



U12 Week 1



Topic: Individual Attacking - When to Dribble, Pass or Shoot

Objective: To improve the ability of #2, #3, or # 6, #7, #8, #9, #10, and # 11 to make attacking decisions with the ball.

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>Passing Windows: (15 minutes) In a 15Wx20L divide the team in 1/2 with 1 group on the outside of the square with soccer balls and the other 1/2 inside without soccer balls. - Round 1 - Out side players pass to an inside player who passes back to another outside player (switch roles after 1 minute) - Round 2 - Outside player plays the ball to an inside player and performs a give and go. Players switch rounds and the player with the ball looks for a new outside player. Additional rounds can be played with coaches choice of dribbling or passing combinations.</p> <ul style="list-style-type: none"> • Play 6 rounds of 2 minutes each with a 30 second break in between rounds. Make necessary changes between rounds to ensure players experience all the roles. 		<p>Coach (C) - What part of your foot do you use to run with the ball? Player (P) - Laces (little toe) by pointing my toe to the ground. C - What part of your foot do you use to pass the ball? P - The inside with my toe pointed to the side and up or with my laces by pointing my toe down and making a fist with my foot. C - Where should your non-kicking foot be when making a pass? P - Next to the ball with my toe pointed toward my target. C - Where should the ball be after your first touch has been taken? P - Away from my body and in the direction I want to go next.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v2 to Four Goals: (18 minutes) In a 20Wx30L grid and 2 goals on each end line, play 3v2 to goal. Teams can score in either of their attacking goals. The team of 3 should chose to dribble, pass, or shoot based on wait they see in front of them. If you can't score, find the player who can.</p> <ul style="list-style-type: none"> • Play 3 rounds of 5 minutes each with a 1.5 minute break in between rounds. 		<p>C - What do you see on the field that tells you to run with the ball or dribble past a defender? P - I should dribble when I have space in front of me or there is only one defender to beat with space behind them. C - When should you pass instead of dribble? P - When I do not have a good chance to score or one of my teammates has a better chance to score. C - Why do you need pace on your pass? P - So my pass is less likely to get intercepted.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v4 to Goal and Counter Goals: (20 minutes) In a 30Wx40L grid, the Red team (Target Team) will play a 2-3 and attack the big goal and the White team will play 1-2-1 and score on the 2 counter goals.</p> <ul style="list-style-type: none"> • Play 2 rounds of 9 minutes each with a 2 minute break in between rounds 		<p>C - What are the different ways for you to create a shot? P - I can create a shot off the dribble or after receiving a passing combination. C - What is your cue to take a shot? P - Anytime I see an opening to goal or if there is only 1 defender in front of me, I can go around them and shoot. C - Why do you need to get the ball out in front of you when you are ready to shoot? P - So I can step into my shot in order to strike the ball properly and add power.</p>
<p>Stage 4 Conditioned Game</p>	<p>7v7: (30 minutes) • On a 70Lx40W field, the Red team (Target Team) will play a 1-1-2-3 and the White team will play 1-2-3-1 • Coaching to encourage players to recognize when and how to attack as an individual. • Play 2 rounds of 13 minutes with a 4 minutes break in between rounds</p>		<p>Reinforce all the coaching points from all the activities.</p>



U12 Week 2



Topic: Goalkeeping - Collecting the Ball

Objective: To improve the Goalkeeper's (#1) ability to use the proper technique when collecting the ball

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>Goal Keeper (GK) & Field Player Warm Up: (15 minutes) In a 30Wx20L grid, half the players with a ball, half without (including your GK.) Round 1: Everyone, including GK's are passing and moving to anyone. If no one is immediately available, dribble to find a pass. Round 2: All players still passing; the GK's will call out a player's name and the ball must be played on the ground and to the GK for a "scooping" save. After the scoop, the GK will roll the ball to a new player without a ball. Round 3: On the GK's command, the players will strike a ball waist high to the GK who will then roll the ball out to a new player without a ball. Round 4: Follows the same format but now balls are played in above the waist. • Play 6 rounds of 2 minutes each with a 30 second break in between rounds</p>		<p>Coach (C) - What shape are your hands when "Scooping" the ball off the ground? Player (P) - My little fingers are touching and I make my hands as big as I can.</p> <p>C - Where should your body be positioned for all 3 shots? P - I should position myself behind the ball with my hips and shoulders facing the direction of the shot.</p> <p>C - Why do you need your body behind every shot? P - In case I drop the ball, my body will help keep it out of the goal.</p>
<p>Stage 2 Small Sided Activity</p>	<p>4v4 + 1 to 4 Goals (Goals are 3 yards wide & 3 yards apart): (18 minutes) In a 30Wx40L, 2 Teams play against each other, each attacking two goals. The goalkeeper must protect both goals, utilizing proper footwork and handling to do so. The plus player remains neutral and is only on the team who is in possession of the ball and is allowed to shoot. Variation: If you have multiple GK and not enough field players for a second game, the 4 goals can have a GK in each. • Play 3 rounds of 5 minutes each with a 1.5 minute break in between round. Rotate the neutral player after each round.</p>		<p>C - What does it mean to be on your ball line? P - If I draw a line from the center of the ball to the center of the goal I should be standing on that line.</p> <p>C - Why should you shuffle your feet between goals instead of cross them over? P - So I can have my hips and shoulders facing any shots as often as possible.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to Goals: (20 Minutes) in a 40Wx60L grid broken into three zones. Play 5v5 to goal. Scoring: - Goal from the nearest zone 1 point - Goal from the middle zone 5 points - Goals from the farthest zone 10 points Gk works to use the proper technique and foot work to deal with all types of shots on goal. • Play 2 rounds of 9 minutes each with a 2 minute break in between rounds</p>		<p>C - When should you be on your goal line? P - Almost never; I should always try to take a step or two in front of my goal line.</p> <p>C - Why would you parry the ball instead of catch it? P - If the shot is too hard, I can get my hands behind it to block it close enough that I can immediately collect it again.</p>
<p>Stage 4 Conditioned Game</p>	<p>7v7: (30 minutes) • On a 40Wx70L field the Red team will play a 1-2-3-1 and the White team will play 1-1-3-2 • Play the game encouraging goalkeepers to use the proper technique in collecting the ball • Play 2 rounds of 13 minutes each with a 4 minute break in between rounds</p>		<p>Reinforce all the coaching points from all the activities.</p>

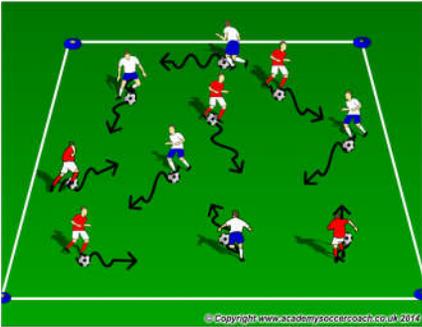


U12 Week 3



Topic: Dribbling to Penetrate - Running with the ball / Beating an Opponent

Objective: To improve a player's ability to penetrate the defense by dribbling

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>Free Dribble (10 minutes) In a 20Wx30L yard grid. Have all players with a soccer ball each dribbling. Coach is calling out or showing moves for the players to perform. Attacking moves: scissors (circle/take,) Matthews (inside/outside,) fake and take, Turning moves: inside cut, outside hook, pull back, Cruyff (inside cut behind standing leg) Variation: On the coach's command, players speed dribble around any corner cone and get back into the middle.</p> <ul style="list-style-type: none"> Play 3 rounds of 3 minutes each with a 30 second break in between round 		<p>Coach (C) - What part of the foot do you use to dribble forward quickly? Player (P) - My laces. C - What part of the foot do you use to change direction? P - The inside or outside of my foot. C - Why is it important to dribble with your head up? P - So I can find open space and avoid anyone in front of me.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 to 6 Goals (14 minutes) In a 20Wx30L yard grid and 3 goals on each end line; 2 teams of 3 players will defend 3 goals on their end line and attack the opponent's 3 goals. 100 points = Dribble through the goal 10 points = For a pass through the goal to a teammate 1 point = Shot through one of the goals Play three 4 minute games with 1 minute rest</p> <ul style="list-style-type: none"> Play 3 rounds of 4 minutes each with a 1 minute break in between round 		<p>C - What should you also change immediately after you change direction? P - My speed, to accelerate away with the ball. C - What move can you use to beat the defender? P - Any move that puts can put the defender off balance; such as a Scissors, Matthew or Fake and take.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to goal and counter goals (16 minutes) In a 40Wx60L yard grid, red attacks the big goal, blue attacks two counter goals.</p> <ul style="list-style-type: none"> Play 2 rounds of 7 minutes each with a 2 minute break in between round 		<p>C - Where on the field should you be most aggressive when dribbling? P - In the attacking 3rd. Q - Where on the field should you be least aggressive? P - Close to our own goal/In our defensive 3rd. C - When should you try and dribble forward quickly? P - When I have time and space, or only 1 defender in front of me.</p>
<p>Stage 4 Conditioned Game</p>	<p>7v7: (20 minutes) On a 70Lx40W field, the Red team (Target Team) will play a 1-2-3-1 and the White team will play 1-3-1-2</p> <ul style="list-style-type: none"> Play the game encouraging players to recognize when to dribble an opponent or when to run with the ball. Play 2 rounds of 9 minutes with a 2 minute break in between rounds 		<p>Reinforce all the coaching points from all the activities.</p>

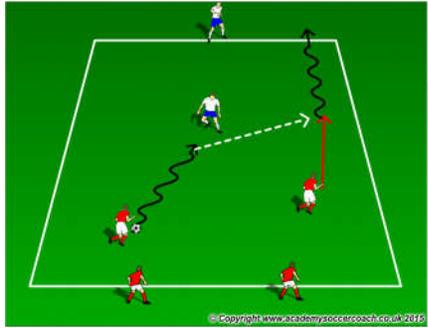
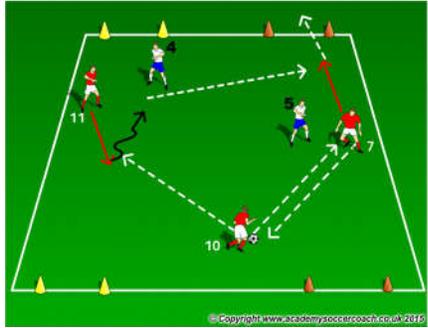


U12 Week 4



Topic: Dribbling to Set up a Pass

Objective: To improve the ability of #2, #3, or #6, #8, #10, or #7 #9 and #11 to recognize when to dribble to set up a pass

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>2v1 to an end line: (15 minutes) In a 20Lx15W grid, 2 Attackers try to score on 1 defender by dribbling over an end line. If the defender gets it, they can attack the opposite end line.</p> <ul style="list-style-type: none"> Play 6 rounds of 2 minutes each, rotating players from attack to defense in between rounds, with a 30 second break in between rounds. 		<p>Coach (C) - What part of your foot do you use to run with the ball? Player (P) - The laces. C - What part of your foot do you use to pass? P - The inside or the outside of my foot.. C - Where should your non kicking foot be? P - Next to the ball, facing my target.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v2 to 4 Goals: (18 minutes) In a 20Lx30W grid 3 attackers (In Red: The Target Team) try to score in one of the 2 goals they are going towards, against 2 defenders. If the 2 defenders win it, they can try to attack either of the 2 goals on the opposite end line.</p> <ul style="list-style-type: none"> Play 3 rounds of 5 minutes each with a 1.5 minute break in between rounds. 		<p>C - What should you do before you make a pass? P - Call the person's name that I am passing to, make eye contact and watch the ball off my foot. C - Where should your first touch go? P - Towards the defender to engage them and attract them to the ball. C - When should you pass? P - Once the defender has committed to me, I can pass the ball to a teammate to continue our attack.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to Goal plus Counter Goals : (20 minutes) In a 40Lx30W grid play 5v5. Red Team (Target Team) will play a 2-3 and the White team will play a 1-3-1. Scoring: - A goal after getting a defender to commit to the ball and a successful pass is made =10 points. - Any other goal is worth 1.</p> <ul style="list-style-type: none"> Play 2 rounds of 9 minutes each with a 2 minute break in between rounds. 		<p>C - Who makes the final decision whether to pass or to dribble? P - If I have the ball, I have to make the best decision based on what I see on the field. C - What do you do to get a defender to commit to you? P - I can dribble the ball straight at them to force them to commit.</p>
<p>Stage 4 Conditioned Game</p>	<p>7v7: (30 minutes) • On a 70Lx40W field, the Red team (Target Team) will play a 1-2-3-1 and the White team will play 1-1-3-2 • Play the game encouraging players to recognize when to dribble to set up the pass. • Play 2 rounds of 13 minutes with a 4 minute break in between rounds.</p>		<p>Reinforce all the coaching points from all the activities.</p>

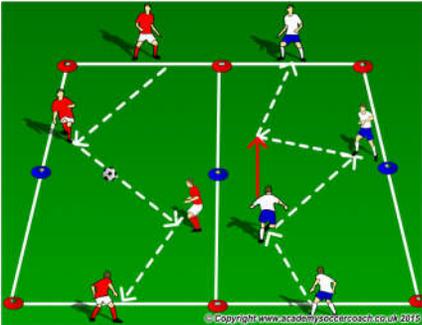
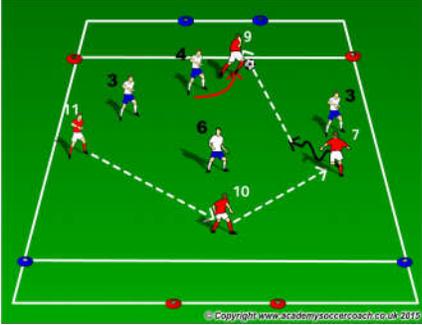


U12 Week 5



Topic: Passing and Combining

Objective: : To Improve the ability of #6, #8, #10,#9 to use combination play with #2, #3, #7 and #11to penetrate the defense

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>Combination Channel: (15 minutes) In a 10Wx30L grid with two players in each end and two players inside. Players will work on different combinations. - Round 1: Everybody touches the ball. - Play 2 touches - Round 2: The Wall pass - Play 2 touches first, then go to 1 touch if possible - Round 3: The overlap - Round 4: Takeover</p> <ul style="list-style-type: none"> • Play 4 rounds of 3 minutes each with a 30 second break in between rounds. Rotate players after 1.5 minutes 		<p>Coach (C) - What part of your foot should you use to pass? Player (P) - The inside or outside of my foot. C - Where should your non kicking foot be when making a pass? P - Next to the ball, facing my target. C - What should do before you make a pass? P - Call the person's name that I am passing to, make eye Contact with them and watch the ball off my foot. C - What do you do before receiving a pass? P - Make eye contact with the passer, open my body to receive the ball and watch the ball onto my foot.</p>
<p>Stage 2 Small Sided Activity</p>	<p>4v4 to Scoring Zones: (18 minutes) In a 30Wx40L grid with a 5 yard scoring zone on each end line. Scoring: - 10 points is awarded for a goal scored after a pass into the scoring zone to a runner . - 10 points are awarded for a goal scored after a split pass into the scoring zone to a runner. - 100 point are awarded for a goal scored after any combination to enter the scoring zone .</p> <ul style="list-style-type: none"> • Play 3 rounds of 5 minutes each with a 1.5 minute break in between rounds 		<p>C - Who should you provide support to the player with the ball? P - When I am the either the closest person to the ball or one of the closest people to the ball. C - Where do you provide support? P - Close enough to to receive a quick pass but still far enough away to allow room to dribble. C - Where should you go after combining with a teammate and receiving the ball back? P - I should use my first touch to accelerate away from the defender.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to Goal and Counter Goals: (20 minutes) In a 40Wx60L area, the red team will attack the goals and the white team will attack the 2 counter goals. Scoring: - 10 points is awarded for a goal scored after a pass into the scoring zone to a runner. - 10 points are awarded for a goal scored after a split pass into the scoring zone to a runner. - 100 point are awarded for a goal scored after any combination to enter the scoring zone. • Play 2 rounds of 9 minutes each with a 2 minute break in between round</p>		<p>C - When should you try to possess rather than penetrate? P - If there is no space to play into the defense or behind the defense I should look for support to possess. C - Why should you play a combination quickly? P - So the defender does not have time recover into a better position.</p>
<p>Stage 4 Conditioned Game</p>	<p>7v7: (30 minutes) • On a 70Lx40W field, the Red team (Target Team) will play a 1-1-2-3 and the White team will play 1-2-3-1 • Play the game encouraging #6,#8, #9 and #10 to recognize when to split pass, or combine with a teammate to penetrate the defense. • Play 2 rounds of 13 minutes with a 4 minute break in between rounds</p>		<p>Reinforce all the coaching points from all the activities.</p>



U12 Week 6



Topic: Passing Aerial Serves

Objective: To improve the ability of #4, #5, #6, and #8 to pass the ball through the air

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>Golf: (15 minutes) In a 20Wx30L grid, within the grid will be several 10Wx20L Golf areas and a tall cone in front of each player. Two players per ball who alternate playing the ball through the air to their teammate. The player receiving the ball tries to control the ball out of the air and knock over the 'golf pin'/cone; if they can't knock the 'pin over, how close to the 'pin' can they stop the ball. Any team who knocks the 'pin' over gets a point for their team. If the ball bounces before it reaches its target, no point can be earned for that team.</p> <ul style="list-style-type: none"> • Play 6 rounds of 2 minutes each with a 30 second break in between rounds. Make necessary changes between rounds to ensure players experience all the roles. 		<p>Coach (C) - What part of your ball do you make contact with to get it into the air? Player (P) - The bottom half. C - What part of your foot should make contact with the ball to get it into the air? P - The laces, by pointing your toe down and slightly away. C - Where should your non-kicking foot be when serving a ball through the air? P - To the side and slightly behind the ball with your toe pointed toward my target.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 to End Lines: (18 minutes) In a 20Wx30L grid, play a 3v3 game with each team attacking their opponents end line. Scoring: The ball must be played over the end line, in the air and to a teammate. If the ball is not controlled within two touches; no goal. • Play 3 rounds of 5 minutes each with a 1.5 minute break in between rounds.</p>		<p>C - What should you do before you play a ball through the air? P - I should make eye contact with my teammate, call their name and make sure my first touch prepares the ball in front of me and slightly to the side of my kicking foot. C - When should you make a pass through the air? P - When there are players in front of me and I cannot get the ball to my teammate on the ground.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to Big Goals: (20 minutes) In a 40Wx50L grid and a big goal on each end line, the Red team (Target Team) will play a 1-2-2 and the White team will play 1-2-2 as well. • Play 2 rounds of 9 minutes each with a 2 minute break in between rounds</p>		<p>C - When should you serve the ball into the box? P - When I see my teammates is making a run into the box and we have made eye contact. C - Why should you play a ball early into the box vs. playing a late ball into the box? P - If my teammates have made their runs early and the defense is running back toward their goal, play it early; if not, take the ball to the end line and cross it.</p>
<p>Stage 4 Conditioned Game</p>	<p>7v7: (30 minutes) • On a 70Lx40W field, the Red team (Target Team) will play a 1-2-3-1 and the White team will play 1-2-3-1 as well. • Coaching to encourage players to recognize when and how to serve the ball through the air to eliminate defenders. • Play 2 rounds of 13 minutes with a 4 minutes break in between rounds</p>	<p>Reinforce all the coaching points from all the activities.</p>	



U12 Week 7



Topic: Passing from wide areas - Passing and Crossing from the Flanks

Objective: Improve the ability of #2, #3, #7, #11 to pass and cross from wide areas

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>Crossing Patterns: (15 minutes) In a 45Wx30L yard grid. Player dribbles down a sideline and serve the ball into the box Player in the middle times run and finishes cross. Crosses can be on the ground or through the air. Different sides of the field go at the same time. Variation: add GK</p> <ul style="list-style-type: none"> • Play 6 rounds of 2 minutes each with a 30 second break in between rounds. Rotate middle and flank players each round. 		<p>Coach (C) - What part of the ball should you strike to get it into the air? Player (P) - The bottom half. C - What should you do before you make a pass? P - Call the person's name that I am passing to, make eye contact with that player, make sure the ball is out in front of me & watch the ball off my foot. C - Where should your hips be facing when you are about to serve the ball? P - Toward the middle of the field. C - What should you do before receiving a pass? P - Make eye contact with the passer, get in line with the ball & watch it all the way on to your foot.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 to Goal: (18 minutes) In a 45Wx30L yard grid and a 7 yard wide channel down each sideline, play 3v3 to goal. If a goal is scored after the ball has been played wide into a channel then served back in front of the attacking goal, it is worth 50 points. All other goals are worth 1 point. First team to 101 points wins.</p> <ul style="list-style-type: none"> • Play 3 rounds of 5 minutes each with a 1.5 minute break in between rounds 		<p>C - When should you try to get the ball wide? P - When the middle is too crowded, I can play it wide. C - When can you play the ball from wide areas on the ground? P - When I can play the ball behind the defense with an early serve, or when there is no one between me and my teammate.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to goal: (20 minutes) In a 45Wx60L yard grid and a 7 yard wide channel down each sideline, play 5v5 to goal. If a goal is scored after the ball has been played wide into a channel then served back in front of the attacking goal, it is worth 10 points. Any goal scored from an aerial ball is worth 50 Any goal scored from a wide serve (either through the air or on the ground) and finished with one touch is worth 100. • Play 2 rounds of 9 minutes each with a 2 minute break in between rounds</p>		<p>C - What should you do if your teammates are not ready for your service into the box? P - I should find another teammate who is closer and keep possession. C - What should you do after you cross a ball into the box? P - Immediately move into a better position so I can help possess the ball in the attacking part of the field.</p>
<p>Stage 4 Conditioned Game</p>	<p>7v7: (30 minutes) • On a 40Wx70L field the Red team (Target Team) will play a 1-2-3-1 and the White team will play 1-1-3-2 • Coach your team to emphasize getting the ball wide • Play 2 rounds of 13 minutes each with a 4 minute break in between rounds</p>	<p>Reinforce techniques associated with passing and crossing.</p>	

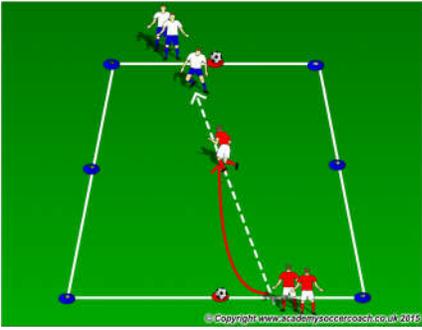
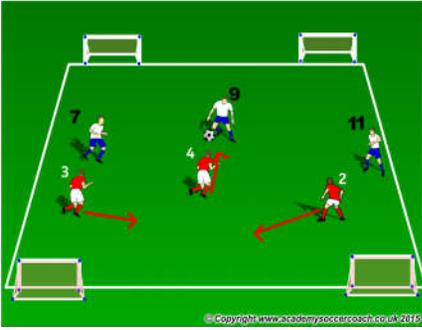
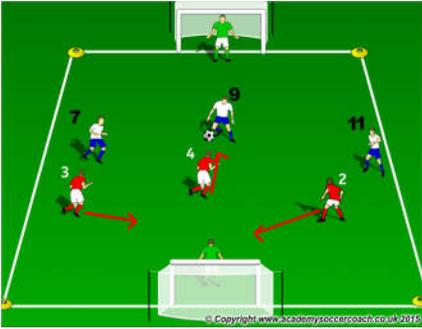


U12 Week 8



Topic: Individual defending

Objective: To improve your players ability to defend well individually

Stage	Organization	Diagram	Coach Interventions**
<p>Stage 1 Technical Warm-up</p>	<p>1v1 Knock the Ball Off the Cone (10 minutes) Within a 20Wx30L grid, set up one cone in the middle of the end line with a ball on top. Red serves the ball to white and the game is on. White will try to knock red's ball off the cone. If red steals the ball, they try to score by knocking white's ball down. Once a goal is scored or the ball is knock off the field, the game is over and the next ball is served.</p> <ul style="list-style-type: none"> Play 4 rounds of 2 minutes each with a 30 second break in between rounds 		<p>Coach (C) - What should your angle of approach be when pressuring? Player (P) - Slightly curved, cutting off one side. C - What should your feet look like once you have gotten close to the player with the ball? P - Staggered, with my heels off the ground. C - When can you run fast at the attacker? P - When they have not received the ball yet or do not have it under control.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 to four Goals (14 minutes) In a 20Wx30L grid, play 3v3. Each team defends 2 goals on one end and attacks their opponent's 2 goals. Any goal scored immediately after a tackle is worth 5 points. Any other goal worth 1 point.</p> <ul style="list-style-type: none"> Play 4 rounds of 4 minutes each with a 1 minute break in between rounds 		<p>C - When should you tackle the ball? P - When the ball gets away from the attacker or I am positive I can safely challenge for the ball. C - Why should you delay the ball instead of trying to win it? P - The attacker has controlled the ball and I want to try to force them into my teammates</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>4v4 Game (16 minutes) In a 30Wx40L grid, play a game to goal. Scoring: Any goal scored by an individual who has just stolen the ball is worth 10 points. All other goal worth 1 point. Play two 7 minute games with 2 minutes rest</p> <ul style="list-style-type: none"> Play 2 rounds of 7 minutes each with a 2 minute break in between rounds 		<p>C - When should you use restraint when tackling? P - The attacker has good control of the ball and his head's up, I should be more cautious. C - Where should you recover to if you get beat? P - Behind the ball in line with the ball and near post.</p>
<p>Stage 4 Conditioned Game</p>	<p>7v7: (20 minutes) On a 70Lx40W field, the Red team (Target Team) will play a 1-2-3-1 and the White team will play 1-1-3-2</p> <ul style="list-style-type: none"> Play the game encouraging players to recognize when to become the pressing defender. Play 2 rounds of 9 minutes with a 2 minute break in between rounds 		<p>Reinforce defending techniques: speed of approach, angle of approach, body shape, footwork, delaying technique (jockeying,) tackling techniques.</p>



U12 Week 9



Topic: Shooting - Striking on Goal

Objective: To improve the ability of #7, #8, #9, #10 and #11 to strike the ball at goal

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>Shooting Through the Cones: (15 minutes) Arrange players on either side of a 6 yard cone goal about 20-30 yards apart. Players shoot the ball and follow their shot around the goal to the opposite side. Then add a goalkeeper in the goal. Have strikers aim for the goalkeeper's hands, then actually try to score.</p> <ul style="list-style-type: none"> • Play 6 rounds of 2 minutes each, adding GK's halfway and then rotating them through, with a 30 second break in between rounds. 		<p>Coach (C) - Where should your toe be pointing if you want to use your laces? Player (P) - Down so my laces face my partner. C - Where should my non-kicking foot be when striking the ball? P - Along side the ball with my toe pointed toward my partner. C - When should I pick my head back up? P - After I have watched the ball off my foot, now I can pick my head back up.</p>
<p>Stage 2 Small Sided Activity</p>	<p>4v3 to 4 Goals: (18 minutes) In a 30Lx20W grid, Red Team (Target Team) attacks with 4, against 3 opponents. Each team defends 2 goals on one end and attacks their opponent's 2 goals.</p> <p>Scoring: - Any goal scored with the laces is worth 10 points - Any other surface of your foot used, except your toe, to score a goal is worth 1 point - If you shoot and score with your toe, the other team is awarded 10 points</p> <ul style="list-style-type: none"> • Play 3 rounds of 5 minutes each with a 1.5 minute break in between rounds. Rotate the neutral player after each round. 		<p>C - What part of the field can you shoot from? P - Any part of the field is my shooting range as long as I can see the goal. C - Why should you get your knee over the ball when striking it? P - My knee over the ball tells me that I am leaning forward and that will help me keep my shot lower.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>6v6 to Goal : (20 minutes) In a 60Lx40W grid play 6v6. Red Team (Target Team) will play a 1-2-3 and the White team will play a 1-1-2-2.</p> <p>Scoring: - Any goal scored from behind the center line (blue cones,) and with your laces is worth 50 points - 10 points for goals scored with your laces inside your attacking 1/2 of the field - Any other surface of your foot used, except your toe, to score a goal is worth 1 point - If you shoot and score with your toe, the other team is still awarded 10 points</p> <ul style="list-style-type: none"> • Play 2 rounds of 9 minutes each with a 2 minute break in between rounds. 		<p>C - When should you try to shoot from further away? P - If I see an opportunity to score and I think I can put my shot on goal, I should take my shot. C - Why should I keep the ball low? P - A low driven ball away from the goalkeeper is difficult to save.</p>
<p>Stage 4 Conditioned Game</p>	<p>7v7: (30 minutes) • On a 70Lx40W field, the Red team will play a 1-2-3-1 and the White team will play 1-1-3-2 • Coaching to emphasize shooting technique and opportunities to shoot. • Play 2 rounds of 13 minutes with a 4 minutes break in between rounds.</p>		<p>Reinforce shooting techniques: body shape, footwork, surface of the foot shooting and placement of the non-kicking foot.</p>



U12 Week 10



Topic: Fantastic 5 Games

Objective: *To have the players adapt and comply to different game demands*

Stage	Activity Description	Diagram	Coaching Points For All Games
<p>Technical Warm Up</p>	<p>4v0 + 4v0: (10 minutes) Two groups of 4 players each with one ball per group. Play through each other in the same 30x40 yard grid. Each group focuses on their ball, individual/group shape, and speed of play. Coach: Encourage players to keep a diamond/kite shape with players always being in good supportive positions.</p> <ul style="list-style-type: none"> Play 4 rounds of 2 minutes each with 30 seconds rest in between rounds 		<p>Coach (C): What surface of the foot should you use to pass? Player (P): The inside, the laces or the outside of my foot? C - What should you do before making the pass? P - Make eye contact and call the receiver's name C - What do you do before receiving the pass? P - Make eye contact with the passer, open my body to receive the ball and watch the ball onto my foot</p>
<p>Game 1</p>	<p>Number of Passes = The Value of the Goal: However many consecutive passes a team makes prior to scoring is how many points the goal is worth (5 passes + a goal = 6 points, 2 passes + a goal is worth 3 points.) A goal is always worth 1 point.</p> <ul style="list-style-type: none"> Play 2 rounds of 11 minutes each with 3 seconds rest in between rounds 		<p>C - When should you try to possess rather than penetrate? P - If there is no space to play into the defense or behind the defense I should look for support to possess. C - Who should you provide support to the player with the ball? P - When I am the either the closest person to the ball or one of the closest people to the ball. C- When should you make a penetrating pass? P - When we have a supporting player in an advance position with a chance to split the defenders with a pass.</p>



U12 Week 10 (continued)



<p>Game 2</p>	<p>Top Gun Divided the playing area into 3 zones - two end zones of 8 yards and a central zone of 14 yards long</p> <ul style="list-style-type: none"> • Scoring: <ul style="list-style-type: none"> ○ Directly from the middle zone: 100 pts. ○ Rebound goal: 50pts ○ Inside the zone shot: 1pt • Play 2 rounds of 11 minutes each with 3 seconds rest in between rounds 		<p>C - What part of the field can you shoot from? A - Any part of the field is my shooting range as long as i can see the goal.</p> <p>C - Why should you get your knee over the ball when striking it? A - My knee over the ball tells me that I am leaning forward and that will help me keep my shot lower.</p> <p>C - Why should I keep the ball low? P - A low driven ball away from the Goalkeeper is difficult to save.</p>
<p>Game 3</p>	<p>Play the Game: Play a 5v5 soccer game with no additional conditions; only use the rules of soccer.</p> <ul style="list-style-type: none"> • Play 2 rounds of 11 minutes each with 3 seconds rest in between rounds 		<p>C - When and how should we penetrate? P - On the dribble when we have space in front of us or when we have 1 defender to beat. With a pass when we can connect with a player in advance position by splitting the defense.</p> <p>C - When should we support the player with the ball? P - Every time the ball moves we need to get in a new supporting position. W#E should be to the right, left if front and behind the player with the ball.</p> <p>C- Why should you be moving during the game instead of standing around? P - To create new passing and dribbling lanes.</p>