

U12 --- Week Four

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.**

Shooting Session

1) Warm-up: (20 minutes)

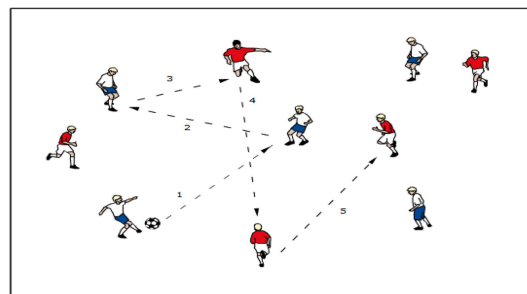
Free Dribble --- (10 minutes): Everyone with a ball, dribbling in a defined space using inside, outside, and sole of the foot. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; *Example:*

1. At your command players perform an inside/out move and accelerate 2-3 steps at the end of the move. **2.** After several reps the player performs same move with one foot than the other and finally accelerates 2-3 steps after second move. (*We must challenge our players to use both feet*). **3.** Again, after several reps build a pull-back after second move and again, accelerate, explode, move fast, anything similar. **4.** Build to a second pull-back with other foot.

Coaching Points:

- Same as previous weeks
- Sell the moves. As you get comfortable, do it faster
- Accelerate after move. You beat your opponent with the move, now you need to get away from him/her
- Be demanding. No walking. Practices have to done at game speed. If we are expecting players to play fast at games, than we have to prepare them for this at practices

Two Colors Passing --- (10 minutes): Same as Colors Passing, 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. Each team has ball and can only pass the ball to the same color (team). Ball can never stop, players can never stop moving, and ball cannot leave area of play. Both teams **MUST** use all the space you have set-up. Do **NOT** allow each team to separate into two different areas. We want to create traffic and make it into a game-like environment. Place responsibility to ball carrier: If pass is not on keep the balls moving until you find a good pass.

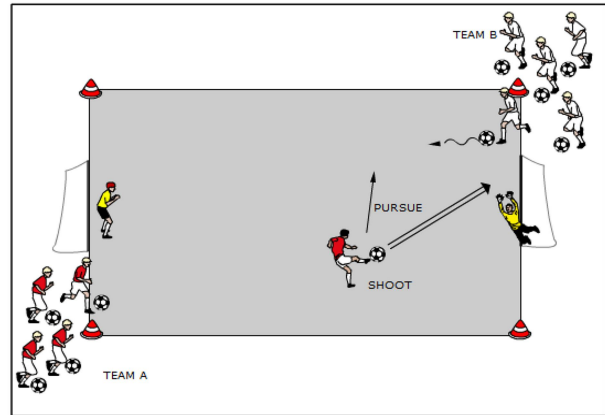


Coaching Points:

- Stress longer passes. Two to three feet away is NOT good enough
- For longer passes, use your laces by locking ankle with toe to the ground
- 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

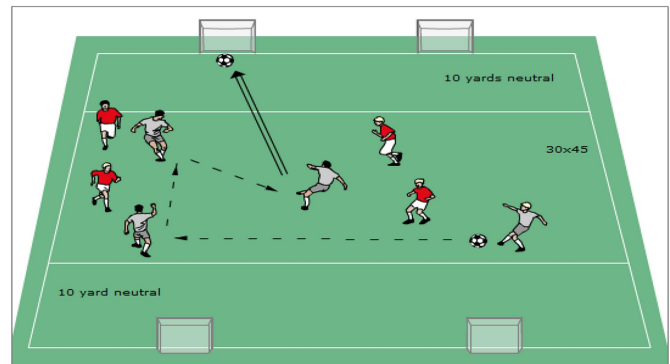
2) Shoot-Pursue Game --- (10-15 minutes): In a field 20x35 yards (steps) with regular size goals and GKs, split players into two teams, on one corner and the other diagonally on the opposite corner. *See Diagram.* Every player has a ball. The first player from group A dribbles their ball at speed towards the opponent's goal and takes a shot. As soon the shot is taken the first player from group B starts dribbling at their opponent's goal for a shot. At the same time player from group A that took the shot pursues opponent to defend. The same process is done each time at each goal. The sequence is: Shot-pursue/defend-collect a ball and go to the end line of your own team. Each team keeps a count of the goals scored. Play for a specified amount of time and restart with the other team taking the first shot unopposed. This is a very fast paced activity.



Coaching Points:

- Direction of the shot - non-kicking foot: knee slightly bent with foot next to the ball and toe pointing at target
- Kicking foot - ankle locked (stiff) with toe pointing to the ground, strike the upper middle part of the ball with the laces
- Approach the ball using quick short steps
- Attack the ball by following through and landing on kicking foot. This will help in keeping ball low

3) 4v4 to Four Goals 3 Zone Game --- (10-15 minutes): A 4v4 game in a field of 30x45 yards (steps). Each team can score on any of the four goals at the end of a 10 yard neutral zone. *See diagram.* Players can score from anywhere inside their field but cannot enter either neutral zone.



Coaching Points:

- Same as above

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.*