

U12 Objectives

Every other practice, work for 10 minutes on either Motor skills (see U8 Objectives) or Speed Drills. Don't need to work on endurance. Then work on the following objectives :

What the player do at that age

The **Ball Carrier (BC)** knows the difference between passing and shooting. Shoot are oriented either with the inside of the foot or the laces. The **Non Ball Carrier (NBC)** place himself close or far from the pass. The defender enters in action when the ball get close, has the tendency to dive.

1st Cycle	2 nd Cycle	3 rd Cycle
Being able to stretch laterally the game by playing on the sides	Being able to come back defensively and recover the ball back	Being able to use direct and indirect plays to reach the target
5-6 PRACTICES	5-6 PRACTICES	6-7 PRACTICES
1) Evaluation and Diagnosis through small games, showing players the difficulties to attack through the center of the field. 2) Learn how to perform lateral passes to a teammate. 3) Learn how to identify unmarked teammate to be able to pass the ball. 4) Learn how to switch of side, by a series of quick passes, if one side is locked*. 5) Learn how to use a side to outflank a defense (Passing and Crossing)	1) Evaluation and Diagnosis through small games, showing players the difficulties to defend on someone 2) Learn how to run back to position when ball lost 3) Learn how to fill spaces freed in defense (ex: if sweeper moves up, take his place) 4) Learn how to mark and slow down an attacker to gain time for teammates to come back. 5) Learn how to individually recover the ball from a direct opponent.	1) Evaluation and Diagnosis through small games, showing players the difficulties when defense is in place and marking closely teammates. 2) Learn how to protect the ball and shake off a defender to reach the target. 3) Learn how to find and use open spaces. 4) NBC learn how to play wall passes or keep the ball depending on the situation** 5) Being able to use the width of the field against defenses well placed (Same as 1st cycle) 6) Being able to shake off a defender if no solution, or pass if teammates available (Direct - Indirect Play)**
Analytic drills on Control, Passing, Crossing. In U12, defenses are well in place and players usually go straight through the middle = 80% chance of loosing the ball. Also in Fall, fields are large and can't be covered totally by defenses. Using the sides and crossing in the box is key to create shots on goals. Some good defenses switch on one side when attacking by the sides, being able to change side during the same action is a must to outflank them.	Analytic drills on Shooting and Defensive moves. Too often, during games, teams end up being cut in half with one line of defender and one line of forwards 50y apart. Midfields must come back and help defense and also carry the ball up the field. Left and right defensive players can participate to the offense, by backing up their corresponding midfield. As defender, preventing a forward from shooting is more important than trying to recover the ball, especially when your defense is not in place.	When receiving the ball, sometimes no other teammates are around to support or are tightly marked by the other team. It is important to know how to protect your ball and make the difference on 1v1 situation. Dribbling around a defender using a "move" is not easy to perform in game and need to be perfected during practice. While moving down the field, decision between passing or dribbling must be done several times, anticipating defenders move and teammates run is important.
Deck Card # Cross and Shoot / Wing Cross Down and Back / Many Goals /	Deck Card # Five Ball Faceoff / Cage Attack Line to Line / Catch from behind / Clearout / Countdown / Defend from the back	Deck Card # Pass to Myslef / Shooting Challenge / 1v1 Decision / Fake to the cone / Knockout / Take on

(*) See definitions @ http://expertfootball.com/coaching/square_pass.php and http://expertfootball.com/coaching/back_pass.php

(**) See definitions @ <http://expertfootball.com/coaching/combinations.php> and <http://expertfootball.com/training/moves.php>

Note : At this age, stretching becomes very important. Doing appropriate stretching today will avoid muscular pain and stiffness later. At the beginning of the year, coaches should progressively teach different stretching moves in order to have the kids autonomous by the end of the season.