7v7 Activity for U9-U11 Players - 4v0 Shadow Play

OBJECTIVE: Passing and Movements
PLAYER ACTIONS: Pass options, Pass/dribble
KEY QUALITIES: Optimal technical, Optimal physical, Initiative

ORGANIZATION:
4v0 Shadow Play 1. Groups of four (4) players besides a cone in a square (create as many group as needed). 15 yards by 15 yards. 2. A player leaves the cone into the center of the square to receive a pass and then passes to the player on either cone.

NOTES:
3. The player in the middle after passing the ball, takes the spot of the player that he/she receive the ball from 4. Another player (not involve in the sequence) checks into the center of the square to receive a pass and repeat the sequence 5. Encourage passing and movement.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
4

DURATION:
15.0 min