



Massachusetts Premier Soccer Youth Development Academy

U12 Coaching Manual 2010



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U12 Coaching Guidelines

Here are some simple steps to run a fun and successful practice for U-12's. Please remember to always set high standards of behavior, attitude and work rate.

- a) **Planning** - a successful practice will require good organization and time management. Always have a lesson plan with clearly defined goals of what you hope to achieve and always evaluate your sessions at the end to see what you actually accomplished. Make sure that you have sufficient equipment to carry out your session. Keep all players motivated and challenged by having sufficient progression.
- b) **Explanation** - have complete attention of all players. Keep explanations as brief and simple as possible and ask questions to make sure that all players understand.
- c) **Demonstration** – Keep demos simple and technically correct at the beginning. Progress to game speed. Make sure that the players can visualize what they are trying to achieve by having a clear demonstration. Do not be afraid to use a player from the group in the demo.
- d) **Practice** -Allow players ample opportunity to practice the desired technique in game-like situations. Emphasize the need to use both feet and also to perform technique at pace.
- e) **Observation** - always concentrate on the main theme of your session. The coaching points should be directly related to the topic you are working on.
- f) **Correct** - use guided questions to help players improve their technique. Be positive at all times and allow the players to figure things out for themselves.
- g) **Test** - perform the technique at game speed against an opponent. Start slowly and progress. Keep it fun!



Coaching Guidelines

There are four main pillars of soccer, which are evident at every level of the game - technical, tactical, psychological and physical. It is important that a coach has clear goals for himself/herself and for his/her team prior to working with any age group. The goals for working with a U-12 program are outlined below:

1.) **Technical**

Dribbling:

- Ability to perform five different turns at speed: inside cut, outside cut, Cruyff, sole drag back, step-over turn.
- Ability to perform two attacking moves at speed: Matthews, scissors, double touch.
- Ability to perform techniques with explosive dynamic movements.
- Use of creativity and unpredictability when dribbling.

Passing:

- Ability to perform the basic push pass (inside of foot) and the outside of the foot pass.
- Ability to loft a pass in the air.
- Ability to perform 2-touch passing, and be comfortable with playing 1 touch.

Control:

- Ability to receive/control the ball with: foot (right and left), thigh, and chest
- Ability to receive the ball and turn it away from pressure in one step.

Shooting:

- Should be comfortable with all technical aspects of shooting: locked ankle, toe down, body over the ball, follow through and land on shooting foot.
- Ability to read and strike follow-up shots.
- Ability to perform first time finishes from the ground and the air.
- Aim for far post and low

Goalkeeping:

- To be technically competent with the 4 basic shot stopping techniques (Scoop and leg block for shots along the ground, and handling of stomach and head shots).
- Ability to distribute the ball with feet and hands.
- Ability to start attacks with transition.
- Maintain the proper positioning and angles in front of goal.
- Ability to stop 1 v 1 encounters.
- Begin to communicate with, and organize defenders



Heading:

- Ability to head the ball appropriately.
- Develop power using proper techniques.

Defending:

- Role of 1st defender
- Role of second defender
- Ability to perform the 'block' tackle and 'poke' tackle.
- Ability to communicate on defense.
- Understanding of Pressure / Cover / Balance defending.

Attacking:

- Ability to attack 1v1.
- Understand the importance of creating space by making positive runs
- First time shooting and composure in front of goal
- Importance of moving towards ball and connecting with supporting players

2.) Tactical

Players should know and understand the concepts of 1 v 1 attacking and defending situations. Players should familiarize themselves with 2 v 2 attacking and defending situations. Players should understand the concept of team shape, and should begin to understand their role in different systems of play. Coaches should still be stressing roles as opposed to positions.

3.) Psychological

Players should still have fun and be excited about playing the game. Coaches must understand and relay the message that player and team development is the focus, not winning. Coaches need to remember that these players are still young and developing and they will require as much positive reinforcement as possible.

4.) Physical

The players should get all their fitness from practicing / playing the game. Coaches should introduce fitness with the ball as much as possible. Avoid setting up fitness sessions with no ball involvement.



Training Session Breakdown

Most sessions will be 1.5hrs in length.

1.) WARM-UP / STRETCH 15-20mins

A warm-up should be a fun and enjoyable start to your training, which gets players in the right frame of mind, physically and mentally for the session ahead. Players should break the sweat barrier and stretch appropriately. Your training should now have a clear progression and the warm-up should ideally lead into the theme for the session.

2.) SKILL BUILDING (TECHNIQUE) 15-20mins

Introduce the basic skills needed to play soccer - dribbling, turning, shooting, passing, control, goalkeeping, and heading.

3.) GAME-RELATED ACTIVITY 20mins

This activity should reinforce the technical activity being worked on in a game-related situation. This should involve performing technique under pressure situations.

4.) PLAY 25mins

This should be a time when the players get to think for themselves. Please do not stop play on numerous occasions to make coaching points. Reinforce the key points of your session but look for appropriate 'coach able' moments to step in, correct and get back out again. Do not spend too much time talking during this period of the session.

5.) COOL DOWN 5min

Spend 5 minutes at the end of your practice to cool down. Do some light jogging and gentle stretching to finish off your session.

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Age Group: U12

Theme of Session: Receiving and Turning – Week 1

ORGANIZATION

Warm-up: Area 40 x 30

For a group of 12 players use 4-5 balls.

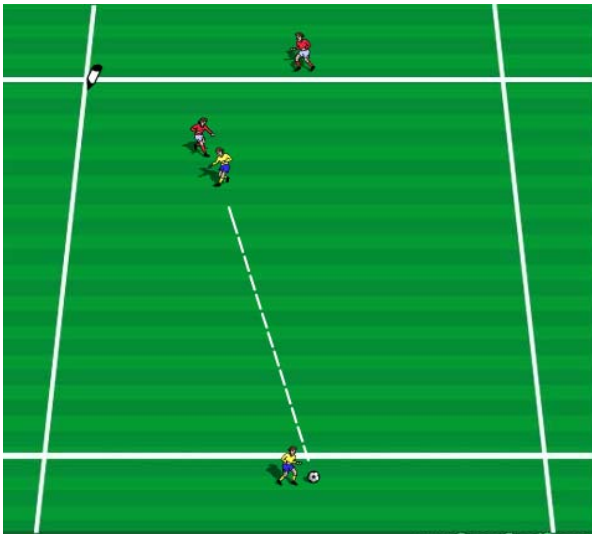
- Player with ball passes to a player without a ball.
- Receiving player will work on receiving the ball with different surfaces of the foot and turning quickly before passing to another player.
- Focus on quality of initial pass and quality of receiving touch.

15 minutes

Coaching Points:

- *Look before receiving – awareness of ball, space and other players, can they use a fake turn?*
- *Sideways stance on receiving – keep ball as far away from defender as possible.*
- *Quality of touch – into space and eliminate defender.*
- *Body position on receiving – low for balance, strength and quick acceleration away.*

Technical: 1 v 1 to targets. Area 10 x 20



- Work with groups of 4 or 6 depending on team numbers and space available.
- Place two targets at the end line of the area.
- Designate one player in the area as an attacker and one as a defender.
- Target player passes into attacker who must try to successfully turn and pass ball to opposite target player.
- Defender scores if he can step in and win the ball and pass back to the other target player.
- Play first to 5 and then switch.
- Do not allow target attacker to release back to target initially – can work on attacker using body to be strong and shielding the ball whilst looking to create space to attack.

Progression:

- Play 1 v 1 to end zones or defined areas

15-20 minutes

Coaching Points:

- *Look for attackers to create 1 v 1 and then exploit by turning and driving*
- *Make sure they are looking before receiving – Can they use a fake turn?*
- *Awareness of space*
- *Movement of two forwards*
- *Communication*

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Game conditioned: 4 v 4. Area 30 x 20, (bigger if space will allow)

- Create two zones in area by making a line across the middle.
- A team will place two defenders and two attackers in each zone.
- One team is attacking one end line and the other team attacks the other end line.
- Teams score by successfully dribbling over the attacking end line.
- Players may not leave their zone initially.



Progression:

- Remove central line and play 4v4 to lines.

20 minutes

Play: 4 v 4

- Set up teams in a 2-2, (with sweeper/keeper), formation and look at how two forwards receive the ball.
- Look to teach the forwards to look for 1v1 opportunities to turn their defender and shoot quickly.

25 minutes

Cool Down: Light jog across the field with stretches and a recap on the session.

5 minutes



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Age Group: U12

Theme of Session: Receiving under pressure – shielding and turning – Week 2

ORGANIZATION

Warm-up:

- For a group of 12 players use 6 balls.
- Player with ball passes to a player without.
- Players should work on receiving and turning quickly as a refresher from last week.
- Introduce 3 basic turns that will be incorporated later.
- Coach demonstrates turn and then players can perform without any pressure:
 1. Drag-back turn
 2. Step over turn
 3. Cruyff turn
- Player who passes the ball immediately becomes a defender and puts passive pressure on the ball from behind.
- Work on the receiving player shielding the ball for about 5 seconds and then passing off.

Progression

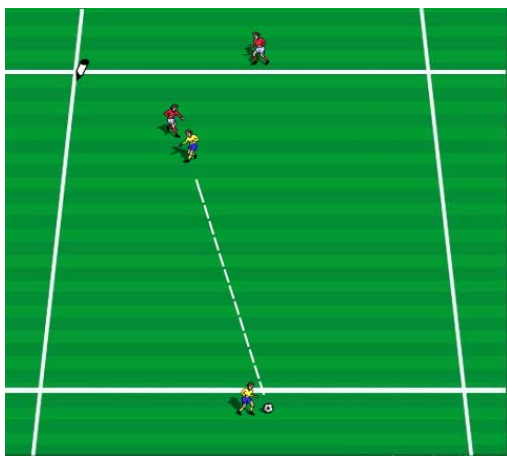
- Players match up in pairs and pass and move. On coach's command the player with the ball must look to shield the ball for 30 seconds.
- Defender gets a point if they can win the ball and then returns it to the attacker. If defender can score 3 goals they win.
- Same as above except possession changes when a defender wins the ball. The player in possession after 30 seconds wins.

15 minutes

Coaching Points:

- *Body position. Sideways stance on receiving – keep ball as far away from defender as possible. Get low and stay balanced.*
- *Be strong and use your arm to hold the defender away.*
- *Look to create space for the turn.*
- *Quality touch/turn into space and accelerate.*

Technical: Area 10 x 20



- Work with groups of 4 or 6, depending on team numbers and space available.
- Place two targets at the end line of the area.
- Designate one player in the area as an attacker and one as a defender.
- Target player passes into attacker who must try to shield ball initially from defender and then look to create space for a quick turn and penetrating pass. Begin with defender assuming a passive role again and work with attacker on different ways to create space and turn.



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- You can have the attacker work on driving into space after a successful turn or making a quick penetrating pass to the target player.

Progression

- **Drag-back turn** - Lean body to one side and then drag ball quickly back with sole of foot and turn past defender.
- **Step-over turn** – step quickly over and past ball to one side to get the defender off balance and quickly turn the ball into the space created with the outside of the same foot that initially stepped over the ball.
- **Cruyff turn** – lean body to one side and complete a Cruyff turn to get the ball back and into the space created by getting the defender off balance.

15-20 minutes

Coaching Points:

- *Check away and call for ball. Get in line with pass and be prepared to hold off defender as a target.*
- *Get low and receive ball sideways on. Keep ball as far away from defender as possible.*
- *Stay balanced and look to create space by getting defender off balance.*
- *Perform quick turn and accelerate into space.*
- *Penetrate quickly on dribble or on pass depending on coach command.*

Game conditioned: 4 v 4. Area 30 x 30

- Place one goal in each corner of the field.
- Place goals so that they are diagonal in each corner and about 3 yards wide.
- Play 4 v 4 - players can score in any of the 4 goals.
- A player scores by dribbling successfully through one of the goals.
- Team wins by scoring 5 goals - winning team stays on.

20 minutes

Play – 6 v 6

- Set up teams in a 3-2 formation and look at how two forwards receive the ball.
- Look to teach the forwards to look for 1 v 1 opportunities to turn their defender and shoot quickly.

25 minutes

Cool Down: Light jog across the field with stretches and a recap on the session.

5 minutes



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Age Group: U12

Theme of Session: Short Passing – Week 3

ORGANIZATION

Warm-up:

- Set up a circle with a 30m diameter with cones around the perimeter.
- Place 4-6 players in middle of circle with a ball each and the remainder around the perimeter without a ball.
- To begin the exercise players will perform a push pass to a free outside player and follow the pass to replace the perimeter player.
- The outside player will receive with a positive 1st touch into the circle and repeat the technique to another free player and so on.

15 minutes

Progression

- Limit the touches allowed so that the player has to play a longer push pass.
- Progress to the inside player using an outside of the foot pass when they pass.
- Progress to inside player passing with either push pass or outside pass but this time receiving the ball back from perimeter player (must communicate – “play back”). They will then turn and pass off to another free perimeter player with the appropriate communication (“Take”).

Coaching Points:

- *Players on perimeter to be on their toes and alert.*
- *Players on perimeter to take a positive 1st touch into the circle.*
- *Inside players to look at accuracy and weight of pass to perimeter player.*
- *Push pass – lock ankle, strike middle of ball with inside of foot, follow through and look at position of non-kicking foot. .*
- *Outside of foot pass – again lock ankle and hit through the middle of the ball this time with outside of foot.*
- **PLEASE ENSURE THAT PLAYERS USE BOTH FEET CONSTANTLY!**

Technical: Area 10 x 20

Ajax Passing Triangle



- Set up 1 or 2 triangles and maximize the space that you have available.
- Use 6-9 players at each triangle depending on numbers.
- Place 2-3 players at each cone.



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- Once this is running there is plenty of repetition so players do not get to stand around a lot even if you have to use 9.
- Player 1 starts with the ball and passes to player 2 and then follows his pass.
- Player 2 will control the ball and pass across the triangle to player 3 and then follows his pass.
- Player 3 times his run and calls for the pass and dribbles back to the starting cone.
- As soon as player 2 has released his pass the next ball is passed in from the player at cone 1.
15-20 minutes

Progressions

- Player 1 passes to player 2's left foot.
- Player 2 must control with left foot across body and pass with right foot into space in front of player 3.
- Player 3 accelerates into space after calling for the ball. They must be patient and get the timing of the run correct. Look at each pass being a push pass – focus on weight and accuracy.
- This exercise requires technical precision to work and will take some time for young players to master.
- Pass to player 1's right foot. Player 2 must now control with right foot and make pass with left foot.
- Restrict to 2 touches if applicable.
- Have player 2 make pass with outside of foot pass.
- Player 1 passes to player 2 and receives pass straight back from player 1. Player 1 then spins around cone to receive second pass from player 1. Player 1 looks to lay ball in front of player 2's movement so that he can easily pass across to player 3. This is more complicated but achievable for this age range.

Coaching Points:

- *Player 1 must make a firm and accurate initial pass. Get players to focus on exactly where they're passing the ball to start the exercise. This is important in making the players start to think about where they are actually passing.*
- *Player 2 must initially check away from the cone to make space for themselves. They must have a quality first touch across the body, so they must get in line with the initial pass and have a soft touch in front and across body. This will help stress and work on the importance of being comfortable with both feet.*
- *Player 2 will use the push pass initially to pass ball into space and in front of player 3 and not directly to their feet.*
- *Player 3 will call for the ball at the right time and time their run accordingly. This will get young players to think about their movement.*
- *Accelerate with a big touch back to start point.*
- *The key to this exercise is the focus on technical precision and quality.*

Game Conditioned: 4 v 4 v 4

- Select 3 teams of 4 or 5 and try to maximize space. Have each team in a different color. Use one ball but have spare balls around perimeter.
- Select one team as a defending team. The other two teams will play possession soccer against the defending team.
- Play for 4 minutes and then rotate the defending team.
- Defending team can score by successfully dribbling to any of the outside cones when they win possession.
- The two attacking teams play together and attempt to make a certain number of passes to score a goal (this is an arbitrary number that can be adjusted based on the level of the players).

Progression

- Do not designate a team to be the defending team to start.
- When a team gives up possession they must all go down on one knee quickly and game continues.
- Play for 4 minutes and team that ends up as defending group at the end must do a forfeit.
20 minutes

Play – 4 v 4

25 minutes

Cool Down: Light jog across the field with stretches and a recap on the session.

5 minutes



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Age Group: U12

Theme of Session: Speed of Play – Week 4

ORGANIZATION

Warm Up - Champion

- Split up players into groups of 3 with one ball between 3.
- Players will get themselves into a triangle and will be passing and moving in this shape.
- All players must begin by taking 3 touches – 2 touches before they pass.
- Focus on weight and accuracy of pass and incorporating push pass and outside of foot pass.
- On coach command group must make 15 passes – as soon as they complete 15 they go down on one knee and shout “Champion”.

Progressions

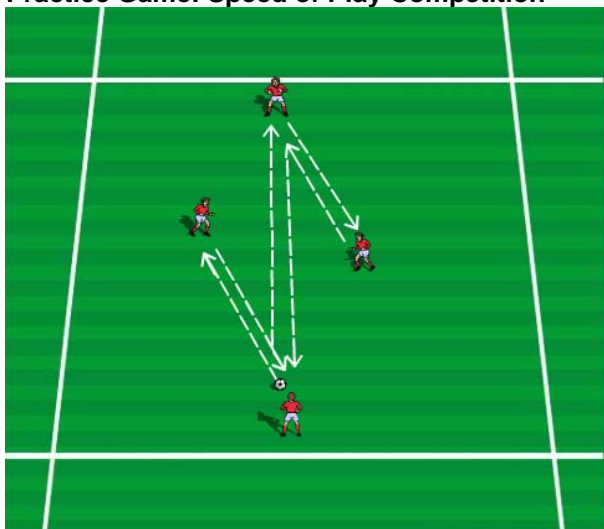
- Players must take 2 touches but must use the same foot for control and pass.
- Players must take 2 touches but must use alternate feet.
- Players must take 1 touch – can increase the number of passes that they must complete to 25.
- Remove the number of passes rule but now introduce the rule that a player can call out a number between 1 and 3. This is communicated before they pass and the next player must take the required number of touches.

15 minutes

Coaching Points:

- *Player 1 must make a firm an accurate initial pass. Get player to focus on exactly where he is passing the ball to start the exercise. This is important in making the players start to think about where they are actually passing.*
- *Player 2 must initially check away from the cone to make space for themselves. They must have a quality first touch across the body, so they must get in line with the initial pass and have a soft touch in front and across body. This will help stress and work on the importance of being comfortable with both feet.*
- *Player 2 will use the push pass initially to pass ball into space and in front of player 3 and not directly to their feet.*
- *Player 3 will call for the ball at the right time and time their run accordingly. This will get young players to think about their movement.*
- *Accelerate with a big touch back to start point.*
- *The key to this exercise is the focus on technical precision and quality.*

Practice Game: Speed of Play Competition



- Set up players in groups of 4 with one ball per group. Ideally have the 2 end players about 20 yards apart.

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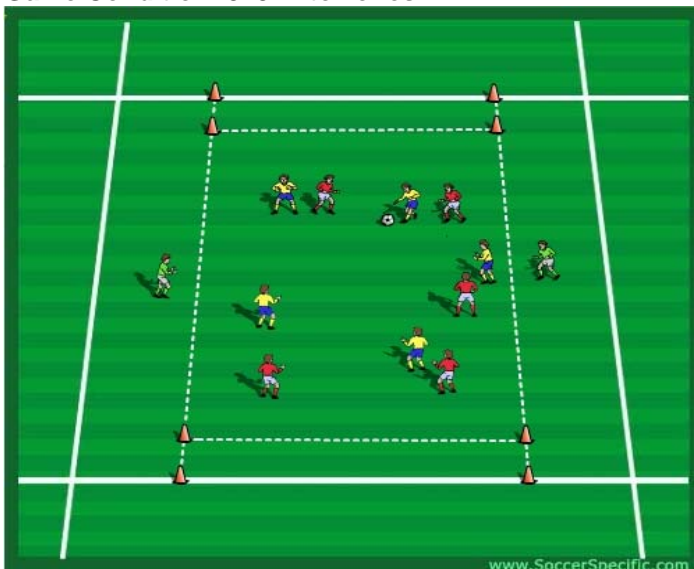
- Have two players at each end and two in the middle.
- Player 1 on the end makes a short pass into player 2 in the middle.
- Player 2 makes short pass back to player 1. Player 1 then makes a longer pass across the area to player 3 on the opposite end line.
- Player 3 receives and makes short pass to player 4.
- Player 4 makes a short pass back to player 3 who then plays a long pass back to player 1.
- This completes the rotation and counts as 1 goal. After 5-6 goals switch the inside players with the outside players.
- Make it competitive by making it a race between teams but demand technical quality over speed initially to ensure that they are being technically clean.

15 minutes

Progression

- All players must take 3 touches.
- All players must take 2 touches.
- End players must take 2 but inside players can only take 1.
- All players must take 1 touch – this is a challenge and only the best groups will succeed
- Coach can also place demands on the longer pass from end player to end player – introduce low driven pass if appropriate

Game Condition: 5v5+2 to zones



A 40 x 20 yard grid with two 3-4 yard wide end zones is organized as shown in the diagram above. A 5v5 is organized inside the grid and two "floaters" are positioned on the outside of the playing area. (Can also be played as 4v4+2)

- Both teams compete for possession of the ball. Either team can utilize the floaters on the outside of the field at any time. Floaters are limited to 2-touch. Points are scored by successfully dribbling into either end-zone. If a point is scored the same team maintains possession and immediately attacks in the opposite direction. Play is continuous for the designated period of time.

20 minutes

Coaching Points:

- *Sharp, crisp passing is essential.*
- *Movement off-the-ball must be constant.*
- *Angles and distance of support.*
- *Communication.*
- *Transition from defending to attack and vice versa.*



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Progression

- Targets are added to each end-zone area.
- Points are awarded for passing to a target player, receiving the return pass and then dribbling into the end-zone.
- Target players are restricted to 1 or 2 touch (depending on ability)
- Target player must make a return pass to a different player. That player must then dribble successfully into the end-zone for a point to be awarded.

Play – 4 v 4

25 minutes

Cool Down: Light jog across the field with stretches and a recap on the session.

5 minutes

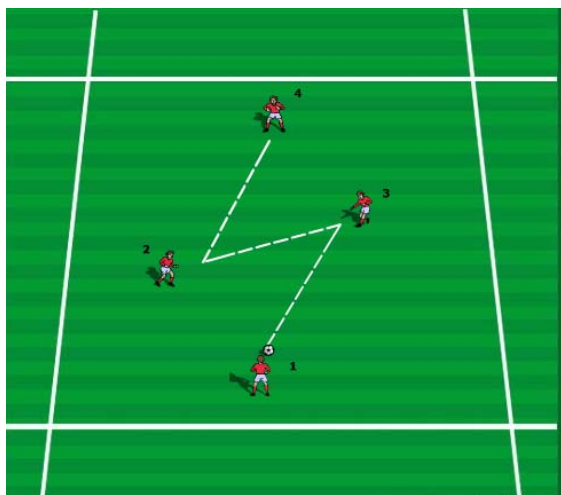


Age Group: U12

Theme of Session: Creative passing – Week 5

ORGANIZATION

Warm Up – 30x10 area



Players work for 2 minutes and then change middle players. Player 1 passes to player 3 who then sets the ball back for player 2. Player 2 passes the ball to player 4 and the practice continues with player 4 passing back to player 2.

Progression:

- Change the starting position of players 3 and 2 to make players use both feet.
- All players must take 2 touches.
- All players must take 1 touch.

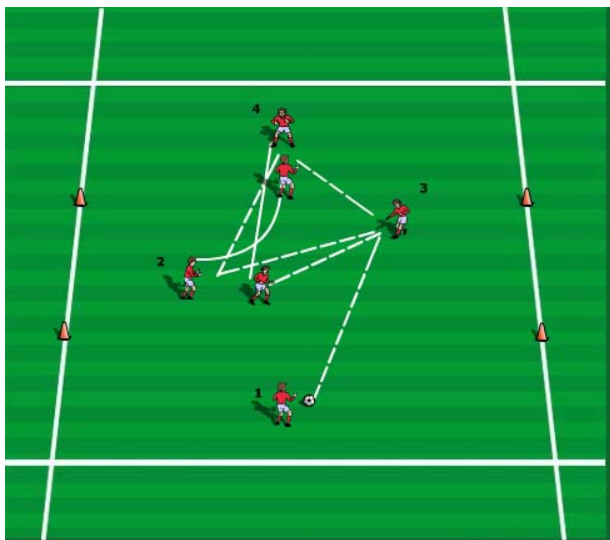
15 minutes

Coaching Points:

- *Pace and accuracy of passing.*
- *Movement of inside players – check away and body shape on receiving.*
- *Angle and distance of inside players – make sure they are not flat.*
- *Quality of lay-off ball – make sure that penetrating pass is as easy as possible for partner by taking weight off pass.*



Technical/Tactical



- Player 1 passes to player 3 who sets ball for player 2.
- Player 2 passes to player 4 as before.
- Player 2 then closes down player 4 and player 4 plays a give-and-go with player 3 around player 2 (who then goes and takes up player 4's original position).
- Player 4 then turns and passes back to player 2 who takes a touch and passes back to player 4 (who takes up player 2's original position).
- Player 4 now sets to player 3 who passes to Player 1 and the wall pass exercise will continue.

Progression:

- Players can take unlimited touches.
- Players must take 2 touches.
- Attacking player can perform a 1v1 move instead of wall pass.

20 minutes

Coaching Points:

- *Pace of passing.*
- *Movement and angle of inside players.*
- *Quality of lay-off pass.*
- *Decision on wall pass on whether to take a touch or play first time.*

Game Conditioned:

Practice Game: 4 v 4

Set up a 30x30 field with a small goal at each end. Players score by passing ball through goal with one touch.

25 minutes

Progression:

- Players can score in either goal.
- Players can only score in one goal

PLAY - 8 v 8

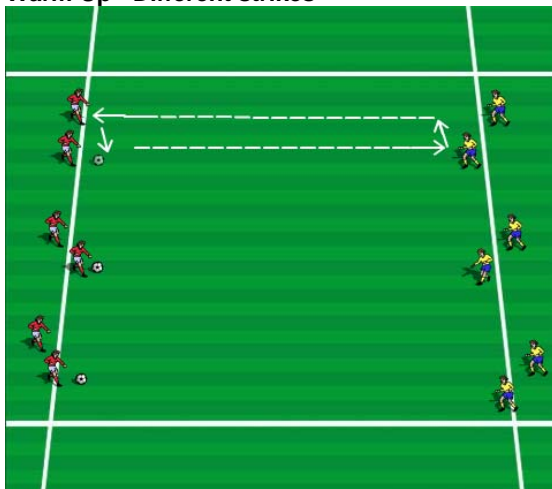
Cool Down

Age Group: U12

Theme of Session: Finishing with Efficiency I – Week 6

ORGANIZATION

Warm Up - Different strikes



- Split into groups of 4 with one ball per group. Have two players opposite each other approximately 8 – 10 yards apart and each of the pairs 3 – 4 yards apart – use the width. Begin with one player passing across the area to the other group of two. One of the other players receives and lays off a short 2-3 yd pass at an angle to his partner who returns the pass to the original group. Alternate who receives and who passes. Refresh passing techniques from last two weeks.
- Incorporate dynamic stretching in their groups of 4 also.

Progression

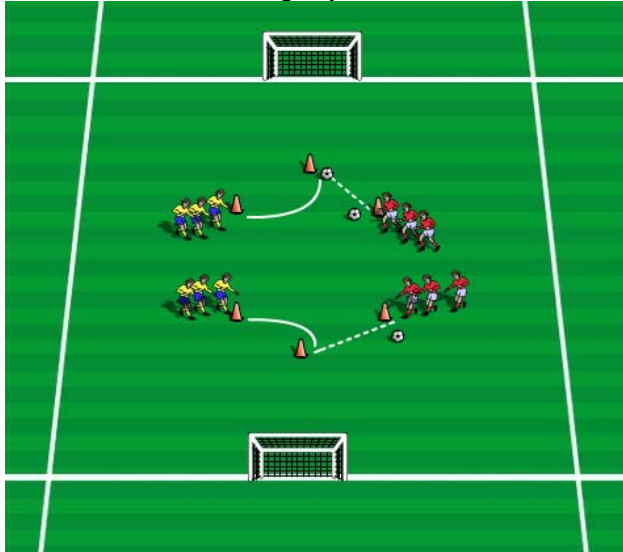
- All receiving players must take two touches. Passing player must take one. Pass across the area is with inside of foot.
- Pass across area with outside of foot.
- Pass across area with laces.
- Depending on the ability of the group coach can look to make everything one touch.

15 minutes

Coaching Points

- *All players in group to be on their toes.*
- *Communication and teamwork to work as a pair on who receives and who makes the pass. Look at movement to maximize space before the pass.*
- *Receiving player cushions ball at an angle to make the pass as easy as possible for partner.*
- *Look at weight and accuracy of pass – make sure that players have caught up with ball (non-kicking foot beside ball), have eye on the ball when striking and follow through the pass. Look at locked ankle and body shape when striking also.*
- **PLEASE ENSURE THAT PLAYERS USE BOTH FEET CONSTANTLY!**

Practice Game: Finishing in pairs



- Split team in two groups with each group working towards a goal.
- You can use Goalkeeper's at the very beginning if you wish or simply place demands on how the player scores (use cones to mark out corners for example and goal only stands if ball hits the appropriate target).
- In each group split them in two. Set up 2 cones about 15-20 yards away from goal depending on size of area and set one cone about 5 yards in front of these two to make a triangle.
- Place one group of players behind each cone at the base of the triangle.
- Have all the balls at one of the cones at the base of the triangle. Player 1(Red) will dribble quickly towards the cone at the point of the triangle and stop the ball dead to the side of the cone and then continue a curved run looking for rebounds.
- Player 2 (Yellow) will time his run off of player 1's dribble and accelerate to strike the dead ball at the side of the cone.
- Player 2 is looking to hit the target.
- Play for 4 minutes and demand a certain number of goals. Switch balls to other cone after 4 minutes so that players get to practice with both feet.

Progression:

- Player must finish with inside of foot.
- Player must finish with outside of foot.
- Player must finish with laces.
- Players score by finishing in one half of the goal (or make the target even smaller with cones).
- Players must finish with a rising shot – ball must hit the goal in the air.

20 minutes

Coaching Points:

- *Player 1 dribbles at pace and must stop the ball dead. He then continues his run to look for rebounds. Look at curving run to keep space.*
- *Player 2 accelerates to ball and adjusts feet (shortens stride on approach) to be able to strike the ball with full power.*
- *Keep eye on ball. Lock ankle and strike through the ball.*
- *The key to this exercise is the focus on technical precision and quality.*



Game condition: 90 second blitz

Again split team in two to ensure greater repetition. Set up a 15 yard semicircle around each goal. Have 3 players enter this zone without balls. Have the rest of the players stand around the semicircle with a ball each. They will vary services into zone and 3 attackers have to finish as quickly as possible. They may not pass to each other in the zone. Keep score on how many goals they can score in 90 seconds. Player who shoots must immediately do a push up before they can shoot again. Rebounds should be encouraged. Rotate 3 attackers after 90 seconds.

Progression:

- Players may only take a maximum of 2 touches to finish.
- Players are limited to a 1 touch finish.
- Have servers look at aerial services to work on volleys and headers if appropriate.

25 minutes

Coaching Points:

- *Players must be on their toes in the zone and must be prepared to finish quickly with either foot.*
- *Look at players being able to finish low and in corners – young players will be happy just to hit the ball or will look to hit it as hard as they can. Try to help them be more composed in front of goals by being mobile, creating space for the shot and selecting the appropriate surface to finish.*
- *Be ready for rebounds.*

PLAY - 4 v 4

Encourage players to finish quickly when the opportunity arises and follow up on rebounds.

Cool Down

5 minutes



Age Group: U12

Theme of Session: Finishing with Efficiency II – Week 7

ORGANIZATION

Warm Up - Rectangle passing

- Area will be a 10x15 or 10x20 depending on space available and age group of players.
- Split into groups of 4 with one ball per group.
- Place one player at each corner of the rectangle.
- Players will pass the ball around the rectangle using different restrictions imposed by the coach.
- Players should always be on their toes and looking to perfect their technique even in the warm-up phase of the session.
- Incorporate dynamic stretching in their groups of 4 also.

Progression

- Pass clockwise around the rectangle. All receiving players must take two touches. Long pass is played with inside of foot.
- Pass ante-clockwise.
- Pass across rectangle with outside of foot.
- Pass across area with laces.
- Play diagonal pass across rather than straight pass. Receiving player can take two but passer on opposite corner must pass with one touch.
- Move to long pass in the air if group is capable.

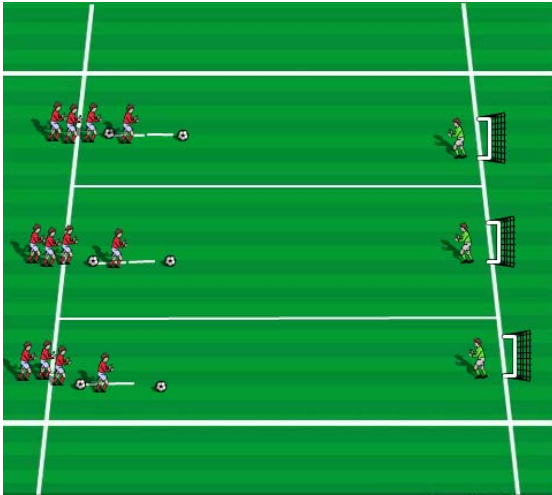
15 minutes

Coaching Points

- *All players in group to be on their toes.*
- *Quality of first touch – into space to make the long pass easier.*
- *Keep eye on ball when striking – lock ankle and work on body shape. Ask them to focus on non-kicking foot and being balanced.*
- *Look at weight and accuracy of pass – ask players to look to slightly overhit their passes. This will also challenge the receiving player's first touch.*
- **PLEASE ENSURE THAT PLAYERS USE BOTH FEET CONSTANTLY!**

Technical/Tactical

Practice game: Quick Finishes



- Split group into 2, 3 or 4 depending on numbers at practice and size of area available.
- Coach is trying to have quick repetition for this exercise so shooting groups should be no larger than 4 players and rotate Goalkeeper's through.
- Each group will have one goal to shoot at.
- Aim to keep as many balls as possible available for each group to use.
- Players are encouraged to shoot quickly and follow-up rebounds.
- Next repetition will not commence until goal is scored or ball is dead.
- Play for 3 minutes and then rotate Goalkeeper's.
- Once players understand the technical requirements of the exercise, set them a target or have them play against the other groups to see who can score the most goals and make it competitive.

Progression:

- Player at front of line stands with his legs open facing the goal. Next player in line plays a pass through his legs which he must hit first time.
- Player stands with his legs open with his back to the goal – again one touch finishing.
- Passer stands in one corner and shooter stands in opposite corner on endline furthest from goal. Passer plays a short, diagonal pass that shooter must hit first time. Switch serving side so shooter must practice with both feet.
- Passer stands half way up the area on one side. Shooter stands in opposite corner on endline furthest from goal. Passer plays a pass back and inside to middle of area that shooter must run on to and hit first time.
- Progress to services in the air if group is capable.

15-20 minutes

Coaching Points:

- *Look at how players approach the ball before they strike – stride pattern should be shortened approaching ball so that technique is perfect.*
- *Encourage players to have a look up before striking to see where the GK is and if there is an area of the goal that is unguarded.*
- *Make sure players have their head down on striking the ball – focus on body position, locked ankle, surface of foot and follow through.*
- *Talk about finishing v shooting – players should be looking low and in the corners instead of simply being happy making a connection with the ball.*
- *Follow up all shots – purely psychological and needs to become a good habit. Only allow one touch finishes from rebounds.*

Game condition: Winner stays on

Split group into 3 or 4 teams depending on numbers. Play 4v4 and increase the size of the goals to bigger than normal. Team that scores stays on. Play first team to a total of 5 is the champion

Progression:

- Must be a one touch finish.
- Can only score from their own half – to encourage long range shots.



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- Once a team scores, give the opposition 30 seconds to get an equalizer and then they will stay on as champions – see if the losing team understands the need to play quickly – if the winning team scores again, next team comes on.

25 minutes

Coaching Points:

- *Players must look to shoot quickly and often.*
- *Look at players being able to finish low and in corners*
- *Be ready for rebounds.*

Cool Down

5 minutes



Age Group: U12

Theme of Session: 4v4 Tournament Play – Week 8

ORGANIZATION

Warm Up - Rectangle passing

- Area will be a 10x15 or 10x20 depending on space available and age group of players.
- Split into groups of 4 with one ball per group.
- Place one player at each corner of the rectangle.
- Players will pass the ball around the rectangle using different restrictions imposed by the coach.
- Players should always be on their toes and looking to perfect their technique even in the warm-up phase of the session.
- Incorporate dynamic stretching in their groups of 4 also.

Progression

- Pass clockwise around the rectangle. All receiving players must take two touches. Long pass is played with inside of foot.
- Pass ante-clockwise.
- Pass across rectangle with outside of foot.
- Pass across area with laces.
- Play diagonal pass across rather than straight pass. Receiving player can take two but passer on opposite corner must pass with one touch.
- Move to long pass in the air if group is capable.

15 minutes

Coaching Points

- *All players in group to be on their toes.*
- *Quality of first touch – into space to make the long pass easier.*
- *Keep eye on ball when striking – lock ankle and work on body shape. Ask them to focus on non-kicking foot and being balanced.*
- *Look at weight and accuracy of pass – ask players to look to slightly overhit their passes. This will also challenge the receiving player's first touch.*

PLEASE ENSURE THAT PLAYERS USE BOTH FEET CONSTANTLY!

Game condition: 4 v 4 Mini tournament

- Organize players into teams of four, (Or five, using one player as a substitute).
- No Goalkeepers.
- Each team plays each other in a 'round robin' format.
- Games will depend on number of teams; if even, teams will play each other for a set period, then rotate. If odd, one team will rest while the others play.
- Ensure you allow time for water breaks.

Progression

- If a team is winning their games easily, challenge them; can they make sure the all the team make a pass before scoring? Only score with your non-kicking foot?

70 minutes

Coaching Points:

- *Encourage all players to use skills from previous weeks.*

Cool Down

5 minutes

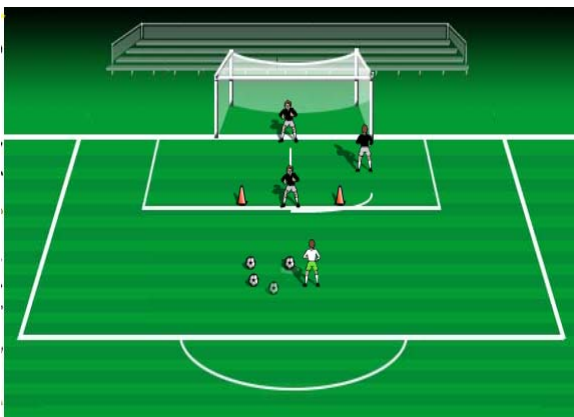


Addendum

Age Group: U12 Goalkeeping

Theme of Session: Basic Handling and Footwork

Warm Up



Coach sets up a small mini goal 8 yards apart, 6 yards from goal (or end line).

Goalkeeper starts on the goal line and jogs forward to the small goal.

Server allows GK to get set and then the following progressions take place in sets of 12 repetitions.

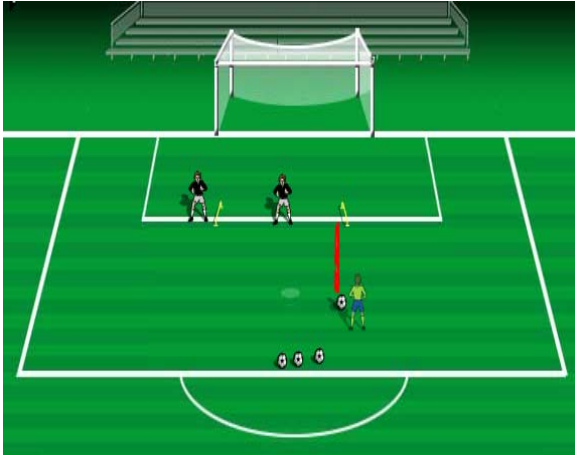
- Server strikes ball (or throws for accuracy) straight at Goalkeeper's midriff. It is important that at this point the server is not trying to score. Goalkeeper must catch ball and bring into his/her chest securely before returning ball back to server. Goalkeeper then jogs back to starting position again.
- Server throws ball above Goalkeeper's head and Goalkeeper comes and collects ball at its highest point.
- Server passes ball on the ground to keepers left side. Goalkeeper is expected to perform a diving save.
- Server repeats above to the keepers right side.

15 minutes

Coaching Points:

- *Knees bent*
- *Hands in save position*
- *Quick movement of feet*
- *Bring ball into chest/body*
- *Eyes on ball at all times*
- *Catching ball at highest point*

Technical 1



- Goalkeeper stands outside of the mini goal – see diagram above.
- Goalkeeper jumps over the cone in a sideways manner whilst facing the coach.
- The Goalkeeper continues to sideways step across the goal line.
- When Goalkeeper is just passed the middle of the goal the server passes the ball into the corner of the goal as shown above.
- Goalkeeper performs a diving save, serves the ball back to the GK before jogging back and repeating activity 12 times.

Progressions

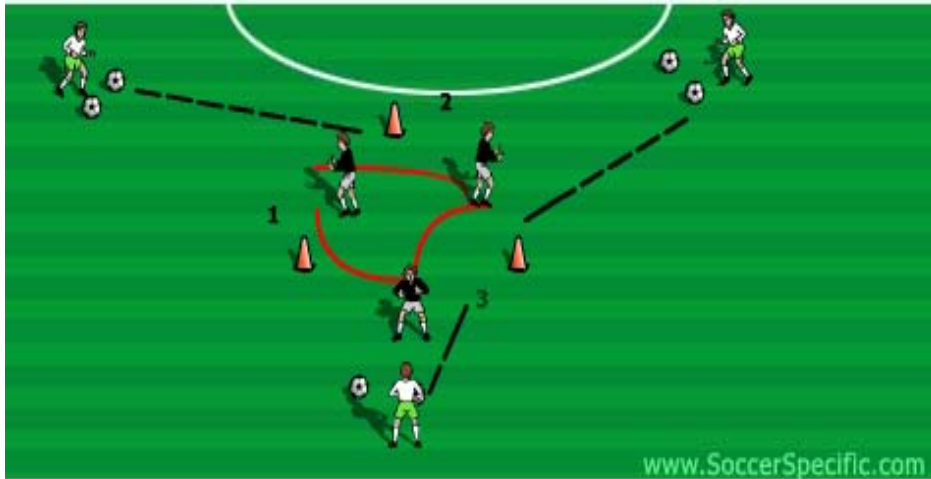
- Switch sides so that the Goalkeeper gets to work on diving saves to the right and the left.
- Server will now serve balls approx 3 feet off the ground so Goalkeeper must gather balls that are higher.

25 minutes

Coaching Points:

- *Quick sideways movement of feet*
- *Catch ball or palm ball away to side - NOT back into play, when making save*
- *Eyes on ball*

Technical 2



- Coach makes 3 mini goals with cones labeled above 1, 2 and 3.
- You will need 3 servers for this activity (Use other Goalkeeper's if possible to serve).
- Each Goalkeeper goes in goal for 6 shots - 2 from each server.
- The Goalkeeper will save a shot from each server and move in clockwise directions.
 - I.e. Server 1 places a low shot into the corner. Goalkeeper makes a save and quickly gets on their feet to save a shot from Server 2.
- Goalkeeper again gets on his feet to save a shot from server 3.
- Goalkeeper will face 6 shots in succession before being replaced by another GK

Progressions

- First set of 6 shots to be placed low to the keepers right side
- Second set to be placed low to the keepers left
- Third set to be placed a little higher (around the midriff) to the keepers right
- Final set will be similar to progression 3 but to the left side.

20 minutes

Coaching Points:

- *Correct diving technique*
- *Importance of getting back in feet quickly to make next save*
- *When saving, Goalkeeper must hold ball or palm ball away to side of goal and not back into play*

Cool Down or Keeper will go into normal session for scrimmage

5 or 25 minutes