

U12 --- Week Eight

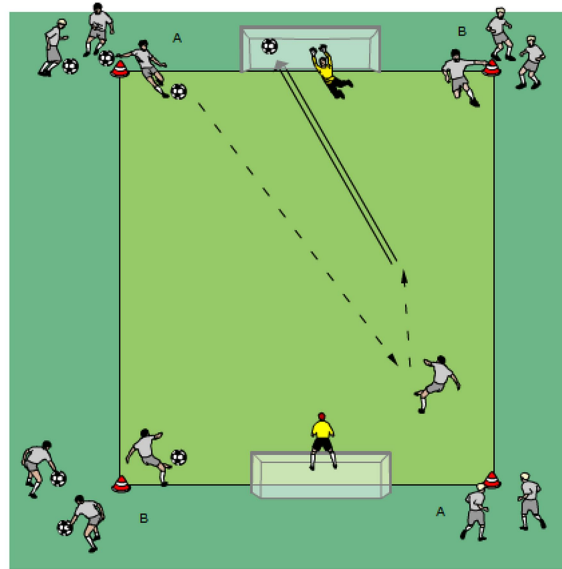
OBJECTIVE: To continue building on the most fundamental skill in soccer; *the individual mastery of the ball and the creativity that comes with it.* U11 and U12 players should be concerned with refining their techniques, becoming quicker and more precise and more efficient. Now they should aim to play with a little flair, using their skills to dominate their immediate opponent, win ‘duals’, and to score lots of goals. **Now the kids are ready mentally and physically to grasp elementary tactical ideas, therefore the sessions will be more specific.**

Shooting/Finishing #2 Session

1) Pass – Shoot Two touches--- (10 minutes): In a field of about 20x40 yards (or the size of two penalty areas) with regular size goals with GKs. Split players into two teams with half of each team diagonally opposite each other. Half the players on each team have a ball and the other half do not. Game starts with 1st player of team A as he/she passes the ball to the first player diagonally across. That player has two touches to take a shot. The 1st touch is to settle the ball and the 2nd touch to shoot. After shot they collect their own ball and go to the end of the other group’s line (switching). As soon as the shot is taken the 1st player from the other team goes. This is a very fast paced activity. *See Diagram for set-up.*

Coaching Points:

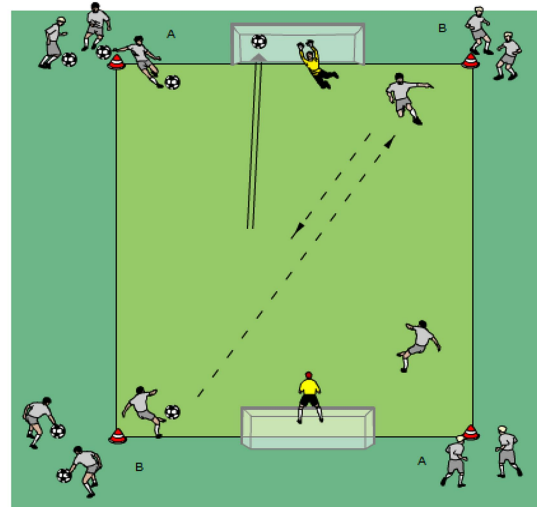
- Direction of the shot - non-kicking foot: knee slightly bent with foot next to the ball and toe pointing at target
- Kicking foot - ankle locked (stiff) with toe pointing to the ground, strike the upper middle part of the ball with the laces
- Approach the ball using quick short steps
- Attack the ball by following through and landing on kicking foot. This will help in keeping ball low



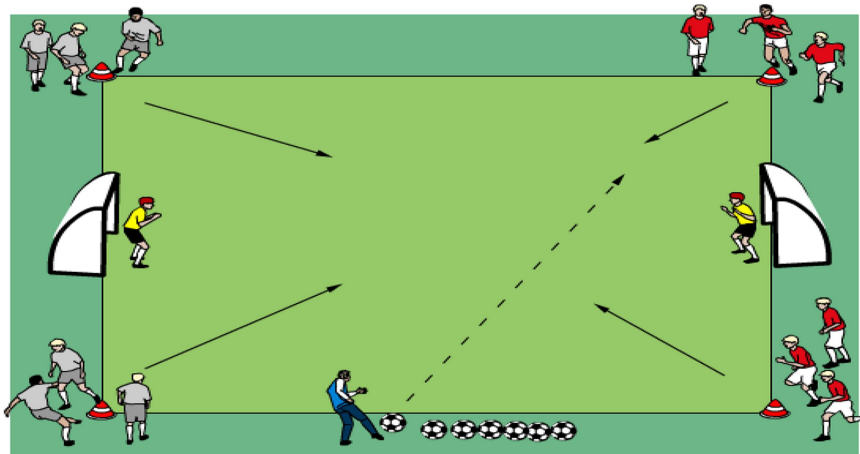
2) Pass – Pass – Shoot One touch--- (10 minutes): Same set-up as above. This time 1st player from team A passes the ball to teammate who gives the ball back with one touch to the player that passed the ball who runs and takes a shot. Players collect the ball and switch groups. As soon as shot is taken the other team goes. *See Diagram.*

Coaching Points:

- Same as above
- Player that gets the pass back should be patient and not make the run too early. Let the ball come back and then time the run



3) Four Corners Shooting--- (10 minutes): Same set-up as previous games. But this time the coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a 2v2 + GKs activity. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, keepers stay on, and the coach kicks the next ball in for the next 4 players. Rotate GKs every couple of minutes. *See Diagram.*



4) 4v4 + 4 Bumpers--- (10 minutes): Two teams play 4v4 in field while the third team is the neutrals or bumpers outside on side of the field. This is one goal game. Winning team stays and losing team switches with bumpers. Bumpers have 2 touches or 2 seconds and always play for the team that gave them the ball.

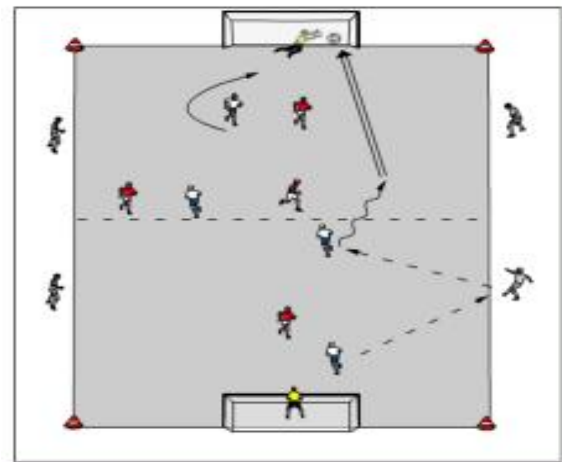
See Diagram.

COACHING POINTS:

- Same as above
- Create scoring opportunities
- Shoot at any half chances
- Hunt for rebounds

4) Game to two goals with GKs--- (30-35 minutes):

Play – 7v7 + GKPR’s. We always try to finish with a free scrimmage as close to the numbers per team that we play in our league games.



Coaching Points:

- Playing field should be about (50-55) x (75-80) yards (steps)
- Less talk more playing.
- Encourage playing hard and NOT just going through the motions.
- Allow room for trial and error, experimentation, creativity and mistakes.

5) Cool-down and Review--- (5-10 minutes): A low intensity activity to help players unwind mentally and physically, including static stretching of the large muscle groups. Example: Juggling; alone or in 2’s and 3’s. *Very briefly review two or three of the major points of the training.*

