



U12 Practice Plans

Typical Characteristics of U12 Players

- All children are maturing at different rates and are sensitive to that fact.
- Need to warm-up and stretch as muscle pulls and other nagging injuries are common.
- Typically understand elemental abstract concepts and hypothetical situations.
- They like to solve problems.
- Peer evaluation is a constant.
- Egos are sensitive.
- Coordination may depend on whether or not they are in a growth spurt.
- Technique still needs to be reinforced constantly.
- Playing too much can lead to overuse injuries.
- Playing too much and not feeling like they have a choice in the matter can lead to burnout and drop-out.
- This is the dawn of tactics!
- Keep asking the players to be creative and to take risks. We never want them to stop. doing these things and they will enjoy the freedom of being creative.
- Ask for feedback from them. They will tell you how things are going.
- Try to hand over leadership and ownership of the team to them. They will enjoy leading and it will add to the learning environment.

Aspects of Coaching U12's

Occasionally players may ask us questions that seem quite mature and demonstrate a great deal of insight. However, this does not mean that 12-year-olds are mini-adults. They need time to intellectually, emotionally and physically develop before reaching adulthood. Many players of this age are still not completely able to understand abstract concepts or incorporate multiple variables into their decision-making process. By simply looking out on the field, the vast physical differences are clearly apparent. You may see children on the same team who are one foot different in height and fifty pounds different in weight. Development is still happening at these ages and in order to fully understand these children and to make practices run as smoothly and happily as possible, it is extremely important for us to understand the following characteristics about U10 and U12 children.

Technical and Tactical Development of 8-12 Year Olds

We must still stress technical development at these ages. In particular, players need to be able to perform ball skills when under pressure. This pressure may come in the form of speed of play or in the form of a defender. Below are recommended guidelines of skill for the U12 age group:

U12 Skills Priorities (expand U10 skills):

- Basic combination play
- 2 v 2 attacking and defending
- Ability to chip the ball
- Accurately play long passes
- Introduction to 3 v 3

Goalkeepers:

- Proper positioning
- Breakaways
- Tipping high balls
- Punting
- Goal kicks
- Passbacks

Technical (Techniques) Coaching Points

Dribbling

- Low, balanced body position.
- Agile lateral (left-to-right) movement for dribbling in tight spaces, change of direction and faking out opponents.
- Proper use of insides and outsides of the feet and the toe to propel ball an appropriate distance.
- Proper use of soles of the feet to pull, push and roll the ball.
- Eyes up enough to survey the situation and to have good peripheral vision.
- Keep the ball close when under pressure (lots of touches).
- Propel the ball away from feet when dribbling into space away from pressure.

Receiving

(These coaching points are common to all surfaces.)

- Keep body relaxed.
- Eyes on the ball while it is traveling and as you receive it.
- Position body in-line with the in-coming ball.
- Present a surface to receive the ball with.
- Cushion the ball if it arrives with velocity.
- Propel the ball away if it arrives slowly or if under pressure or in open field.

(These coaching points are unique to the specific receiving surfaces.)

Sole of the Foot

Ground Ball

- Comfortable body position.
- One foot on the ground.
- Present the sole of the foot at about a 45-degree angle to the ground as the ball arrives.
- Wedge the in-coming ball between the sole and the ground.

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- One foot on the ground.
- Allow the ball to hit the ground.
- Just as the ball hits the ground, present the sole of the foot over the ball (wedge the ball between the sole of the foot and the ground).

Inside of the Foot

Ground Ball

- Comfortable body position.
- One foot on the ground.

- Present the inside of the foot to the in-coming ball.
- Pull the receiving foot back or propel it forward depending on the velocity of the ball.

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- One foot on the ground.
- Allow the ball to hit the ground.
- Just as the ball hits the ground, present the inside of foot over the ball and drag the ball away from pressure.

Line-Drive Ball (Horizontal arrival)

- Comfortable body position.
- One foot on the ground.
- Present the inside of the foot to the in-coming ball.
- Pull the receiving foot back or propel it forward depending on the velocity of the ball.

Outside of the Foot

Ground Ball

- Comfortable body position.
- One foot on the ground.
- Present the outside of the foot to the in-coming ball.
- Pull the receiving foot back or propel it forward depending on the velocity of the ball.

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- One foot on the ground
- Allow the ball to hit the ground.

- Just as the ball hits the ground, present the outside of foot over the ball and drag the ball away from pressure.

Laces (In-step)

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- One foot on the ground
- Present the laces to the in-coming ball.
- Lower foot (give with the foot) as ball is received.

Thigh

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- Straight back.
- One foot on the ground.
- Present the mid/upper thigh (horizontal to the ground) to the in-coming ball.
- Lower thigh (give with the thigh) as ball is received.

Line-Drive Ball (Horizontal arrival)

- Comfortable body position.
- One foot on the ground.
- Present the mid/upper thigh (perpendicular to the ground) to the in-coming ball.
- Pull the receiving thigh or propel it forward depending on the velocity of the ball.

Chest

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- Arch back (limbo dance position).
- Arms out.

- Both feet on the ground or both feet off ground (if jumping).
- Present the chest (45-60 degree angle to the ground) to the in-coming ball.
- Bend the knees to absorb the ball (cushion) as it is received.

Line-Drive Ball (Horizontal arrival)

- Comfortable body position.
- Straight back.
- Arms out.
- Both feet on the ground or both feet off ground (if jumping).
- Present the chest (perpendicular to the ground) to the in-coming ball.
- Jump back to absorb the ball (cushion) as it is received.

Kicking (Passing and Shooting)

(These coaching points are common(related?) to kicking low/ground balls)

Low/Ground Balls

- Non-kicking foot placed comfortably next to the ball.
- Non-kicking foot pointed in the direction of the target.
- Body slightly over the ball.
- Knee of kicking leg slightly over the ball.
- Eyes on ball.
- Land on the kicking foot.

(These coaching points apply to using specific surfaces of the foot)

Inside of foot

- Lock ankle with toe pointed up on kicking foot.
- Straight kick... Strike through the center (equator) or slightly above the center of the ball with the ankle surface of the foot.
- Bent kick... Strike/Slice the outside center (or slightly below center) of the ball with the inside of the foot.

Instep (laces)

- Lock ankle with toe pointed down on kicking foot.
- Strike ball with instep surface of the foot.

Outside of the foot (for deceptive passes and shots)

- Non-kicking foot placed slightly farther away from the ball than normal.
- Lock ankle with toe pointed down and turned in.
- Straight kick...Strike (punch) the inside center (or slightly above center) of the ball with the outside of the foot.
- Bent kick...Strike/Slice the inside center (or slightly below center) of the ball with the outside of the foot.

(These Coaching Points apply to sending flighted/air balls)

Flighted/Air Balls

- Approach ball from slight angle.
- Non-kicking foot placed comfortably next to and slightly behind the ball.
- Non-kicking foot pointed in the direction of the target.
- Body upright and slightly leaning back..
- Eyes on ball.
- Strike with laces or upper inside surface of the foot.
- Strike through the bottom/center of the ball.
- Land on the kicking foot.

(these Coaching Points are unique to specific types of kicks)

Chip

- Lock ankle with toe pointed up on kicking foot.
- Sharply cut the grass below the ball with the kicking foot (like a 9-iron or wedge shot in golf).
- The ball should travel with backspin.

Long/Driven ball

- Big power step (step right before the kick is taken)
- Lock ankle with toe pointed down on kicking foot.
- Strike ball with instep surface of the foot.

Outside of the foot (for deceptive passes and shots)

- Non-kicking foot placed slightly farther away from the ball than normal.
- Lock ankle with toe pointed down and turned in.

Bent kick

- Strike/Slice the ball below the inside center with the outside of the foot.

Heading

- Square the body to the ball (body in line with the in-coming ball).
- Eyes on ball.
- Time the jump if one is necessary.
- Tighten the neck muscles.
- Arch the back.
- Arms out and forward for balance.
- Thrust upper body forward.
- Contact the ball with the top of the forehead.
- The head strikes the ball! (like the hammer hits the nail)
- To drive the ball down...strike the upper half of the ball.
- To drive the ball up...strike the lower half of the ball.

Tackling

Block tackle

- Maintain a comfortable playing distance from the opponent.
- Do not telegraph your intent.

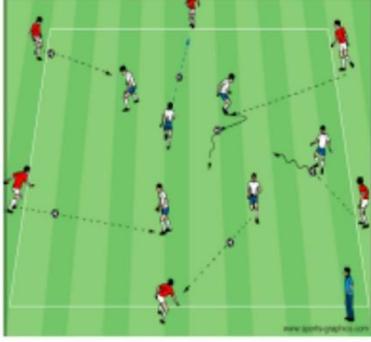
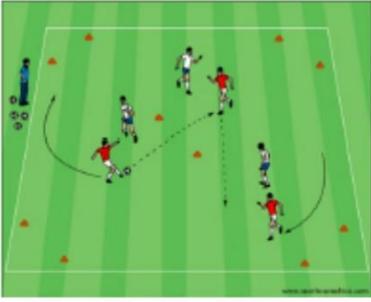
- Shepard the opponent to one side or the other.
- Do not commit yourself too early (do not dive in)...time your execution.
- Throw stabbing fakes at the opponent to force mistakes.
- Keep your eyes on the ball.
- Keep a low center of gravity.
- One foot slightly angled in front of the other with bent knees; back foot is the tackling foot; front foot is the plant/balancing foot.
- When tackling, place the front foot to the side of the ball (as if to make an inside of the foot pass).
- Use the inside of the back foot to drag through the ball keeping the ankle locked, toe up and knee bent.
- Lower same side shoulder (as tackling foot) thrusting it forward to provide the necessary forward momentum and velocity to handle the impact of the opponent's force.
- Drag the ball through and into the space behind the opponent and start the attack!

Poke tackle

- Use the toe of the front foot to poke the ball away!

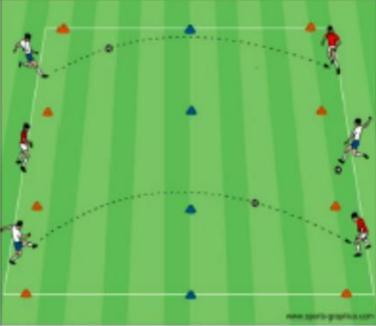
U12 Practice Plan #1

Topic: Passing and Receiving for Possession

| Technical Warm up | Organization | Coaching Pts. |
|---|--|--|
|  | <p>Dutch Square: Half of the players on the inside of the square (with soccer balls), half on the outside. The insiders will pass the soccer ball to the outsiders. The outsiders will pass the ball back with one or two touches to the insiders. The insiders will receive the soccer ball and look for another outsider to pass to. After a few minutes, switch insiders with outsiders. Coach: have players pass and receive with the right and left foot.</p> | <p>Passing:</p> <ul style="list-style-type: none"> • Toe up (inside) or down & turned in (outside) • Placement of non-kicking foot and good balance <p>Receiving:</p> <ul style="list-style-type: none"> • Keep feet moving before ball arrives and go to it • Keep ankle of receiving foot locked and body behind ball • Eye on ball at instant of reception <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
| Small Sided Game | Organization | Coaching Pts. |
|  | <p>3v3 5 Goal Game: In a 20x30 yard grid, five 2 yard goals are spread out throughout the grid. The teams score by passing and receiving through any of the goals to a teammate. Coach: Emphasize the importance of being in good supporting positions and good attacking shape. 3 Players need to be in a triangle.</p> | <ul style="list-style-type: none"> • Tech of passing and receiving • Players in good supporting positions • Pace and accuracy of the pass • Finding the open gate or goal • First Touch – Directional • Clear communication (demand the ball) • Good team shape <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
| Exp. Small Sided Game | Organization | Coaching Pts. |
|  | <p>4v4 or 5v5 to Four Small Goals: In a 30x35 yd. grid with two small 3 feet cone goals on each of the 35 yard lines, near each corner. Each team defends and attacks two goals. If playing with 4 players, the attacking shape should be a diamond. If attacking with five players, the attacking shape should be a 3-2 or 2-1-2.</p> | <ul style="list-style-type: none"> • Possess the ball to look for an opportunity to score • Players in good supporting positions • Decision making: safety versus risk • Communication • Good team shape <p style="text-align: right;"><i>Time: 20 minutes</i></p> |
| Game | Organization | Coaching Pts. |
| <p>6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| COOL DOWN | Activities to reduce heart rate, static stretching & review session. <i>Time: 5-10 Minutes</i> | |

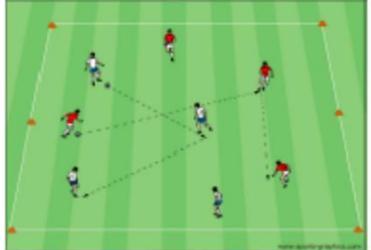
U12 Practice Plan #2

Topic: Striking Lofted and Driven Balls (Long Balls)

| Technical Warm up | Organization | Coaching Pts. |
|---|--|---|
|  | <p>High & Long: 2 players are at opposite ends behind a goal in a 10x20 yard grid, and try to score points by striking the soccer ball through the two goals without the soccer ball bouncing and/or rolling before crossing the goals. A player scores 3 points for every lofted/driven ball he/she strikes successfully. Receiving players can catch the ball. Version 2: The player taps the ball forward to strike it long Version 3: Use the other foot</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Lean the body back when striking the ball • Strike the lower part of the ball and follow through towards target landing on shooting foot <p style="text-align: right;">Time: 15 minutes</p> |
| <p style="text-align: center;">Small Sided Game</p>  | <p>Over the Middle: 2 players at the ends of a 15x30 yard grid are trying to hit soccer balls over the player in the middle. When the player in the middle intercepts or catches the soccer ball, he/she will change positions with the last player who struck the ball. Version 2: The middle player serves the ball to the kicking player</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • Technique of striking a ball served to you • Hitting the ball with the inside of the foot to curve it • Hitting the ball straight <p style="text-align: right;">Time: 15 minutes</p> |
| <p style="text-align: center;">Exp. Small Sided Game</p>  | <p>3v3 +Targets - Go Long: In a 20x40 yard grid with targets, two teams are trying to score by striking long balls to the target. If the target catches the ball without bouncing before entering his/her zone, the attacking team scores a point.</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • Technique of striking a long ball • When <ul style="list-style-type: none"> ○ When you have no pressure ○ On the run ○ To get behind defenders <p style="text-align: right;">Time: 20 minutes</p> |
| <p style="text-align: center;">Game</p> <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p>Organization</p> <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p> |
| <p style="text-align: center;">COOL DOWN</p> | <p style="text-align: center;">Activities to reduce heart rate, static stretching & review session – Time 10 min.</p> | |

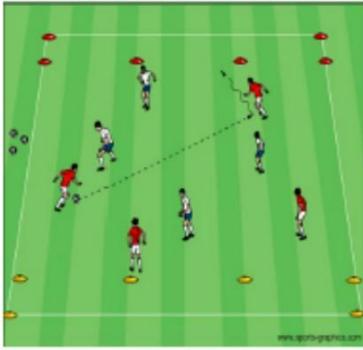
U12 Practice Plan #3

Topic: Passing for Penetration

| | | |
|---|--|---|
| <p style="text-align: center;">Technical Warm up</p>  | <p style="text-align: center;">Organization</p> <p>Pass and Move: Split players into groups of 3 or 4 (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid)</p> | <p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • 1st touch - Directional • Technique and type of pass • Technique of receiving • Communication: Verbal and Non Verbal • Supportive body position • Visual cues <p style="text-align: right;"><i>Time: 15 Minutes</i></p> |
| <p style="text-align: center;">Small Sided Game</p>  | <p style="text-align: center;">Organization</p> <p>3v3+1 to Targets: Two teams of 3 players each with a neutral player in a 30x35 yard grid will try to connect passes and score by connecting with the target player. Coach: Stress when and how to split defenders with passes.</p> | <p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Proper weight, accuracy and timing of passes • Vision to split defenders with a pass • Possession vs. penetration • Proper angle and distance of support off the ball <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
| <p style="text-align: center;">Exp. Small Sided Game</p>  | <p style="text-align: center;">Organization</p> <p>4v4 or 5v5 to End Zones: Set up a 35 x 40 yard grid with end-zones behind the 40 yd. lines. Teams comprised of 4 players, depending on numbers and space. The attacking team needs to pass into the end zone and a player must time his/her run to receive the ball inside the end zone and score. Coach: Help the players to time their runs into the end zone to receive the ball.</p> <ul style="list-style-type: none"> • Start with passing and receiving in the end zone. • Players can dribble into the end zone for 1 point. | <p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Starting position of players • Shape, width, and depth • Body position open to field • Possession vs. penetration • Dribbling vs. passing <p style="text-align: right;"><i>Time: 20 minutes</i></p> |
| <p style="text-align: center;">Game</p> <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p style="text-align: center;">Organization</p> <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| <p style="text-align: center;">COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |

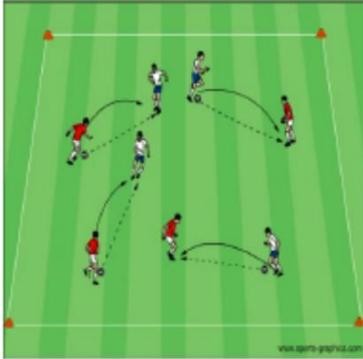
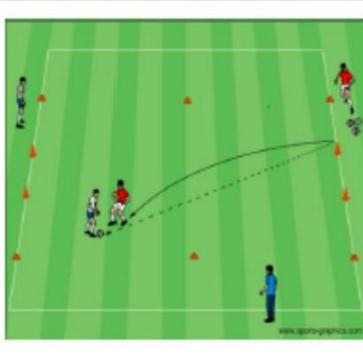
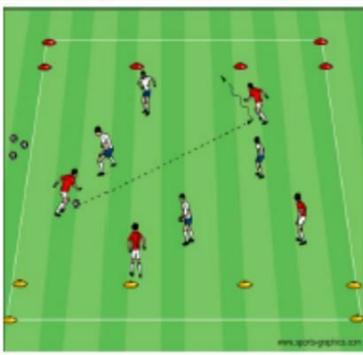
U12 Practice Plan #4

Topic: Attacking Shape

| Technical Warm up | Organization | Coaching Pts. |
|---|---|--|
|  | <p>Inter Passing in 3's or 4's: Players are in teams with different colors. Each team has one ball and passes and moves freely in the 30x 40 yard grid. Coach: Concentrate on polishing the mechanics of passing and receiving as well as player's technical speed and individual/group shape.</p> | <ul style="list-style-type: none"> • Strike the ball with the proper weight and surface • Take 1st touch toward a passing option • Keep body position open to the field • Develop rhythm of play in traffic • Communication <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
| <p style="text-align: center;">Small Sided Game</p>  | <p>4v0 + 4v0: 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"> • Survey the area at all times. This way players can anticipate what to do next with and without the ball • Keep body position open to the field • Increase speed of play in traffic • Keep the width and the depth • Communication <p style="text-align: right;"><i>Time: 20 minutes</i></p> |
| <p style="text-align: center;">Exp. Small Sided Game</p>  | <p>4v4 or 5v5 to End Zones: Two teams of 4 or 5 players each play in a 30x40 area with a 2-3 yard end zone on the 30 yard lines. Each team defends one end zone and attacks the other. If a team successfully plays the soccer ball into the opposite end zone, they receive a goal. In order to score, the player receiving the soccer ball must arrive into the end zone when the ball is arriving. Waiting for the soccer ball in the end zone will be off-sides. The defenders cannot enter the end zone.</p> | <ul style="list-style-type: none"> • Recognize visual cues such as: <ul style="list-style-type: none"> ○ Teammates body shape ○ Supporting positions ○ Defending pressure ○ Runs • Rhythm of play based on what the game gives you by increasing speed of play at the right time • Adjust team shape as other players move <p style="text-align: right;"><i>Time: 20 minutes</i></p> |
| Game | Organization | Coaching Pts. |
| <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| COOL DOWN | Activities to reduce heart rate, static stretching & review session. Time: 5 Minutes | |

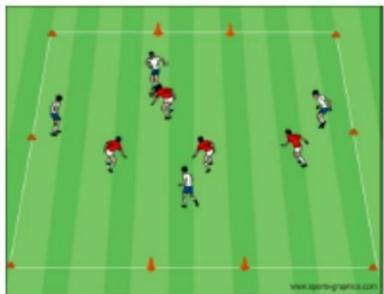
U12 Practice Plan #5

Topic: Pressing Defender (1st Defender)

| Technical Warm up | Organization | Coaching Pts. |
|---|---|--|
|  | <p>Pass and Press: In a defined area, one team of players (rec pennies) all with a ball will pass to a member of the other team. Passes should not be more than 10 yds. long. After the pass, the player will press the receiver. Coach: In this activity, encourage the player to:</p> <ul style="list-style-type: none"> ➤ press sideways on & send opponent in the opposite direction of his first touch ➤ try to gain possession of ball with block tackle, poke tackle ➤ close down, slow down, get down & stay down | <ul style="list-style-type: none"> • Speed of approach • Angle of approach • Good defensive stance <ul style="list-style-type: none"> ○ Body weight on front of feet ○ Eyes on the ball ○ Slightly angled – one foot closer to attacker • Close enough to make attacker look at ball • When and how to tackle <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
| Small Sided Game | Organization | Coaching Pts. |
|  | <p>1v1 to Small Goals: In a 10x15 yard grid, two groups of players will play 1v1 bouts. One group of players will serve to the other and defend the player with the ball, applying the principles of 1st. defender. The play is over when one player scores or goes out of bounds. The next 1v1 will commence with a service from the defender. Players will switch sides after their turn is over.</p> | <ul style="list-style-type: none"> • Approach quickly but not too fast with an angle that limits options • Good defensive stance • Apply pressure to take away space/time • Priorities are: <ul style="list-style-type: none"> ○ deny penetration ○ limit the attacker's vision options ○ win ball back <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
| Exp. Small Sided Game | Organization | Coaching Pts. |
|  | <p>4v4 or 5v5 to End Zones: Two teams of 4 or 5 players each play in a 30x40 area with a 2-3 yard end zone on the 30 yard lines. Each team defends one end zone and attacks the other. If a team successfully plays the soccer ball into the opposite end zone, they receive a goal. In order to score, the player receiving the soccer ball must arrive into the end zone when the ball is arriving. Waiting for the soccer ball in the end zone will be off-sides. The defenders cannot enter the end zone.</p> | <ul style="list-style-type: none"> • Recognize visual cues such as: <ul style="list-style-type: none"> ○ Teammates body shape ○ Supporting positions ○ Defending pressure ○ Runs • Rhythm of play based on what the game gives you by increasing speed of play at the right time • Adjust team shape as other players move <p style="text-align: right;"><i>Time: 20 minutes</i></p> |
| Game | Organization | Coaching Pts. |
| 6v6 to 8v8 Scrimmage | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| COOL DOWN | Activities to reduce heart rate, static stretching & review session. <i>Time: 5 Minutes</i> | |

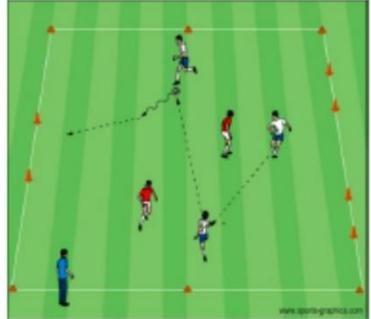
U12 Practice Plan #6

Topic: Pressure and Cover (Roles of the 1st and 2nd Defenders)

| Technical Warm up | Organization | Coaching Pts. |
|---|---|---|
|  | <p>Pressure Cover Warm-Up: 3 players with one soccer ball. Two players about 10 yards apart pass and move with each other. The third player moves with the group staying about 10 yards away. One of the players passes a ball to the third while his teammate immediately applies pressure (1st defender). The passer becomes the cover player (2nd defender). Player three tries to split defender with a one touch pass or a dribble.</p> | <ul style="list-style-type: none"> • 1st defender should bend his/her run to press attacker and force the opponent in the direction he/she wants him/her to go • Approach fast, arrive slow • Defensive stance-on their toes, knees bent, one foot forward, one foot back • 1st Defender “Ball” • 2nd Defender “Force him left/right” <p style="text-align: right;"><i>Time: 10 Minutes</i></p> |
|  | <p>2v2 to Two Small Goals: In a 15x20 yd. grid with small goals on each end line, play 2v2 matches. Rotate teams to different fields. You could play matches with off sides.</p> | <ul style="list-style-type: none"> • Speed and angle of approach • Pressing defender forces head down of attacker • Covering defender is positioned about 30 degrees behind pressure • Patience; do not over- commit • Good communication to facilitate role switching while defending <p style="text-align: right;"><i>Time: 20 Minutes</i></p> |
|  | <p>4v4 to Small Goals: In a grid, two teams will play to score in the goals. Players will defend, applying the principles and roles of 1st, 2nd and start introducing the 3rd defending roles.</p> | <p>All of the above plus:</p> <ul style="list-style-type: none"> • Recognizing when to be the 1st and 2nd defender • Shape and communication • Visual and verbal cues <ul style="list-style-type: none"> ○ When and how to switch ○ Angle of coverage ○ When and how to tackle <p style="text-align: right;"><i>Time: 25 Minutes</i></p> |
| <p style="text-align: center;">Game</p> <p style="text-align: center;">6v6 or 8v8 Scrimmage</p> | <p>Organization</p> <p>Play with goalkeepers in an appropriate size field for the number of players. As the game is going on, praise successful defending and connection by the 1st and 2nd defenders</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • All of the above • Goalkeeper communication with defenders <p style="text-align: right;"><i>Time: 30 Minutes</i></p> |
| <p style="text-align: center;">COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. Time: 5 Minutes</p> | |

U12 Practice Plan #7

Topic: Penetration by Dribbling, Passing and/or Shooting

| | | |
|---|--|---|
| <p style="text-align: center;">Technical Warm up</p>  | <p style="text-align: center;">Organization</p> <p>1v1 to Two Small Goals : In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to his opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of their score.</p> | <p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/outside ○ Sole ○ Laces • Keep your head up and use peripheral vision • Change of direction and speed, explode into space if defender does not commit • Decide to pass or dribble to score depending of the defenders pressure <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
| <p style="text-align: center;">Small Sided Game</p>  | <p style="text-align: center;">Organization</p> <p>3v2 Game: In a 25x30 yard grid two teams are trying to score. The team of two is trying to penetrate quickly by passing through the goals as soon as they can get possession in any of the two cone goals defended by the team of three. The team of three is trying to penetrate the team of two by dribbling and passing.</p> | <p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Reinforce passing and receiving technique • Use support players to making attacking decisions: <ul style="list-style-type: none"> ○ When to dribble ○ When to pass <ul style="list-style-type: none"> ▪ To connect ▪ To combine • Encourage players to be creative • Work together to score • Verbal & visual communication <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
| <p style="text-align: center;">Exp. Small Sided Game</p>  | <p style="text-align: center;">Organization</p> <p>4v4 or 5v5 with 4 Targets and GK's: Two groups of 4 players are trying to score goals after receiving a ball from the target players. Coach: start the game by the players connecting with the targets to score. After a while allow the players to make the decision to use them or not. Switch targets and field players every so often.</p> | <p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • All of the above • Shooting technique • Visual cues should determine how to penetrate • Encourage finding the goal as quickly as possible • Stress that first look is always to penetrate <p style="text-align: right;">Time; 20 minutes</p> |
| <p style="text-align: center;">Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
| <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p>Play a game with Goalkeepers.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| <p style="text-align: center;">COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |

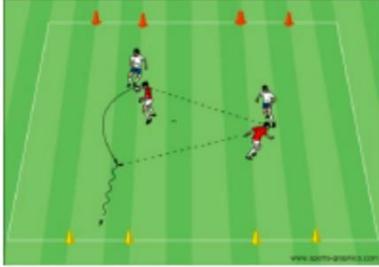
U12 Practice Plan #8

Topic: Goalkeeping - Dealing with Breakaways

| Technical Warm up | Organization | Coaching Pts. |
|---|--|--|
|  | <p>Breakaway Goalie Warm up: GK are standing in a cone goal in a 12x24 yard grid. Dribblers are at each end. The GK will roll the soccer ball to the dribbler that is 12 yards away. As the ball is traveling, the GK will close down the space and set his/her feet before the dribbler decides to release the shot/pass into the goal. The GK will then step and attack the ball hands first for a save. Coach: Concentrate on the proper GK technique</p> <p style="text-align: right;"><i>Time: 15 minutes</i></p> | <ul style="list-style-type: none"> • Coach should position behind the GK • Crouching Position <ul style="list-style-type: none"> ○ arms down with hands touching the ground ○ palms facing forward ○ bend knees ○ head and upper body forward • GK should explode to the ball with hands and upper body so they go in strong |
| <p style="text-align: center;">Small Sided Game</p> | <p style="text-align: center;">Organization</p> | |
|  | <p>Game Situation Breakaway: A 40x50 yard grid is divided in three zones. Goal zones: 15 yards long by 40 yards wide with goals and GK's, and the middle zone 20 yards long by 40 yards wide. Two teams and all players with a ball. Number the players from 1-5. Each team will attack a goal. When the coach calls the number, the players with that number will try to score by dribbling out of the central zone and beating the GK. Version 2: Assign a couple of defenders to chase down the attackers.</p> <p style="text-align: right;"><i>Time: 15 minutes</i></p> | <ul style="list-style-type: none"> • Hands should be in a W shape, extended away from the body with elbows slightly bent and the nose behind the hands to protect the face • GK should go to the ground sideways to create a barrier behind the ball • Stay low. Do not stand up! Get closer to the ground and closer to the attacker • Approach the attacker at controlled speed |
| <p style="text-align: center;">Exp. Small Sided Game</p> | <p style="text-align: center;">Organization</p> | |
|  | <p>5v5 Breakaway Game: Two teams will play to produce a breakaway by a through pass to the goal zones or dribbling out of the central zone inside a 20x40 yard central zone of a 40x50 yard grid. Once the player is inside the goal zone, he/she can beat the goalkeeper with a shot or dribbling by him/her. GK must come out to try to stop the attacker from scoring.</p> <p style="text-align: right;"><i>Time: 25 minutes</i></p> | <ul style="list-style-type: none"> • GK tries to force attacker to go around him/her. This way GK can try to win the soccer ball • GK should be off the goal line to engage the attacker as far away as possible |
| <p style="text-align: center;">Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
| <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| <p style="text-align: center;">COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. <i>Time: 5-10 Minutes</i></p> | |

U12 Practice Plan #9

Topic: Combination Play

| Technical Warm up | Organization | Coaching Pts. |
|---|---|--|
|  | <p>Dutch Square: Half the players create a square in a defined space with a ball. Players without balls are in the middle and check to receive a pass from outside players. Once they are inside, players have the ball and they look to connect a pass with another outside player. Review technique of passing & receiving</p> <ul style="list-style-type: none"> ➤ Introduce Take Overs ➤ Introduce Wall Passes ➤ Introduce Overlaps <p style="text-align: right;"><i>Time: 15 minutes</i></p> | <p>General</p> <ul style="list-style-type: none"> • Quality technique while passing and receiving • Be patient & let opportunities develop • Positive environment to encourage creative and instinctive play • Communication <p>Takeover</p> <ul style="list-style-type: none"> • 2nd attacker runs directly at the 1st attacker from the opposite direction • 1st attacker protects the ball from the 1st defender by keeping body between ball and defender • 1st attacker leaves the ball and 2nd attacker takes the ball using same foot (right to right or left to left) • Simple communication: “take” or “leave” <p>Wall Pass</p> <ul style="list-style-type: none"> • 1st attacker dribbles at 1st defender • 2nd attacker is slightly ahead of defender in good supporting angle turned sideways on • 1st attacker reads defenders and supporting cues; decide to dribble or play a wall pass |
| <p style="text-align: center;">Small Sided Game</p>  | <p style="text-align: center;">Organization</p> <p>2v2 to 4 Goals: Two teams trying to score through the cone goals by passing or dribbling, looking for the appropriate chance to execute a combination. Stress the opportunities to combine (wall passing, overlaps, and takeovers).</p> <p style="text-align: right;"><i>Time: 15 minutes</i></p> | <ul style="list-style-type: none"> • Disguise, deception of pass, and runs • Accuracy and quality of pass • Look for opportunities to create numbers up situations (2v1, 3v1 etc) |
| <p style="text-align: center;">Exp. Small Sided Game</p>  | <p style="text-align: center;">Organization</p> <p>3v3 or 4v4 +1: In a 25x30 yd. grid, two teams of 3 or 4 players, each with a neutral player who plays for the team in possession of the soccer ball, will play to score by passing through the cones. A goal scored after a combination play is worth 5 points.</p> <p style="text-align: right;"><i>Time: 20 minutes</i></p> | <p>Overlap</p> <ul style="list-style-type: none"> • 1st attacker dribbles at 1st defender creating space for 2nd attacker to overlap into; ball gets played into live space |
| <p style="text-align: center;">Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
| <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| <p style="text-align: center;">COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. <i>Time: 5-10 Minutes</i></p> | |

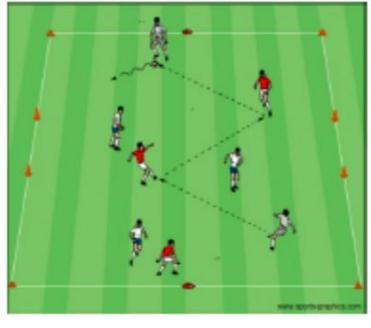
U12 Practice Plan #10

Topic: Goalkeeping - Handling Long Range Shots

| Technical Warm up | Organization | Coaching Pts. |
|---|---|--|
|  | <p>Goalkeeper Technical Box: Divide the players into two teams (Red and Blue). Each group has two soccer balls. The players and GK's will be inside one half of the field, passing and moving freely. GK's will call for the ball. Coach: Start with...</p> <p>A. GK passing and receiving with their feet B. GK collecting balls on the ground. All passes are low C. GK collect medium height and high balls. All passes are from a distance.</p> | <ul style="list-style-type: none"> • Make sure that all passing & receiving, catching and distribution techniques are clean • GK must communicate with field players <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
|  | <p>2v2 or 3v3 + Targets and GK's: The teams to score from a distance after a player has passed and received the soccer ball from the target player. Version 2: The players can shoot without using the targets. Targets can finish rebounds.</p> | <ul style="list-style-type: none"> • Coaches should position behind the GK's • Proper Starting position • Cut down the angle of the shooter and get set as he/she prepares to shoot • Communicate with defenders to prevent the shot <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
|  | <p>4v4, 5v5 or 6v6 : Play in a 45x 60 yard grid with goals. Players will be awarded points on the goals they scored depending on the distance from goal:</p> <ul style="list-style-type: none"> • From outside the box: 5 points • From the inside the 12 to 18 yard line: 3points • From inside the 12 yard line: 1point | <ul style="list-style-type: none"> • Coaches should position behind the GK's • Command their box • Communicate with defenders • GK in corners and free kicks <ul style="list-style-type: none"> ○ Organize defenders quickly ○ Be commanding ○ Maintain vision of the ball <p style="text-align: right;"><i>Time: 20 minutes</i></p> |
| <p style="text-align: center;">Game</p> <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p>Organization</p> <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates. During this game, the coach will award each team several corner kicks and free-kicks from about 20-25 yards out.</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| <p style="text-align: center;">COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |

U12 Practice Plan #11

Topic: Passing and Receiving - Possession With Purpose

| Technical Warm up | Organization | Coaching Pts. |
|---|---|---|
|  | <p>Passing and Moving: Split the players into two groups, one with the ball and one without. The players with the ball must find a player without the ball. Coach: Place the following conditions on the players:</p> <ul style="list-style-type: none"> ➢ Do not stop the ball when receiving it ➢ Receive, dribble the ball, and pass ➢ Take a long 1st touch away from traffic and pass ➢ Receive, turn away with the ball, and pass | <p>Passing:</p> <ul style="list-style-type: none"> • Toe up (inside) or down & turned in (outside) • Placement of non-kicking foot and good balance <p>Receiving:</p> <ul style="list-style-type: none"> • Keep feet moving before ball arrives and go to it • Keep ankle of receiving foot locked and body behind ball • Eye on ball at instant of reception <p>Communication:</p> <ul style="list-style-type: none"> • Verbal and visual <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
| <p style="text-align: center;">Small Sided Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
|  | <p>3v3+2(1) Neutral to One Goal: In a 30x40 grid, two teams will play to score and defend the small 4 yard goals at the end-line. The team in possession will be able to use the (1) 2 neutral players in order to keep the ball versus the three defenders. Coach: Change neutral players every so often. You can also play with passing restrictions such as:</p> <ul style="list-style-type: none"> ➢ Attacking team may score after completing 4-5 passes in a row | <ul style="list-style-type: none"> • Tech of passing and receiving • Players in good supporting positions <ul style="list-style-type: none"> ○ Options close and far • Speed of play • First Touch – Directional • Recognizing when to keep the ball or attack • Clear communication (demand the ball) <p style="text-align: right;"><i>Time 15 minutes</i></p> |
| <p style="text-align: center;">Exp. Small Sided Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
|  | <p>5v5 or 6v6 +GK's to Four Goals: In a 40x50 yard grid, two teams of 5 or 6 players and a GK each play to score and defend two goals. The goals are set on the 40 yard line. The GK on each team can help the possession by playing with his/her feet.</p> | <ul style="list-style-type: none"> • Supporting shape and balance for team in possession • Change of rhythm to exploit opportunities to penetrate • Movement and timing support • Recognizing when to keep the ball or attack <p style="text-align: right;"><i>Time 20 minutes</i></p> |
| <p style="text-align: center;">Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
| <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| <p style="text-align: center;">COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. <i>Time: 5-10 Minutes</i></p> | |

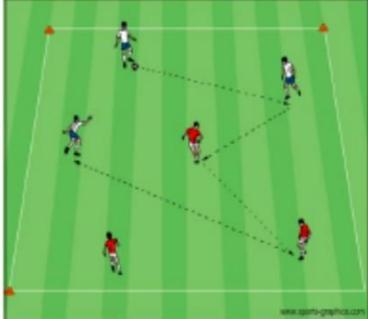
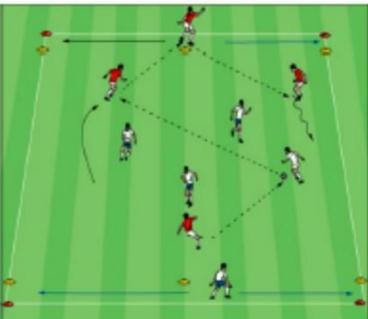
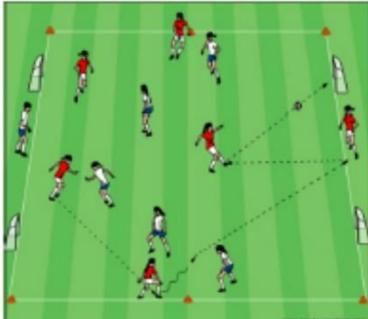
U12 Practice Plan #12

Topic: Striking Long Balls

| | | |
|---|---|--|
| <p>Technical Warm up</p>  | <p>Organization</p> <p>Long Passing – Up, Back, and Long: One player at each end of a 15x40 yard grid with a player in the central zone (the setter) to receive and pass the soccer ball back to the long passer. The procedure is as follows: The kicker passes to the setter in the middle zone and he returns the soccer ball back to the kicker for him/her to strike a long ball to the other side.</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Lean the body back when striking the ball • Strike the lower part of the ball and follow through towards target, landing on shooting foot <p>Setter</p> <ul style="list-style-type: none"> • Pass to the Kicker – proper angle • Quality of the pass <p>Time: 15 minutes</p> |
| <p>Small Sided Game</p>  | <p>Organization</p> <p>3v1+3v1 Over the Top: In a 30x40 grid, a team will play 3v1 and will try to strike a long pass over the two defenders in the central area. If the player failed and gets the pass intercepted, then the group will change with the defending group. If the pass is successful, another defender enters and tries to intercept the pass.</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • Technique of striking a long ball • Visual cues <ul style="list-style-type: none"> ○ No opponents in front ○ No pressure in front • Type of long ball <ul style="list-style-type: none"> ○ Hitting the ball with the inside of the foot to curve it ○ Hitting the ball straight • Quick rotation of the ball to find the open man to strike the long pass <p>Time: 15 minutes</p> |
| <p>Exp. Small Sided Game</p>  | <p>Organization</p> <p>3v3/4v4/5v5 +Targets - Go Long: In a 30x40 yard grid with targets, two teams are trying to score by striking long balls to the target. If the target catches the ball without bouncing before entering his/her zone, the attacking team scores a point.</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • Technique of striking a long ball • When <ul style="list-style-type: none"> ○ When you have no pressure ○ On the run ○ To get behind defenders <p>Time: 25 minutes</p> |
| <p>Game</p> | <p>Organization</p> | <p>Coaching Pts.</p> |
| <p>6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p>Time: 30 minutes</p> |
| <p>COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |

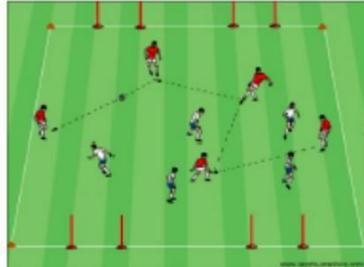
U12 Practice Plan #13

Topic: Possession for Penetration

| Technical Warm up | Organization | Coaching Pts. |
|---|--|--|
|  | <p>Colored Passing: In a 30x40 yard grid, divide the players in half and play on a defined field. Players pass in sequence: blue, blue, red, red, blue, blue, red, red, etc. Version 2: Coach can limit touches Version 3: Coach can tell his players to pass as follows: control right-pass left, control left-pass right, one touch, etc.</p> | <p>Passing:</p> <ul style="list-style-type: none"> • Toe up (inside) or down & turned in (outside) • Placement of non-kicking foot and good balance <p>Receiving:</p> <ul style="list-style-type: none"> • Keep feet moving before ball arrives and go to it • Keep ankle of receiving foot locked and body behind ball • Eye on ball at instant of reception <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
| <p style="text-align: center;">Small Sided Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
|  | <p>3v3 + 1 + 2 Bumpers: In a 40 x 50 yd. grid, two teams and a neutral player look to play to a bumper player on opposite sides of the grid. If they play to the bumper and receive the ball back, they look to penetrate in the other direction and connect with the other bumper. Method of Scoring:</p> <ul style="list-style-type: none"> ➤ 1 Point for connecting with one bumper ➤ 3 Points for maintaining possession and connecting with the second bumper | <ul style="list-style-type: none"> • Tech of passing and receiving • Pace of the pass • First Touch – Directional • Clear communication (demand the ball) • Supporting Shape <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
| <p style="text-align: center;">Exp. Small Sided Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
|  | <p>5v5 + Targets and 4 Goals: Two teams play to score by passing the ball into the small goals. The teams can only score after passing to the Target and any player of the same team receiving the ball back and passing the ball into one of the small goals. Coach: Change the targets every so often. After a while, allow players to score without using the target if the opportunity is on.</p> | <ul style="list-style-type: none"> • Shape, width, and depth • Support to targets • When and how to split defenders • Possession vs. penetration • Visual and verbal cues • Target movement for support • Communication <p style="text-align: right;"><i>Time: 20 minutes</i></p> |
| <p style="text-align: center;">Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
| <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| <p style="text-align: center;">COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. <i>Time: 5-10 Minutes</i></p> | |

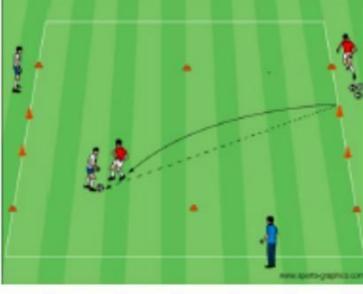
U12 Practice Plan #14

Topic: Support and Team Shape on the Attack

| Technical Warm up | Organization | Coaching Pts. |
|---|---|--|
|  | <p>4v0 + 4v0: 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"> • Keep body position open to the field • Strike the ball with the proper weight and surface • Take 1st touch toward a passing option • Develop rhythm of play in traffic • Communication <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
|  | <p>5v5 to 4 Goals: In a 40 x 50 yd. grid, two teams are trying to score in any of the two goals on each of the end lines. Players will try to get in good angles of support while maintaining good width and depth on the attack.</p> | <ul style="list-style-type: none"> • Survey the area at all times. This way players can anticipate what to do next with and without the ball • Keep body position open to the field • Increase speed of play in traffic • Keep the width and the depth • Communication <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
|  | <p>5v5 or 6v6 with GK's: In a 50x60 yard area with goals, two teams of 5 or 6 players with goalkeepers will try to keep the integrity of their attacking shape by creating good angles and effective angles of support, staying wide and making penetrating runs while in possession of the soccer ball. Version 2: A goal only counts if all players are over the mid line.</p> | <ul style="list-style-type: none"> • Recognize visual cues such as: <ul style="list-style-type: none"> ○ Teammates body shape ○ Supporting positions ○ Defending pressure ○ Runs • Rhythm of play based on what the game gives you by increasing speed of play at the right time • Adjust team shape as other players move <p style="text-align: right;"><i>Time: 20 minutes</i></p> |
| Game | Organization | Coaching Pts. |
| <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x 60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| COOL DOWN | Activities to reduce heart rate, static stretching & review session. <i>Time: 5-10 Minutes</i> | |

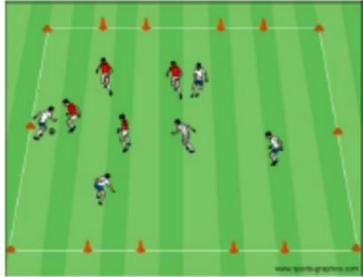
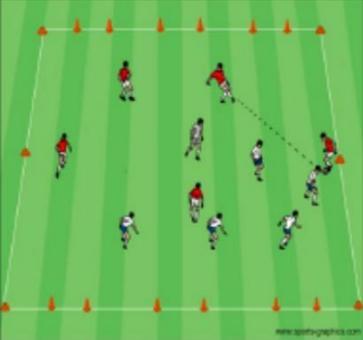
U12 Practice Plan #15

Topic: Defending in Small Groups

| Technical Warm up | Organization | Coaching Pts. |
|---|---|---|
|  | <p>1v1 Defending: In a 10x15 yard grid, two groups of players will play 1v1 bouts. One group of players will serve to the other and defend the player with the ball, applying the principles of 1st defender. The play is over when one player scores or goes out of bounds. The next 1v1 will commence with a service from the defender. Players will switch sides after their turn is over.</p> | <p>1st. Defender</p> <ul style="list-style-type: none"> • Angle of approach • Speed of approach – Approach fast arrive slow • Body Shape- knees bent, on the balls of their feet • Front foot tackle vs. back foot tackle if the ball gets away from 1st attacker • PRESSURE/DELAY <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
|  | <p>3v3 Defending: In a 30x35 yard grid with one cone goal on each 35 yard goal line, play 3v3 matches. Each team of 3 tries to score on the opponent's goal. Coach: Focus on 1st and 2nd defenders</p> | <p>2nd Defender</p> <ul style="list-style-type: none"> • Position themselves 30 degrees off the 1st defender • Recognize if they can compress the space between them if the 1st defender has 'tight' pressure on the 1st attacker • Can track players immediately off the ball • There can be more than one 2nd defender • COVER <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
|  | <p>5v5 Defending to 4 Goals: In a 40x45 yard grid, two teams are trying to score in any of the 2 goals opposite them. Help the 2nd and 3rd defenders to work to maintain a good defensive shape. Coach: One team will play a 2-1-2 and the other will play 3-2. • Add off-sides after a while</p> | <p>3rd Defender</p> <ul style="list-style-type: none"> • Track attackers making runs away from the ball • Provide balance away from the ball • Tighten up the space to cut off passing, dribbling, shooting lanes • BALANCE • Reinforce positive decision by communicating with the 1st, 2nd and 3rd defenders. <p style="text-align: right;"><i>Time: 20 minutes</i></p> |
| <p style="text-align: center;">Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
| <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| <p style="text-align: center;">COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |

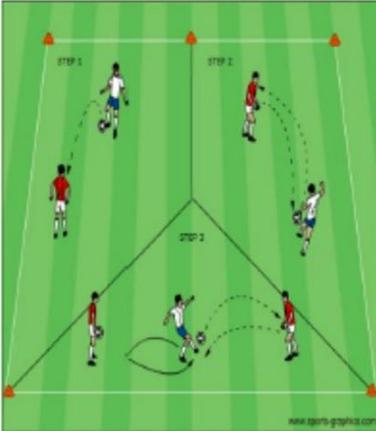
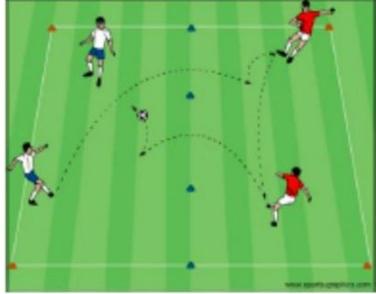
U12 Practice Plan #16

Topic: Group Defending (Zonal Defending)

| Technical Warm up | Organization | Coaching Pts. |
|---|---|---|
|  | <p>2v2 to Two Small Goals: In a 15x20 yard grid with small goals on each end line, play 2v2 matches. Coach will serve the ball. This way the players have to recognize very quickly who will be the pressing defender and covering defender. Once the ball goes out of bounds or a team scores, teams rotate and coach reloads the game.</p> | <ul style="list-style-type: none"> • Visual cues recognition: <ul style="list-style-type: none"> ○ Who is the 1st and 2nd def. • 1st Defender must: <ul style="list-style-type: none"> ○ Approach fast, arrive slow ○ Body and feet position ○ Forces the attacker to put head down • 2nd Defender must: <ul style="list-style-type: none"> ○ Tell 1st def. where to push attacker. Communicate ○ Cover for 1st def. at 30 degree angle <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
|  | <p>4v4+1 to 4 Goals: In a 30x40 yard grid two teams will play to score in any of the two opponent's goals. The +1 player will play with the team in possession. In this game we will play with off-sides at the midline. Coach: Concentrate on how quickly the defending team organizes itself in order to stop the attacking team's attack.</p> | <ul style="list-style-type: none"> • How quickly do we recognize who needs to pressure the ball <ul style="list-style-type: none"> ○ Closer player to ball ○ Delay • Support the 1st defender <ul style="list-style-type: none"> ○ Cover for 1st def. • Communication – Verbal Cues <p style="text-align: right;"><i>Time: 15 minutes</i></p> |
|  | <p>5v5+1 to 6 Goals: In a 40x50 yard grid, two teams will try to score in any of the three opponent's goals. The +1 player plays for the team in possession.</p> | <ul style="list-style-type: none"> • All of the above • Balance and concentration <ul style="list-style-type: none"> ○ Closing down passing and running lanes • Moving together and squeezing space <ul style="list-style-type: none"> ○ When the opposition dribbles backwards or makes a square and back pass • Don't over squeeze forward. 1st def. pressure will determine. If no pressure, reset your defense <p style="text-align: right;"><i>Time: 20 minutes</i></p> |
| Game | Organization | Coaching Pts. |
| <p>6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p> |
| COOL DOWN | Activities to reduce heart rate, static stretching & review session. <i>Time: 5-10 Minutes</i> | |

U12 Practice Plan #17

Topic: Striking Volleys

| Technical Warm up | Organization | Coaching Pts. |
|---|--|---|
|  | <p>Introduction to Striking Volleys: Groups of two players with a ball</p> <ul style="list-style-type: none"> • Step 1: Players will self-serve the soccer ball and strike the ball to his/her partner who will catch the soccer ball and repeat the action • Step 2: One partner serves to the other. The serve is knee high and underhanded • Step 3: In 3's. One player moves and volleys and the other two serve the ball. Switch players after a few services. <p>All technical exercises will:</p> <ul style="list-style-type: none"> ○ Let ball bounce and volley ○ Not let the ball bounce and volley <p><i>Players will try to volley the ball with the right and the left foot.</i></p> | <ul style="list-style-type: none"> • Keep eyes open and focused on the ball • Use arms for balance <p>Inside of the foot</p> <ul style="list-style-type: none"> • Bring the knee up to the side and get the toe up, heel down and ankle locked • The foot should make contact through the middle of the ball • The plant foot will help the player aim for the target, keeping the head and shoulders straight. <p>Instep</p> <ul style="list-style-type: none"> • Knee higher than the ball • Lock ankle and point toe down for instep (laces) volley <p style="text-align: right;">Time: 15 minutes</p> |
| <p style="text-align: center;">Small Sided Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
|  | <p>2v2 Soccer Tennis: Play 2v2 in a 10x15 yard grid. A player starts off with a ball and serves it with a volley over a line or net in the middle of the area. The ball can bounce once, to return the ball to the other side both players must have a touch and the ball can bounce again then must be returned. A point is won on a bad serve or when one team fails to return the ball. Coach: Play 5 minute games. Players can use inside or instep volleys.</p> | <ul style="list-style-type: none"> • Do not let the ball strike you • Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up • Lock ankle and turn toe up for inside of the foot volley; players should lock ankle and point toe down for instep (laces) volley <p style="text-align: right;">Time: 15 minutes</p> |
| <p style="text-align: center;">Exp. Small Sided Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
|  | <p>3v3/4v4 Headers and Volleys: Organize players into teams of 3 or 4 players. Set up a 25 yard x 30 yard rectangular field with goals centrally located at each end. The team in possession passes the ball by volleying to his/her teammate and catching it. The only way to score is by volleying the ball to goal. Players can only take a maximum of 3 steps with the ball; then they must pass the ball to a teammate. Goals can only be scored by one touch volley into the goal for 5 points or heading the soccer ball for 3 points. If the soccer ball bounces more than twice, possession goes to the other team</p> | <ul style="list-style-type: none"> • Use inside of the foot volley to pass to a teammate • Use Instep volley for power to score and for a distance pass, clearance away from goal or cross to goal <p style="text-align: right;">Time: 20 minutes</p> |
| <p style="text-align: center;">Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
| <p style="text-align: center;">6v6 Scrimmage</p> | <p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p> |
| <p style="text-align: center;">COOL DOWN</p> | <p style="text-align: center;">Activities to reduce heart rate, static stretching & review session – Time 10 min.</p> | |

U12 Practice Plan #18

Topic: Finishing from a Combination Play

| Technical Warm up | Organization | Coaching Pts. |
|---|---|--|
|  | <p>Shooting Warm-up: Set up two goals about 40 yards apart and the width of the box, with GK's in each. The players get in groups of two and they will pass and move throughout the area experimenting with different combinations and shooting at the GK's when he/she signals. Coach: Concentrate on the following combinations:</p> <ul style="list-style-type: none"> • Wall Passes • Take Overs • Overlaps | <ul style="list-style-type: none"> • Technique of passing and receiving – First Touch • Verbal cues – such as: <ul style="list-style-type: none"> ○ “1,2 – 1, 2” ○ “Takeover” • Visual cues – such as <ul style="list-style-type: none"> ○ Body position ○ Angel of Support ○ Timing of runs • Accurate of the final pass <i>Time: 15 minutes</i> |
| Small Sided Game | Organization | Coaching Pts. |
|  | <p>3v3+1 +GK's: In the same area as above, two teams of 3 players each and a neutral player helping the possession will try to score goals after penetrating with combination play for 5 points, or score without combining for 1 point.</p> | <ul style="list-style-type: none"> • Players ability to recognize visual and verbal cues <ul style="list-style-type: none"> ○ Body position, ○ Angel of Support ○ Timing of runs ○ Communication • Technical Speed • Opportunities to score <ul style="list-style-type: none"> ○ Shots vs. placement passes <i>Time: 15 minutes</i> |
| Exp. Small Sided Game | Organization | Coaching Pts. |
|  | <p>4v4 +4 On-Deck: In the same area as above, two teams play soccer. One team is on deck waiting outside the field. The first team to score two goals stays on the field. The losing team is replaced by the on-deck team. If the teams take a long time to score, then give each team a max of 2-3 minutes to score. The team that has been the longest on the field will be replaced by the on-deck team.</p> | <ul style="list-style-type: none"> • All of the above • Quality of 1st touch • Reinforce combo play • Help players recognize the visual cues by telling players to constantly survey the area • Quick support • Opportunities to shoot and finish <i>Time: 20 minutes</i> |
| Game | Organization | Coaching Pts. |
| 6v6 to 8v8 Scrimmage | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <i>Time: 30 minutes</i> |
| COOL DOWN | Activities to reduce heart rate, static stretching & review session. <i>Time: 5-10 Minutes</i> | |

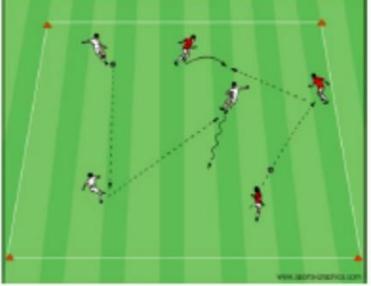
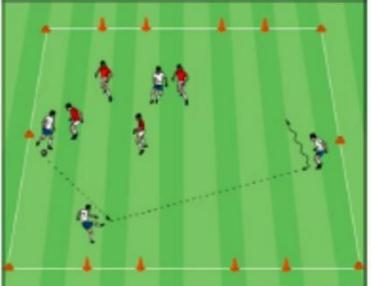
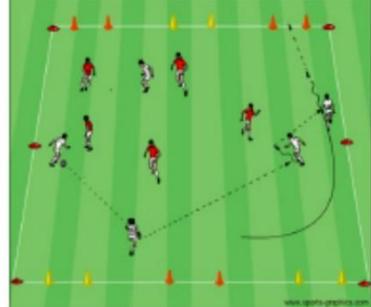
U12 Practice Plan #18

Topic: Goalkeeper Distribution

| | | |
|---|--|---|
| <p>Technical Warm up</p>  | <p>Organization</p> <p>Group Passing and Moving with GK's: Players will pass and move and GK will call for the ball and first return the pass with:</p> <ul style="list-style-type: none"> • Feet (2 touches) • Scoop and throw • Catch and throw <p>Coach: Work on the techniques of catching and distributing the ball properly to the appropriate side/player on the field.</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • How to receive and pass the soccer ball with his/her feet • Catching Technique • Highest point on high balls yelling Keeper • Technique of throws: <ul style="list-style-type: none"> ✓ Bowl ✓ Baseball ✓ Sling <p><i>Time: 15 minutes</i></p> |
| <p>Small Sided Game</p>  | <p>Organization</p> <p>5v5 + GK as Targets: In a 40x50 yard grid, divide the team into two teams of 5. Each team has a GK in a 3 yard end zone. The team scores a point when they connect with the GK. The GK must restart the game by distributing the soccer ball with his hands as soon as possible. When the defending team regains the soccer ball, it must be passed to the GK so he/she can distribute it with his/her feet.</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • Distribution with the foot <ul style="list-style-type: none"> ○ Be in line with the ball to receive ○ Take a first touch away from the middle of the field, if you have time ○ 2nd is the touch pass ○ Practice using the left and right foot • Distribution with hands <ul style="list-style-type: none"> ○ Quick look at the pitch to ID who is in the best position ○ Decide quickly what throw to use ○ Concentrate on accuracy <p><i>Times:15 minutes</i></p> |
| <p>Exp. Small Sided Game</p>  | <p>Organization</p> <p>6v6+Gk: In 40x50 yard grid with full size goals, two teams will play. Every time the GK has possession of the ball, he/she will distribute the soccer ball with a throw or with his/her feet.</p> <p>Coach: Get players to open up as soon as GK gets the ball so he/she can have good options to serve the ball to.</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • All of the above • To use feet • Move away from goal area <ul style="list-style-type: none"> ○ Communicate by saying "Drop" or "Back" ○ Be in line w/soccer-ball to receive or clear it <p>Team:</p> <ul style="list-style-type: none"> • Players need to open up quickly facing the field in order to receive the ball <p><i>Time: 20 minutes</i></p> |
| <p>Game</p> <p>6v6 to 8v8 Scrimmage</p> | <p>Organization</p> <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> • All of the above <p><i>Time: 30 minutes</i></p> |
| <p>COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. <i>Time: 5-10 Minutes</i></p> | |

U12 Practice Plan #18

Topic: Switching Point of Attack

| Technical Warm up | Organization | Coaching Pts. |
|---|--|---|
|  | <p>Pass and Move: Split players into groups of 3 or 4 (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid). Coach: have the players do the following</p> <ul style="list-style-type: none"> • Pass using three touches only • Striking short, short and long passes • Striking short and long passes | <ul style="list-style-type: none"> • Technique of passing and receiving <ul style="list-style-type: none"> ○ Passing with all surfaces ○ First touch ○ Getting in line with the ball • Quick and proper angle of support • Communication – Verbal Cues <i>Time: 15 minutes</i> |
|  | <p>4v4 to 4 Goals: Two teams trying to score in their opponents goals. If the players manage to score by switching the point of attack, the goal is worth 5 points. The playing area is a 30x40 yard grid.</p> | <ul style="list-style-type: none"> • Play in the direction you are facing • Play short 1 touch passes to draw the defense in, then switch the point of attack • After switch is made, move to support the new point of attack • Some attacking players give depth away from the ball – ready to receive the switch • Angles and distances of support <i>Time: 15 minutes</i> |
|  | <p>5v5/6v6 to Six Goals In a 40 x 50 yard grid, players are divided into two teams. Play with six goals located on end lines (50 yard lines). Each team attacks & defends three goals. Teams score points by dribbling or passing through goals. A goal scored in the central goal is worth 1 point and goals scored in the side goals are worth 5 points after switching the point of attack.</p> | <ul style="list-style-type: none"> • Play in the direction you are facing • After switch is made, move to support the new point of attack • Be patient, draw the defense in, then switch the point of attack • Look to play the ball to space in front of the other outside player so he can penetrate with the dribble if possible <i>Time: 20 minutes</i> |
| <p>Game</p> | <p>Organization</p> | <p>Coaching Pts.</p> |
| <p>6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <i>Time: 30 minutes</i> |
| <p>COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. <i>Time: 5-10 Minutes</i></p> | |