

U-12PracticePlan

Warmup: (10-15min)

#1 –Dynamic Stretching

-Speed and Agility

-Ball Mastery (Coerver Coaching) (Individual Ball skills/Ball mastery)

Passingactivities/games:(25-30min)

#1 –Windows

-2 groups (One with balls and one without)(Players make large circle)

-Progression

Receive with one foot/pass with the other

One Touch

Partners (Receive from one and pass to the other)

#2 –Passing and Moving in open space

Multiple balls

One ball per team

One ball and play possession

#3 –Three team Possession small sided game(field is 3 sections)(Teams on the outside are in possession)

Make 3 Passes and change the field

Make 4 Passes and change the field

EndGame:8v8(Somethingthatlookslikethegame)(20-25min)

-Teach rules

-Let them play

CoolDown:Marbles/Passingthroughthegate(5-10min)

Classic. Change the distance and size of gate as needed.