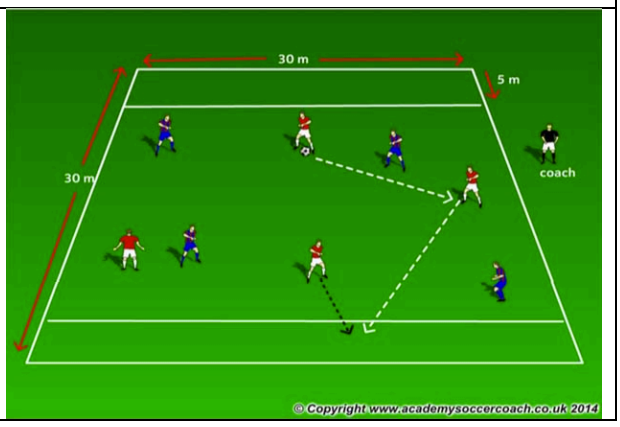
Week of July 2 – U9

Information	Images
Cone tag: **Organization**: Mark out a 20 mx20 m field with different coloured cones. 6-8 players and one tagger. **Procedure**: The tagger tries to lag the players, the coach calls out a cone colour: Cones of this colour can be used briefly as safety zone, but each cone only protects one player. If tagger, tag a player, he/she become a new tagger. **Time**: 8 minutes	
Organization: A 9v9 size goal, a few balls, 10 to 12 players. Mark out field as shown (18 yrd. box if its possible). And 3 cones 10 m from 18 yrd line. **Procedure**: The first passer initiates the 3v2 with a pass into the penalty box. (extra defender juggles on the side, and will be rotate each round) Attackers can only shoot after receiving and controlling the ball. When the first ball goes out of the field or into the goal, the next passer passes into penalty box. Team switch their role after two or three rounds.	
Individual Defending: (defending the line) **Organization**: Mark the field (15 mx6 m), it could be varied depend on the age and the ability of players. **Procedure**: Divide players to two teams. One team (attackers) receive the ball from the defender and try to pass the defender and cross the line. Attacker will rotate every round. Same procedure will take place on the other side. **Progression:** 2 attacker vs 1 defender If defender intercepts the ball, will pass it to his teammate on the other half. Which will receive, turn and cross the line.	
4V4 small sided game with two end zones. **Organization**: Mark a field of 30 mx30 m, and two end zone as shown in diagram. **Procedure**: Each team gain a point by pass the ball into end zone which received by teammate. Players can't wait for the ball in end zone, they must run to end zone to receive the ball. **Repeat:** 5 to 8 times