

U12 --- Week Three

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.**

Heading Session

1) Warm-up: (20 minutes)

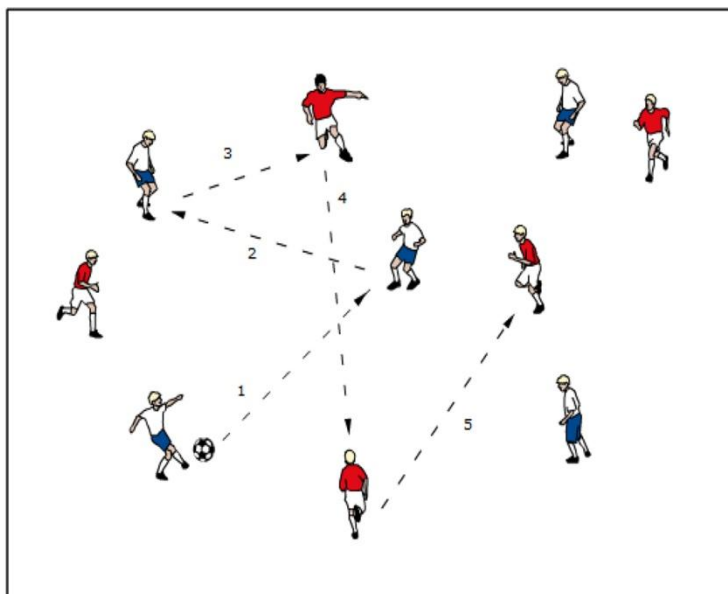
Free Dribble --- (10 minutes): Everyone with a ball, dribbling in a defined space using inside, outside, and sole of the foot. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; *Example:*

1. First one to perform 50 touches with their right foot and sits down rising their hand is the winner. **2.** Same as #1 but now use the left foot. **3.** Same as #1 but now have to perform 50 touches with right foot and 50 touches with left foot. **4.** At your command players perform a single scissor move and accelerate 2-3 steps right after the move. Then slows down to regular dribbling speed. **5.** At your command players perform a double scissor move and accelerate 2-3 steps at the end of the move.

Coaching Points:

- Same as previous weeks

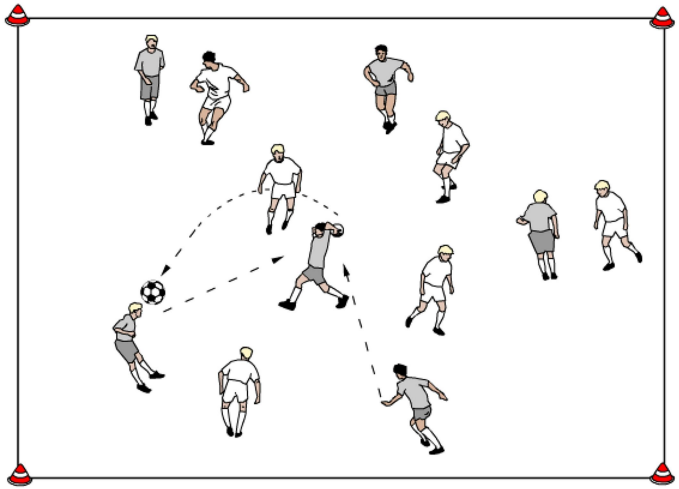
Colors Passing --- (10 minutes): Same as Numbers Passing but now half of the players in red pennies, half in blue (or any distinguishing color). Teams playing together in the same space combine in the passing sequence blue-blue-red-red-blue-blue-red-red etc. etc. Ball can never stop, players can never stop moving, and ball cannot leave area of play. *Version 2:* When players can do first sequence adequately and without frequent errors change the sequence to blue-blue-blue-red-red-red-blue-blue-blue etc. etc. *Version 3:* **Add a second ball for both versions.** Stress communication and technical passing points throughout. Make this activity competitive by counting errors and setting goals by lowering allowed errors.



Coaching Points:

- Same as previous weeks

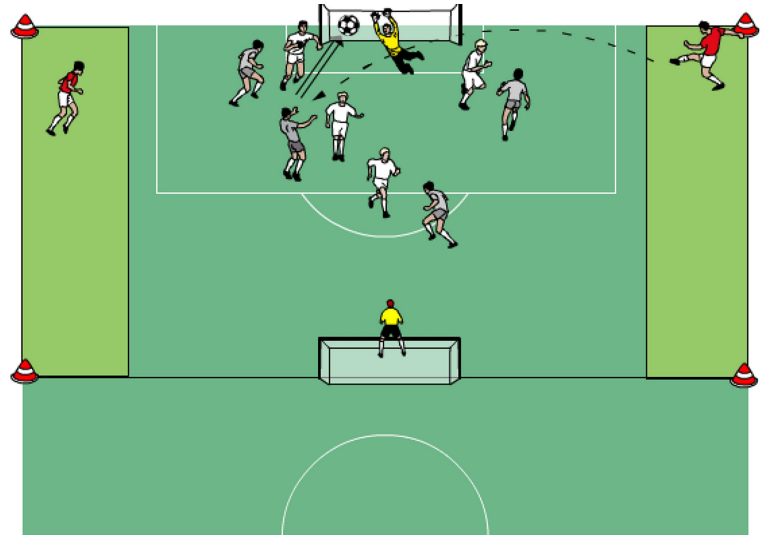
2) Hand Ball Game --- (10-15 minutes): In a field approximately 35x50 yards (steps) split players into two teams playing hand ball. Points are scored with the player heading the ball back to teammate that tossed him the ball. Player with the ball cannot take more than 3 steps and ball cannot be taken away from him. Change of possession occurs when ball gets intercepted or dropped. **If repetitions are not frequent ADD a second ball.**



Coaching Points:

- When heading the ball keep your eyes open and mouth shut
- Use the forehead to strike the ball
- Have arms extended for power and protection
- Added power begins from the waist and neck
- Players should use 2 hands and toss the ball under-handed

3) 5v5 + 2 on Neutral Channels --- (10-15 minutes): On the same field as above add two goals at each end of the 35 yard lines and build a 10 yard channel down the inside of the 50 yard lines. *See Diagram.* Place a neutral (plays for both teams) player inside each channel. Two teams of 5 players including a GK play regular game but if a goal is scored coming from a cross from the neutrals, it's worth 3 points.



Coaching Points:

- Same as above
- Don't wait for a cross to come in; time your runs
- Neutrals have 3 touches or 3 seconds to play the ball
- Make sure you rotate neutrals

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. **First 10 minutes: a goal scored from a header =3 points.**

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.*

