

U12 --- Week Two

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.**

Passing and Receiving 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. at your command, players stop their ball and perform 5 toe taps and continue dribbling. **2.** After several reps build; 5 toe taps and 5 ‘gorillas’. **3.** Several reps later build; 5 toe taps, 5 ‘gorillas’, one pull-back with sole of the foot. **4.** Several reps later build to; 5 toe taps, 5 ‘gorillas’, a pull-back with one foot and now a second pull-back with the other foot.

Coaching Points:

- Same coaching points from Week One

Numbered Passing --- (10 minutes): 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.

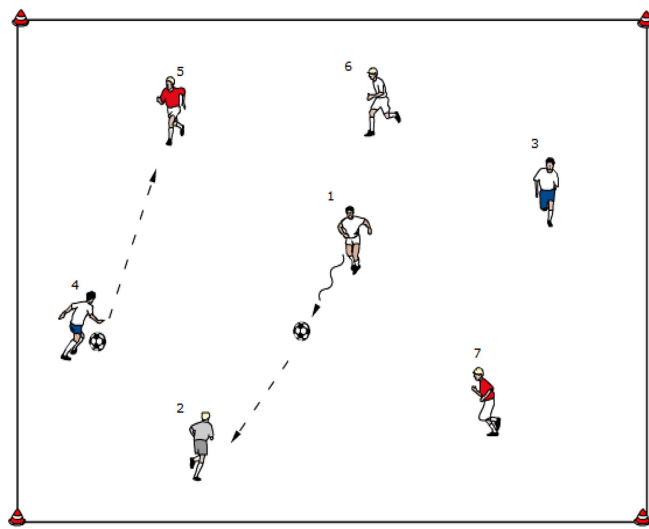
Coaching Points:

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

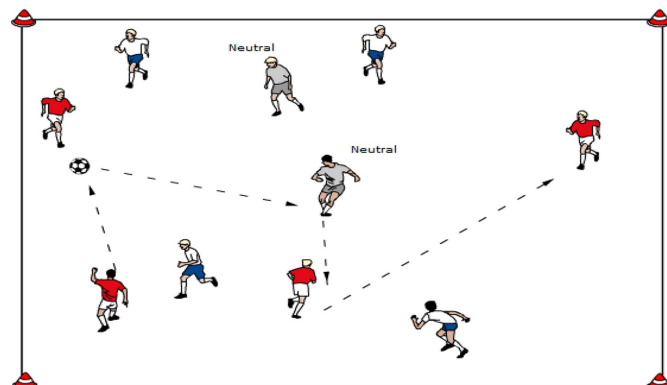
- Support – get to an angle at which passing lane is clear and have your hips open to the playing field
- Communicate
- Move toward pass (check to ball)



2) 4v4 + 2 Possession Game --- (15 minutes): In a field approximately 35x50 yards (steps) two teams of four players each score a point with every five consecutive passes. The +2 two players are neutrals and always play with the team in possession, making the game 6v4. *See Diagram.*

Coaching Points:

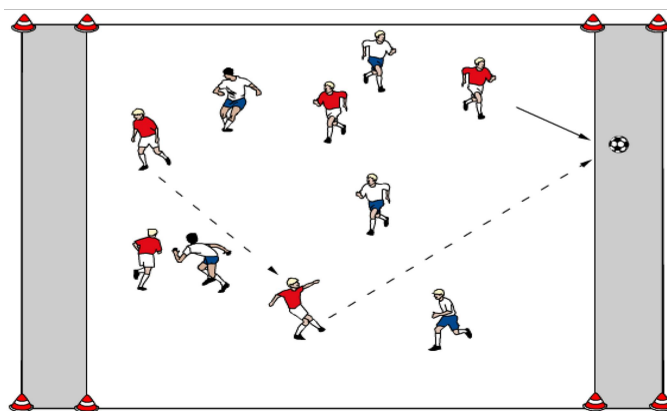
- Stress passing and receiving techniques from above
- Keep the ball moving; try going east-west and north-south
- Always thinking. Always connected to the game



3) 5v5 to End-Zones Game --- (15 minutes): On the above field build a 5-10 yards end-zone at the end of each long side. Each team of five score by dribbling and stopping the ball in the opponent's end-zone or passing the ball to a teammate into the opponent's end-zone. Players cannot defend inside the end-zone and cannot wait for a pass inside the end-zone (offside). *See Diagram.*

Coaching Points:

- Stress passing and receiving techniques from above
- Keep the ball moving; timing of passes and runs; recognizing when to pass, to dribble or to keep possession
- Always thinking. Always connected to the game



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.*