

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 Pass Movement off Ball Decision Making</p> <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 15x15 space with 4 attackers and 2 defenders who hold training pennies in their hands.</p> <p>The game is a rondo or monkey in the middle. Attacking team tries to keep the ball as long as possible without losing possession.</p> <p>Scoring: Attacking team can get 5 passes or more in a row without losing the ball. The attacker that loses the ball becomes the defender and takes the training penny.</p>		<p>Coaching Points: Head Up Pass Movement off Ball Decision Making</p> <p>Progressions: 10 Passes to score. 1-2s count as a point. Defenders win ball and must dribble out of box to switch.</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 goal with a 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 Pass Movement off Ball Decision Making</p> <p>Total Activity Time: 20 Minutes</p>