

# ***U12 --- Week Five***

**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 Session**

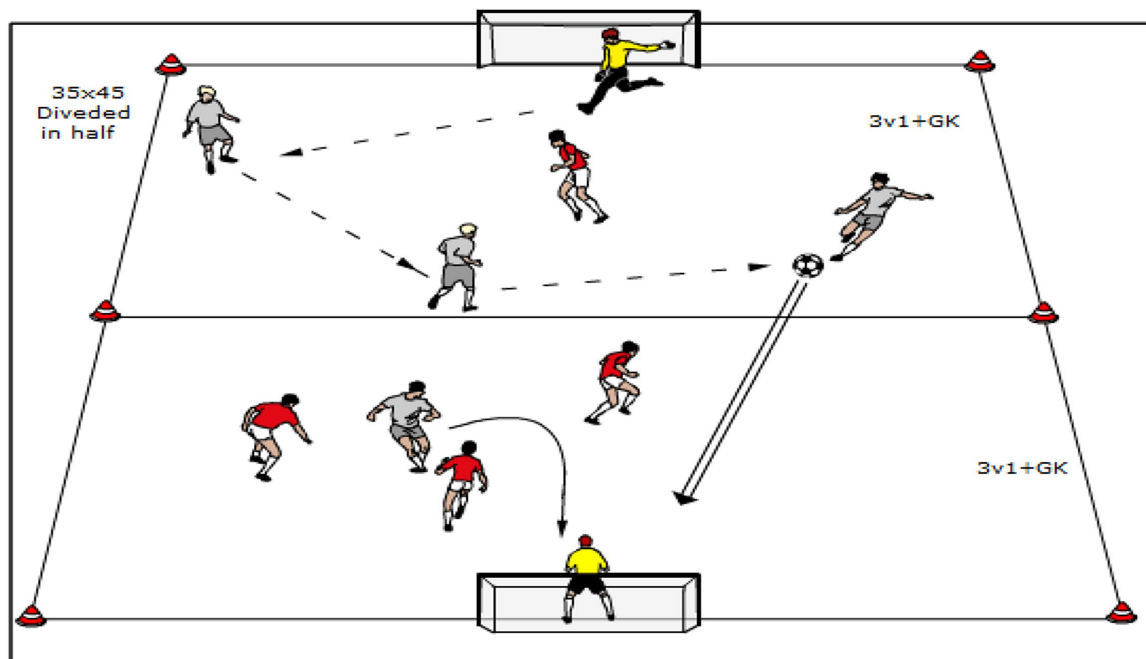
### **1) Warm-up: (10 minutes)**

**Free Dribble:** Everyone with a ball, dribbling in a defined space using inside, outside, and sole of the foot. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; *Example:* **1.** every 2-3 steps change direction. **2.** Don't get stuck in traffic, always find the open space. **3.** If that space closes down, find another space. **4.** On your command, players stop their ball and find another player's ball and accelerate 2-3 steps. **5.** After several reps, build on... get the other player's ball perform your (player's) favorite move and explode 2-3 steps.

### **Coaching Points:**

- Same as previous weeks
- Sell the moves. As you get comfortable, do it faster
- Accelerate after move. You beat your opponent with the move, now you need to get away from him/her
- Be demanding. No walking. Practices have to done at game speed. If we are expecting players to play fast at games, than we have to prepare them for this at practices

**2) 4v4 + GKs with 3 Full-time Defenders and 1 Full-time Attacker --- (10 minutes):** On a field of 35x45 yards (steps) divided in half with discs and GKs, each team has 3 full-time defenders and 1 full-time attacker. Therefore



each half of the field will have a 4v1 set-up. GKs are also players. *See Diagram.* Players cannot cross to the other half of the field, otherwise its regular game.

**Coaching Points:**

- Same technical points as previous week
- Shoot often from anywhere on the field
- Ask attacker to hunt for rebounds

**3) 4v4 + GKs with 3 Full-time Defenders and 1 Full-time Attacker --- (10 minutes):** Same as game #2 but NOW the person that passes the ball can join the attack on the other half making it a 3v2. As soon as possession is lost he/she has to come back.

**Coaching Points:**

- Same as above
- Timing of passes and runs
- Attacker always reading the game and is always connected
- Attacker can turn and shoot or lay-off pass to supporting teammate

**4) 4v4 + GKs with 3 Full-time Defenders and 1 Full-time Attacker --- (10 minutes):** Same as game #3 but NOW a second player can join the attack on the other half making it a 3v3. As soon as possession is lost both players have come back.

**Coaching Points:**

- Same above

**5) 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.

**6) 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.*