

U12 --- Week One

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.**

Dribbling Session

1) Warm-up: (20 minutes)

Free Dribble --- (10 minutes): Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot), and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction.

Coaching Points:

- The space you use should create an environment that forces players to change direction and keep their heads up so they don’t bump into each other
- Bend your knees and get down low
- Use your arms to keep balance
- Relax your foot and ankle and push the ball
- Keep your head up
- 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

Gates Passing --- (10 minutes): Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Have them pass only with their left foot or right foot, or the outside of their foot. They cannot go back through the same gate twice in a row.

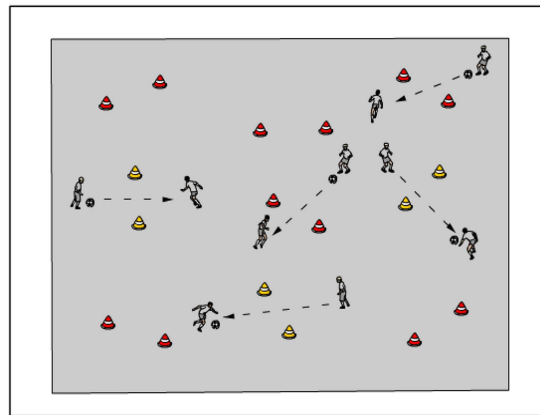
Coaching Points:

Kicker

- Stress passing techniques
- Point your toes sideways and up; locked ankle
- Strike the middle of the ball
- Follow thru to partner
- Knees bent
- Head down
- Placement non-kicking foot pointed to target and parallel to ball, pay attention to proper weight and angle
- Communicate

Receiver

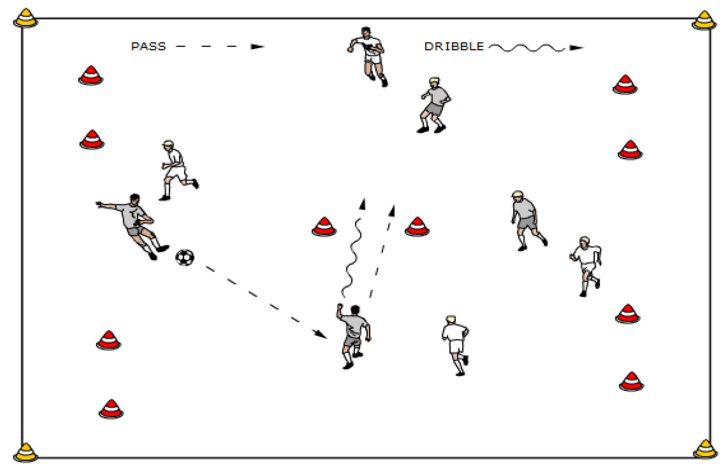
- Support – get to an angle at which passing lane is clear and have your hips open to the playing field
- Communicate
- Move toward pass (check to ball)



2) 4v4 to Five Goals (Dribble or Pass) --- (15 minutes): Each team of four defends and attacks the 5 goals. Points are scored by dribbling or passing through in any of the 5 goals from either direction. Field size is approximately 30x45 yards (steps). *See diagram.*

Coaching Points:

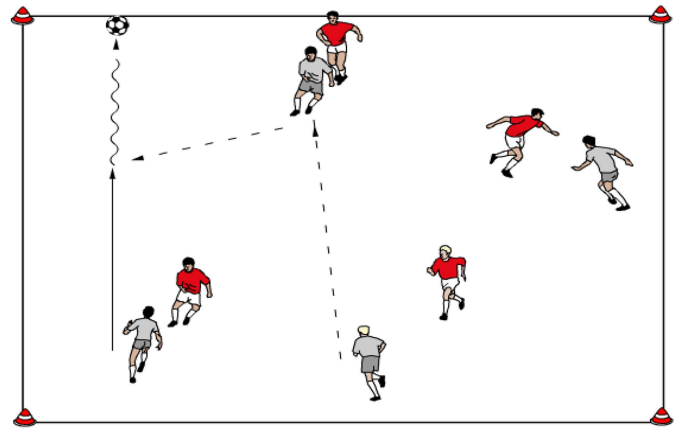
- Build as many fields as needed to have all players playing.
- Stress recognition when to pass to score a goal



2) 4v4 to Lines (Dribble) --- (15 minutes): In a field approximately 30x45 yards (steps) each team of four defends one line and attacks the opposite line. Points are scored by successfully dribbling the ball (under control) over the opponent's line. *See diagram.*

Coaching Points:

- Build as many fields as needed to have all players playing.
- Encourage attacking the line and scoring points.



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.*