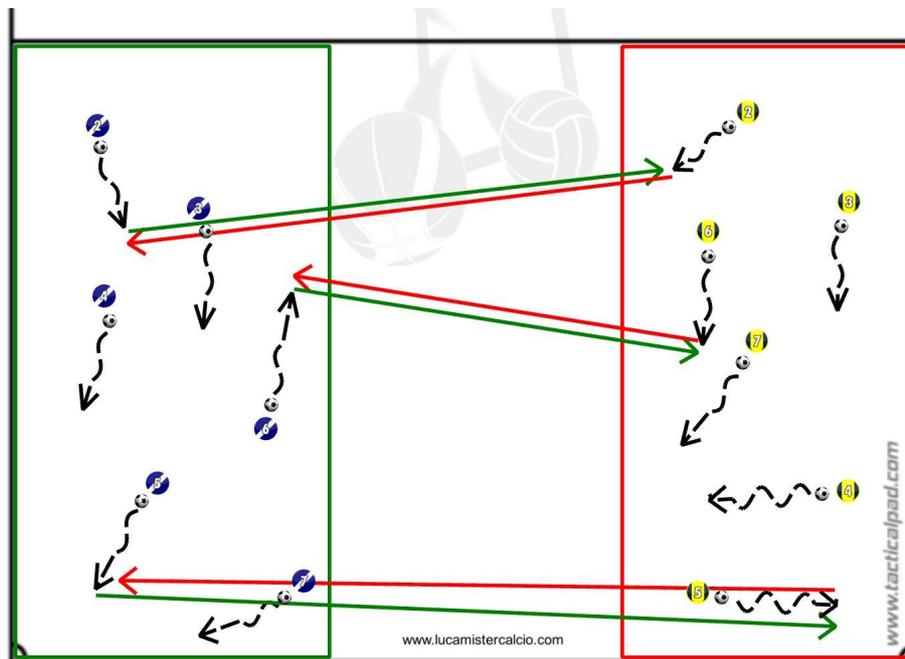
PLAYER TACTIC: move off the ball, peripheral vision

SECONDARY OBJECTIVES: passing and receiving combinations

EQUIPMENT: cones, balls, bibs

PLAYING AREA: 45 x 30 m (divided into 3 parts 15 x 30 m)

Exercise 1: dribble the ball looking at the team-mate with the same number on the other side.



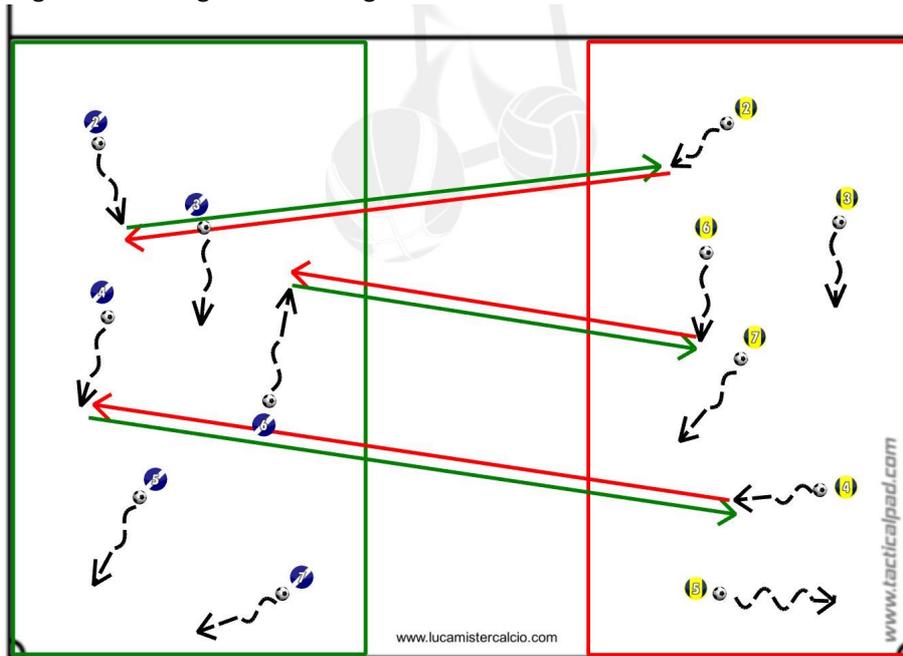
12 players were divided into 2 groups of 6 and paired in numbers from 2 to 7 for each side with a ball each.

All they had to dribble inside their area freely during the very first minutes and then to use the feet parts I asked to dribble the ball with (inside, outside, right foot, left foot, sole, etc.).

After some minutes, I started to ask them to look at the team-mates on the other side with the same number to exchange the ball running toward there to recover the right ball the team-mate was dribbling before. They had to stop the ball inside their first zone, run toward the opposite side and catch up the right ball there), after my signals (only vocal and without whistles).

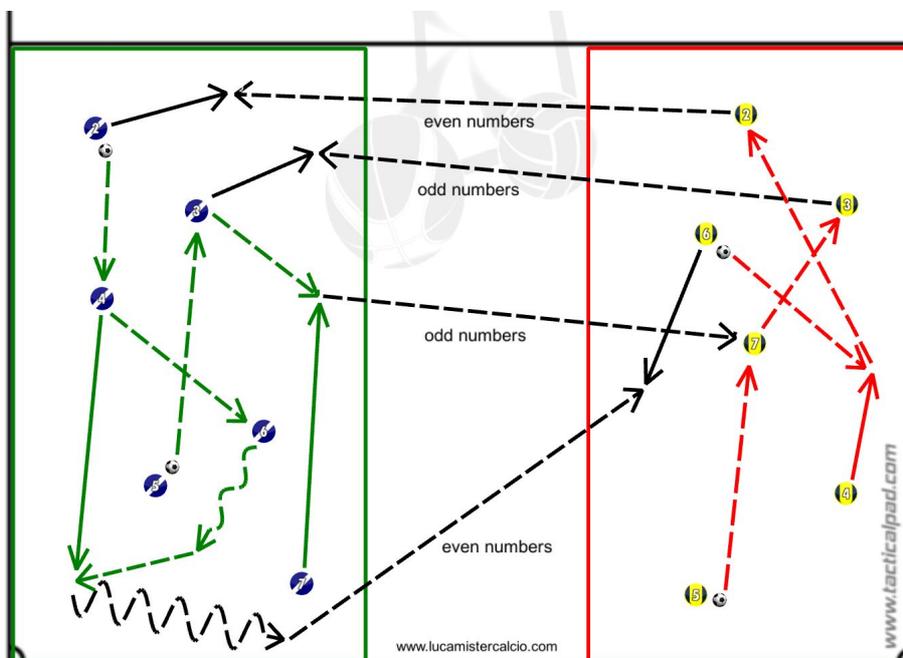
The main goal of this first sequence was to work on dribbling the ball, just as essential ball mastery and technical skill, adding a principle of peripheral vision awareness.

Variation: exchange the ball or go on dribbling.



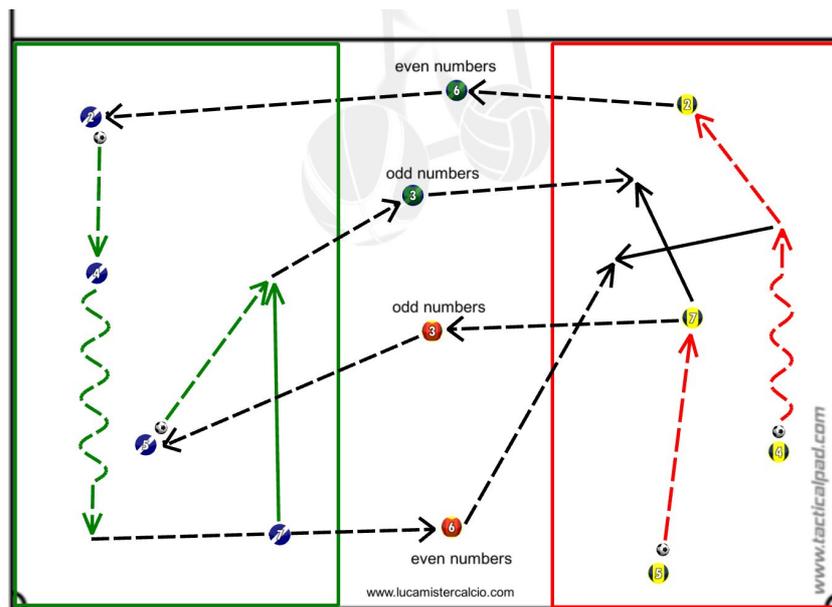
I asked the players to pay attention to their number type (odd or even), in addition to the peripheral vision cognitive load, to understand if to exchange the balls with their teammates along the opposite side, or if to go on dribbling (even numbers exchange the balls in the pictures).

Exercise 2: passing combinations among players with the same numbers' type inside the area and switch the side to the teammates with right numbers' type as well.

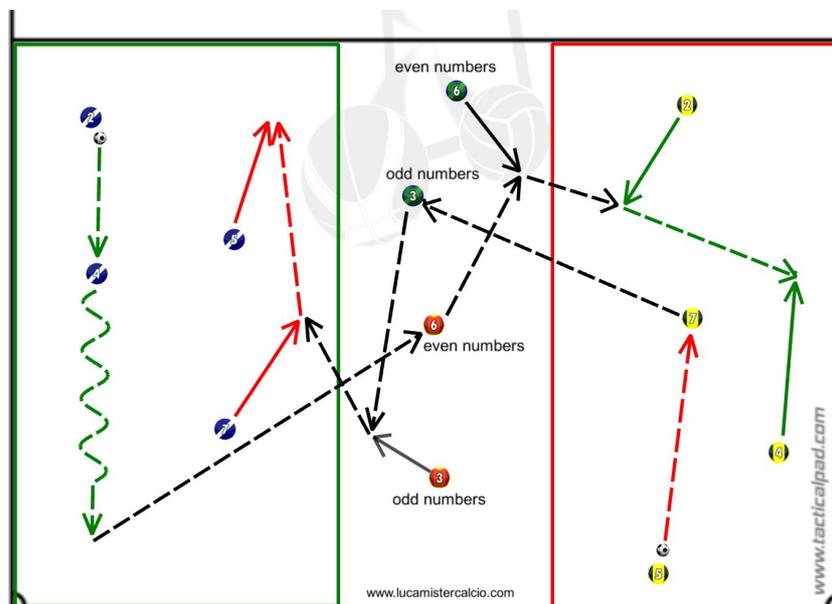


Even and odd-numbered players along each side had to manage 1 ball to create passing combinations; following a signal, the players in possession at that moment had to switch the side passing to the teammates with the same numbers' type. This way, the players were invited to move off the ball to be passing options and to look for the right one before kicking the ball thanks to the peripheral vision.

Variation 1: passing combinations and look for a link teammate to switch the side.



Again, even and odd-numbered players along each side had to manage 1 ball to create passing combinations. However, in this variation, 1 even player and 1 odd player from each side were moving off the ball inside the middle area (3s and 6s in the picture). Following a signal, the players in possession at that moment had to switch the side passing to the link teammates with the same numbers' type in the middle, to switch the side. This way, the players were invited to move off the ball to be passing options, to receive with the right body shape to look for the right passing option before kicking the ball, looking for the free teammate in the center.



Variation 2: passing combinations along one side and look for a link teammate to switch the side. In this last variation, only odd players along one side and even players along the other one had the possession. They had to switch the side at every signal through the link players. The ball carriers in the middle had to combine between them, before playing toward the other third. The timing to move off the ball were different; the waiting players had to pay attention to the combinations along the opposite side and in the middle area, before moving to be passing options.