

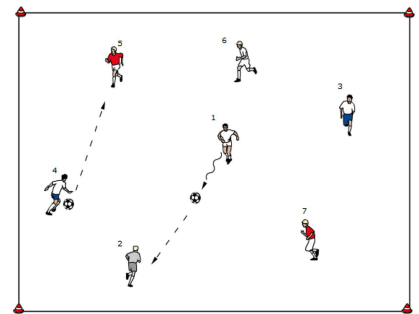
U12 --- Week Seven

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.**

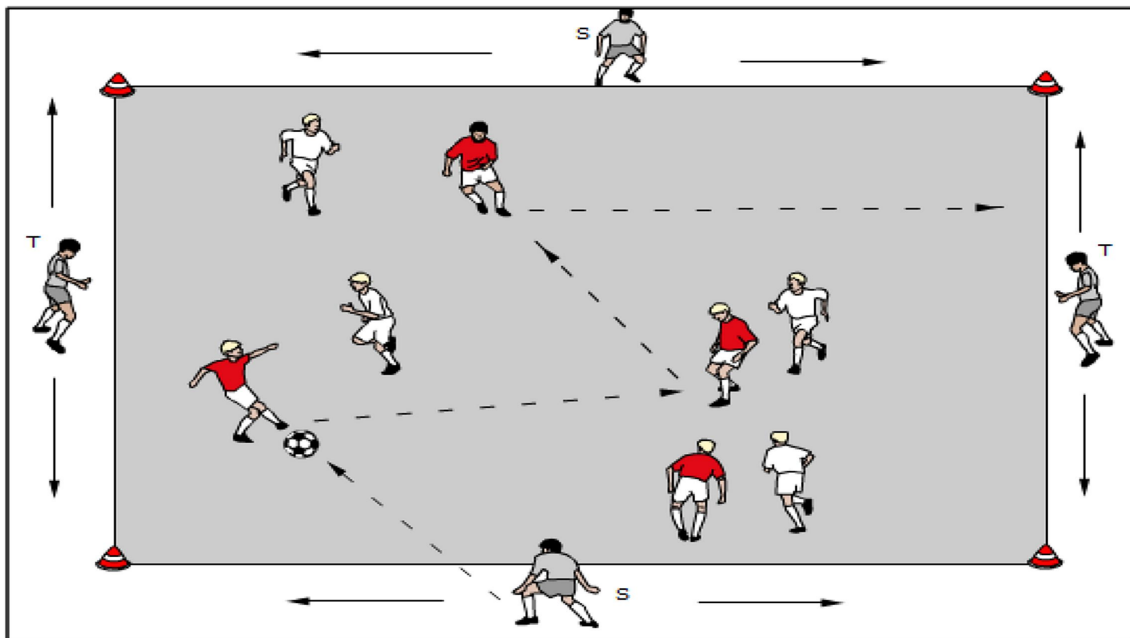
Possession to Penetrate Session

1) Warm-up: (10 minutes)

Numbered Passing: Number the players on your team and have them move around and pass the ball to each other in sequential order. Make sure the ball never stops, players never stop moving, and the ball never leaves the grid you have set. *Version 1:* Add balls to add challenge to the activity. The diagram shows 7 players with 2 balls. Avoid 1 ball if you have more than 4 players. *Version 2:* You may tell players to pass with a certain foot or a certain part of their foot as the activity continues. *Version 3:* As players get comfortable, you can limit their touches to 2 or 3 touches.



2) 4v4 + 2 to Two Targets --- (15 minutes): On a field of about 30x45 yards (steps) two teams of four players each play to targets (directional; each team scores on the opposite target) with the help of two supporting players on the side. A point is scored every time a team connects 5 uninterrupted passes or each time they connect a pass to their target player. You play for a designated amount of time or to 3 points before switching teams. *See Diagram.*



Coaching Points:

- Support (S) and Target (T) players must move back and forth on their line and be available and connected to the game
- Point your toes sideways and up; locked ankle
- Strike the middle of the ball
- Follow thru to partner
- Knees bent
- Placement non-kicking foot pointed to target and parallel to ball, pay attention to proper weight and angle
- Communicate
- Support – get to an angle at which passing lane is clear and have your hips open to the playing field
- Move toward pass (check to ball)

3) 4v4 + 2 to Two Targets (get ball back) --- (15 minutes): Same as previous game but this time for a point to be scored the team that passes to the target (T) players must get the ball back with one touch from the target (T) player.

Coaching Points:

- Same as above
- Stress timing of runs and angle of support

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.