

THIS WEEK'S SKILLS

AT HOME SKILLS FOR THIS WEEK

THEME: ATTACKING OVERLOADS

U5-U6

SKILLS	<u>Dribbling</u>	Ensure players concentrate on their dribbling and running with the ball skills. Introduce players to understand when to take smaller and when to take bigger touches.
	<u>Running With The Ball</u>	
	<u>Inside Outside</u>	

U7-U8

SKILLS	<u>Dribbling</u>	Players should look to attack the space when it is in front of them by running with the ball. Players need to recognise if to pass, dribble or run with the ball.
	<u>Running With The Ball</u>	
	<u>Two Touch Passing</u>	

U9-U10

SKILLS	<u>Running With The Ball</u>	Get players to work on attacking the goal quickly and have lots of opportunities to practice.
	<u>One Touch Passing</u>	
	<u>Quick Feet</u>	



THIS WEEK'S SKILLS

AT HOME SKILLS FOR THIS WEEK

THEME: ATTACKING OVERLOADS

U11-U12

SKILLS	<u>Running With The Ball</u>	Get players to work on attacking the goal quickly and have lots of opportunities to practice. Players must attack quickly with speed.
	<u>One Touch Passing</u>	
	<u>Quick Feet</u>	

U13-U14

SKILLS	<u>One Touch Passing</u>	Get players to work on attacking the goal quickly and have lots of opportunities to practice. Players must attack quickly with speed.
	<u>Quick Feet</u>	
	<u>SAQ</u>	

U15+

SKILLS	<u>One Touch Passing</u>	Get players to work on attacking the goal quickly and have lots of opportunities to practice. Players must attack quickly with speed.
	<u>Quick Feet</u>	
	<u>SAQ</u>	

