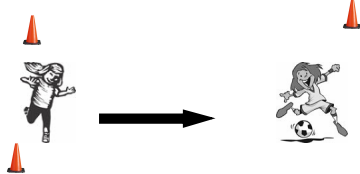
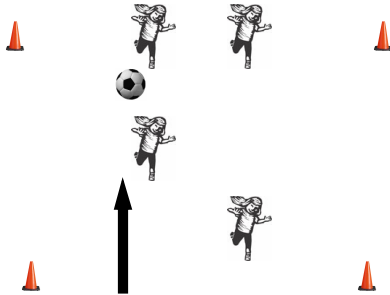
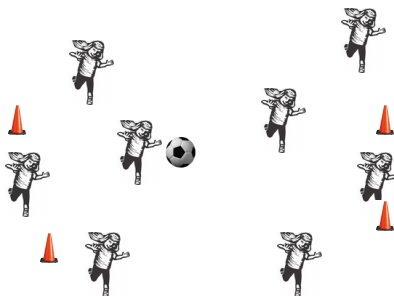







U-12 COACHING EDUCATION

2007

AHFSH	Coaching Education	Defending U12	Steve Jennings
3. 1v1	Player passes the ball to the opposite player and moves to defend		Coaching Points; Correct speed of approach, angle of approach, defensive stance, approach, don't dive in
4. 2v2	As above, 2v2. support player on defense becomes 2 nd defender		Coaching Points; Speed of play, angles of support , use of sideline, support play
5. 4v4 with goals	As above, 4v4 support player on defense becomes 2 nd defender Position of other players in relation to the ball and field of play		Coaching Points; Speed of play, angles of support , use of sideline, support play, pressure, covering

AHFSH	Coaching Education	Combination play U12	Steve Jennings
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1. Players organize themselves into pairs	In their grid players pass the ball back and forth on the move. Play combinations together, wall passes, two touch, one touch		Coaching Points; Keeping the ball on the ground, having a good touch while running, movement without the ball
2. Wall Pass 2v1	Play 2v1 with two attackers trying to get the ball over the opposite end line. Players switch roles after a time limit		Coaching Points; Disguise your time of passing, support player needs a good touch, angle of support and release time of the ball is important
3. Wall Pass 2v2	Same as above		Coaching Points; More challenging, but more game related, support and decision making come more into play

AHFSH

Coaching Education

Combination play
U12

Steve Jennings

4. 2v2 overlap to goal

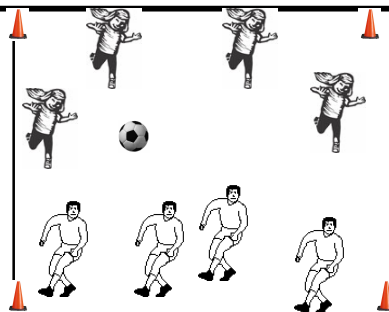
Show players an overlap.
Allow players to practice 1v1
first. Then play 2v2 with a
goalie



Coaching Points;
Timing of the runs
important, release of the ball
into run of teammate

5. 4v4

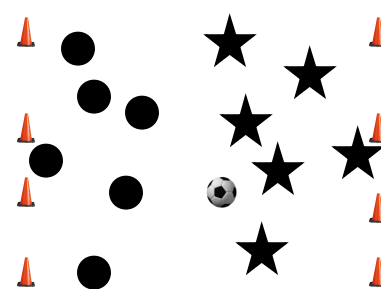
Play 4v4 in grid, encourage
wall passes and overlaps.
Give points for successful
plays



Coaching Points;
Watch for players
recognition of opportunities.
Observe the players
technical abilities

6. 6v6 with goalies

Free Play. Extra points if
goal is scored after a
combination play



Coaching Points;
Watch for players
recognition of opportunities.
Observe the players
technical abilities

AHFSH

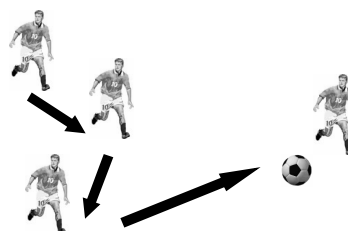
Coaching Education

Penetration
U12

Steve Jennings

1. Short, Short , Long

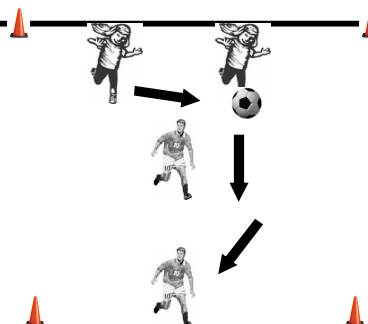
Players gets into groups of four. Play two or four passes followed by a long pass. Progress to pass and move, then two touch passing and finally one touch



Coaching Points;
Open body, good first touch, look forward, pass quickly and run to support

2. 2v1 to target

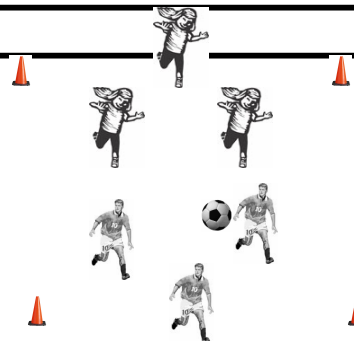
2 players play against one. Try to get past the defender using passing and solo dribbling. Switch after a time limit



Coaching Points;
Player without the ball makes run to create space. Proper angles of checking, touch and turn, Look to pass forward, Proper angle and distance of support

3. 2v2 to Targets

Play two versus two. Use solo dribbling, decoy runs. Keep scores



Coaching Points;
Decide when to dribble and when to pass, Select the type of pass and run. Good first touch, position of the support player

AHFSH

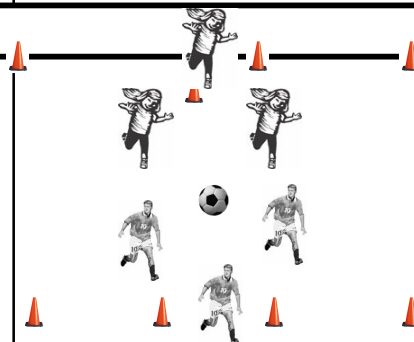
Coaching Education

Penetration
U12

Steve Jennings

4. Two versus two with goalies

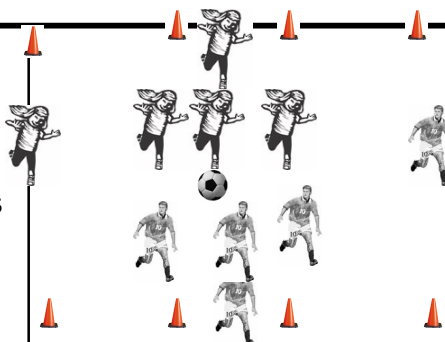
Same as above but add goalies



Coaching Points;
Emphasis all previous coaching points

5. 4v4

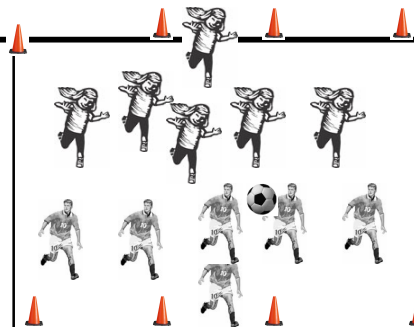
Add extra player outside of grid. Players can use outside players as support players. Limit touches on outside players to 2 touches



Coaching Points;
Players on outside should move up and down sidelines to help support at the correct angle. Players should decide when to pass, dribble and shoot

6. Free game , 6v6

Play freely and then reduce number of touches



Coaching Points;
Reinforce all coaching points

AHFSH

Coaching Education

Vision
U12

Steve Jennings

1. Warm Up

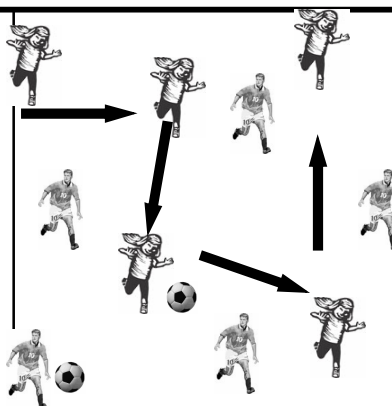
Pairs pass with one ball. Let the players warm up and stretch.
players must covered all areas within the grid



Coaching Points;
Players must move , work on passing and receiving and communication

2. Sequence passing 2 groups

Players are in groups of five or seven.
Players are numbered 1-5 or 1-7. They must pass in that sequence 1-2 etc, with the last number passing to 1. Both groups must inter mingle.
Use one ball and then two.
This demands vision and communication



Coaching Points;
Coaches must promote vision and communication. Passing and receiving, timing, rhythm of players will improve. Players must make runs to get into vision of passer

3. Crossing game

Play 4v4 . Goals are set up on an angle. This should encourage crossing from the side



Coaching Points;
This activity promotes movement and involves transition. All technical aspects of the game are used

AHFSH

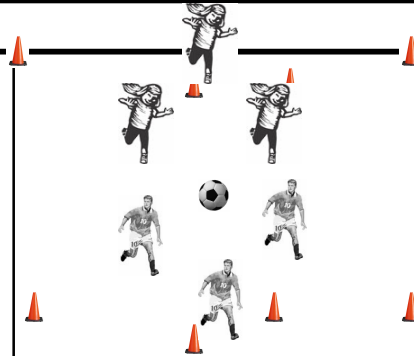
Coaching Education

Penetration
U12

Steve Jennings

4. Two versus two with goalies

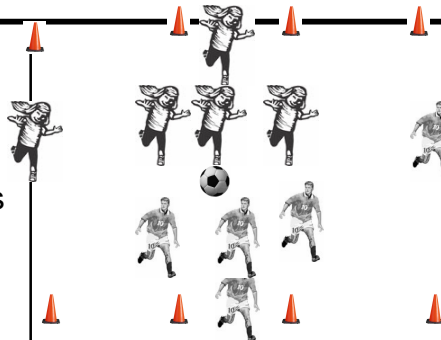
Same as above but add goalies



Coaching Points;
Emphasis all previous coaching points

5. 4v4

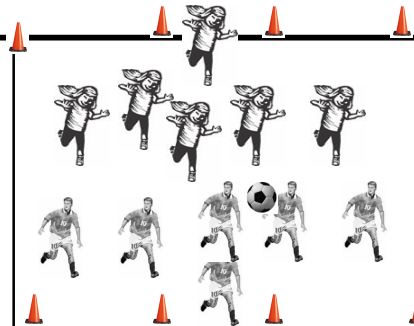
Add extra player outside of grid. Players can use outside players as support players. Limit touches on outside players to 2 touches



Coaching Points;
Players on outside should move up and down sidelines to help support at the correct angle. Players should decide when to pass, dribble and shoot

6. Free game , 6v6

Play freely and then reduce number of touches



Coaching Points;
Reinforce all coaching points