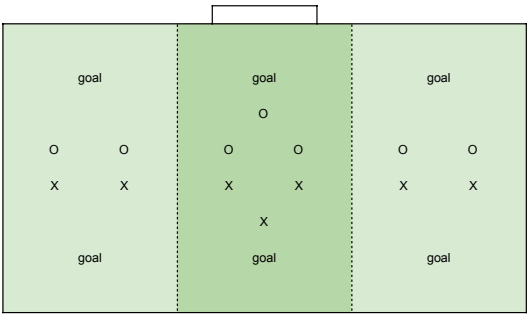


Play ~15m Small Sided



Objective

Arrival Game - *routine* that is also *fun*, both motivates and reduces performance anxiety

Play (2v2 or 3v3 for u10) (2v2 to 4v4 for u12) (2v2 to 5v5 for u14)

Adjust numbers slightly to accomodate for variations or level

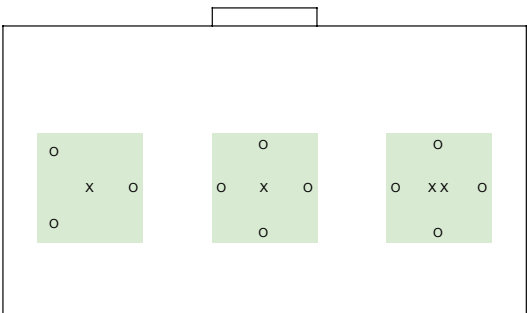
Setup

u10 & u12 - two cone lines to split the field in third as shown

u14 - do similar but top of 18 to half line

Adjust goal distance to what feels right, start bigger if in doubt

Practice ~15m Rondo



Objective

Attackers keep ball away from defender

Defender win ball and dribble OUT of the box

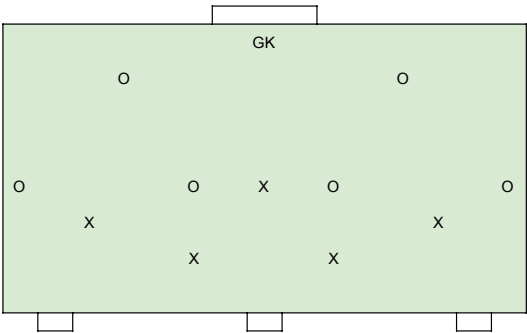
Attacker who lost ball goes into middle

Setup

10x10 boxes (4 cones)

3v1 or 4v2

Play ~30m Half Field or Full Scrimmage



Free Play.