

UNDER 11 FOOTBALL MAY

Session Emphasis - Learning To Play Together:

Core Skill - Punt/Hook Kick (Left & Right)

Associate Skill 1 - Near Hand Tackle

Associate Skill 2 - Frontal Tackle

Re-focus Skill - Pick Up



FUN WARM-UP GAMES

(5-10 minutes)

Choose 1 fun game from above
and 1 drill from the right

Jumping



Bunny Hop

Agility



Minefield

Running



Here, There,
Everywhere

Agility



Chasing
Shadows

CORE SKILL DEVELOPMENT

(10-15 minutes)

Basic Drill:

Pass & Follow

Intermediate Drill:

Six Star Drill

Fun Drill:

Bull's Eye

ASSOCIATE & RE-FOCUS SKILLS DEVELOPMENT

(10-15 minutes)

Near Hand Tackle Drill:

Around The Block
or
Tackle To Team-mate

Frontal Tackle Drill:

Last Man Standing
or
Grid Tackle

Pick Up Drill:

Bridge Ball
or
Tussle & Lift

SMALL SIDED GO GAMES

(20 minutes)

Conditions:

1. Skill points awarded based on skills practiced above
2. Zonal pitch: Players must play within their own zone
3. 3 points for a score over the bar/1 point for a goal

CHECK FOR LEARNING & GOAL SETTING

(5 minutes)

1. Did you enjoy the session?
2. What did you learn from tonight's session?
3. What skills are we going to practice for the next week?