

U12 --- Week Six

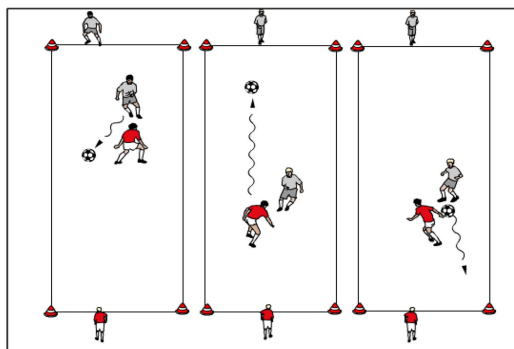
OBJECTIVE: To continue building on the most fundamental skill in soccer; *the individual mastery of the ball and the creativity that comes with it.* U11 and U12 players should be concerned with refining their techniques, becoming quicker and more precise and more efficient. Now they should aim to play 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.**

Defending (Individual) Session

1) Warm-up: (10 minutes)

Free Dribble: 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; Coaches, as you get more comfortable as the manipulator you can use any of the previous free dribble sessions and/or any combination. The key is the player touching the ball, have a good rhythm in their movement and continuous challenges. *We are trying to create good habits in muscle memory.*

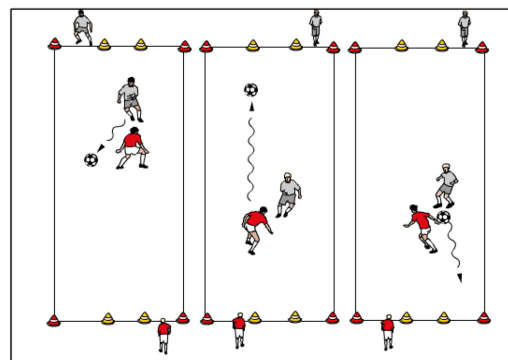
2) 1v1 to Lines --- (10 minutes): In a grid of about 10x10 yards (steps), 2-3 players line up on opposite sides. The first player in each line alternates attacking the player opposite them. When the attacker dribbles over the line they score a goal. If the defender wins the ball he or she can counter attack to the opposite line to also score a goal. The players switch to the opposite line if a goal is scored or the ball goes out of bounds. The coach rotates the lines so all players get to compete against each other. *See Diagram.*



Coaching Points:

- Build as many grids as required to have 3:1 or 2:1 work to rest ratio. Diagram shows a 1:1 ratio.
- The defender needs to “approach fast, arrive slow”, bend run, have correct stance: be on their toes, with knees bent, one foot forward, one back. The defender “affects” the ball...gets the head of the attacker down by getting close to the attacker, approximately arm’s length
- Decision on which way to channel and squeeze space

3) 1v1 to Two Small Goals --- (10 minutes): Same grids as above except now there is a one yard (step) goal in the middle of each line. Attackers try to score by passing the ball through the goal. Defenders can counter attack to the opposite goal if they win the ball. Players switch sides after a goal or the ball goes out of bounds. The coach rotates the lines so all players get to compete against each other. *See Diagram.*



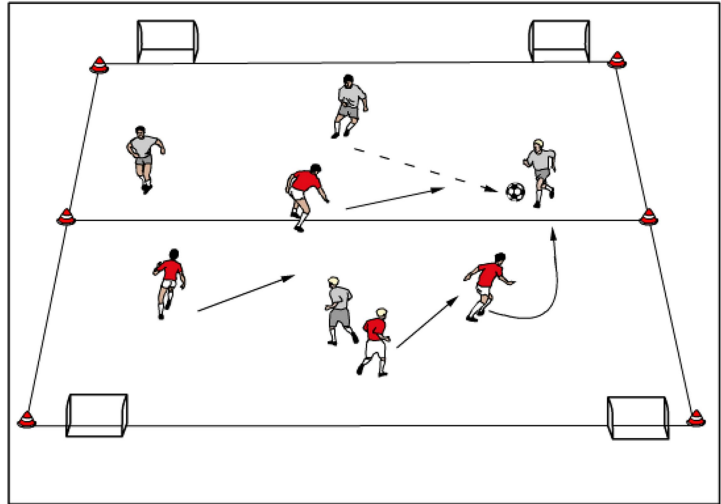
Coaching Points:

- Same as above; also deny shot on goal by cutting off the path

4) 4v4 to Four Small Goals --- (10 minutes): In a grid 25x35 yards divided in half with four goals measuring 3 feet across in each corner, two teams of four attack two goals and defend two goals. This is a regular game with offside beginning at midfield. Coach within the game, and work on team shape, specifically compactness on defense. *See Diagram.*

Coaching Points:

- Deny penetration with a dribble or a shot
- Immediate chase/pressure – The moment possession is lost the nearest player(s) try to regain possession or apply pressure on the ball
- Delay – The pressuring defender(s) forcing the attacking team to take time organizing its attack so defenders have time to form a collective defending action behind the ball
- Cover – While the ball is being pressured all other players should be recovering into defensive positions. The positions taken should support the pressuring defender in the event he is beaten
- Balance – As the team concentrates their defense in the area of the ball, defenders away from the ball (opposite side of field) must position themselves to cover vital spaces (central areas) in order to prevent attackers from making penetrating runs into these spaces in which to receive the ball



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.*