

Recreational Soccer Program Curriculum

Phase 1: Play	Exercise	Coaching Points
<p>Set-up a 30x25 Grid for U12 players with 1 goal (mini goal or regulation sized goal) at each end-line.</p> <p>As players arrive for practice, put them into a team and have them play the game in a free play style. They can start 1v1, 2v2, or with a numbers-up setup like 2v1, 3v2.</p> <p>To score, all attackers must be over midfield.</p> <p>Maximum: Two teams of five players each. If you have 12 players make two fields and play 3v3.</p>		<p>Coaching Points: Head Up First Touch Pass Decision Making Join the Attack Combination Play</p> <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 30x25 Grid. The players are set into 3 teams of 4 (with 12 players total). It is 4v4+4. This exercise can be modified with fewer players to go as small as 1v1 in the middle with targets on the end line (indicated by red in the picture). Targets do not move into the field of play and must stay behind line.</p> <p>Scoring: Attacking team (who has ball) must get the ball to one set of targets (red) to the other for a point. If your team scores, you restart with the ball.</p> <p>First team to 2 points wins. Play maximum of 2-minute games.</p>		<p>Coaching Points: Head Up First Touch Pass Decision Making Join the Attack Combination Play</p> <p>Progressions: Bonus points for combination play like 1-2s or overlaps.</p> <p>Total Activity Time: 20 Minutes</p>
Phase 3: Play	Exercise	Coaching Points
<p>Set-up a 35x30 Grid for U12 players with 1 regulation sized goal at each end line. If possible play with GKs and modify numbers based on number of players, so you may need to play 4v4 (including GKs).</p> <p>See picture: 5v5 game. Modify dimensions of the field of play as necessary (5 yards per additional player).</p> <p>Try to use the laws of the game as they apply for this specific age group.</p> <p>Maximum: Two teams of seven players each including a GK.</p>		<p>Coaching Points: Head Up First Touch Pass Decision Making Join the Attack Combination Play</p> <p>Total Activity Time: 20 Minutes</p>