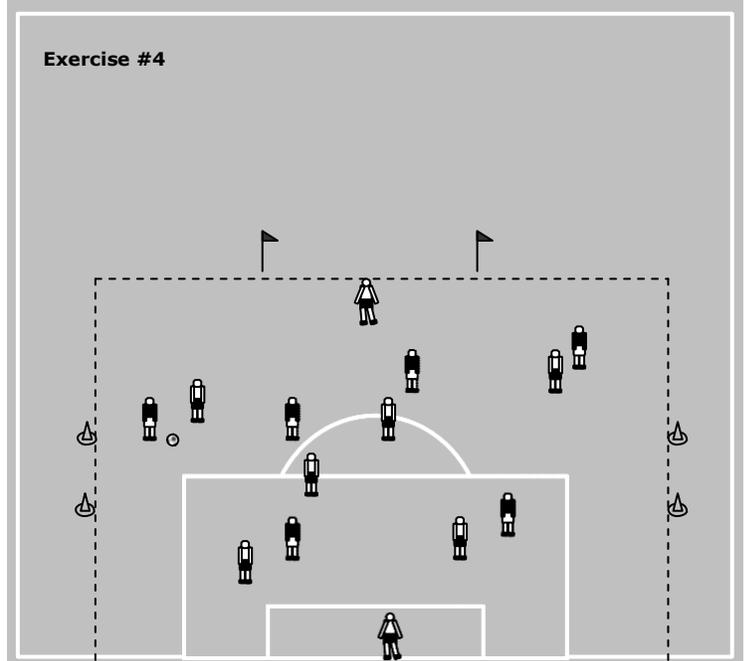
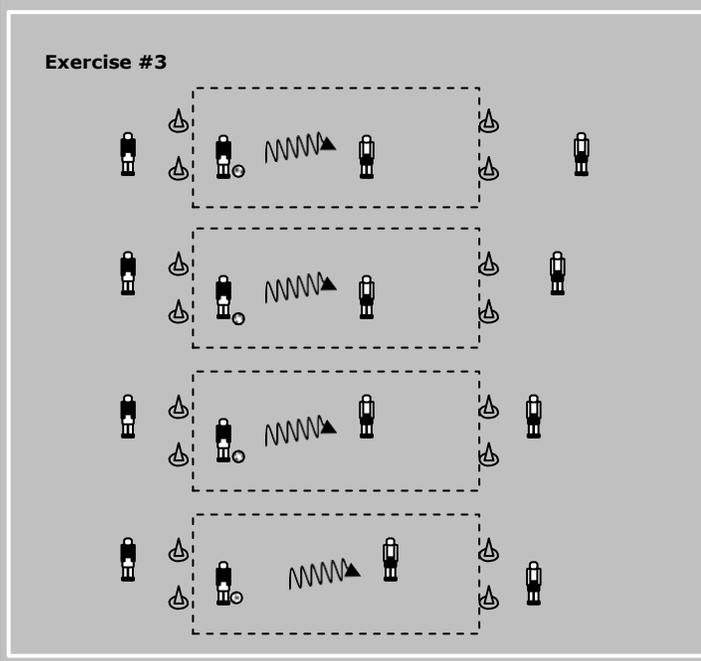


## U12 BALL CONTROL SESSION (INDIVIDUAL SKILLS)

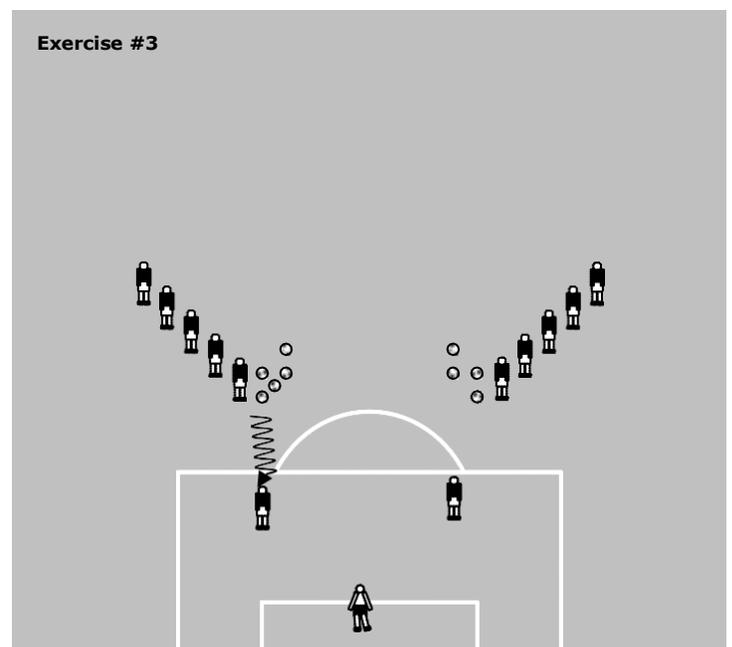
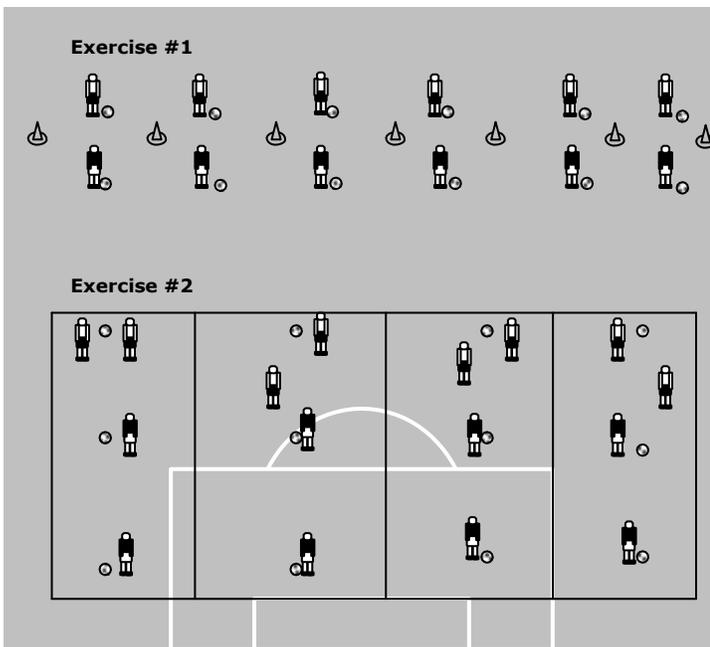
CATEGORY	TOPIC	AGE	DIVISION	CODE
Ball Control	Individual Skills	U12	Youth	U12A
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Juggling U12: Challenge players by instructing them on which body parts to use. Feet only, head only, around the world, alternating foot/thigh, high ball every third touch, etc... (see pg. 23; doc. 310 96) <i>Time: 10 min.</i>		Players should not be using hands to catch ball or start juggling. When juggling with laces, ankle should be locked and toe pointed. 4:1 on the positive to instructional comments throughout session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
Footwork 28, 29, 30, 31, 32, 33: Sole turn, sole opposite turn, fake kick, foundation 3, foundation 4, sole only. (see pg. 21; doc. 310 95) <i>Time: 10 min.</i>		Player should keep head up, clean touches on the ball, knees bent for balance, work as hard as you can for 30 or less seconds at a time, increase effort as you progress, light on toes. Make sure positive comments are made.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
1v1 Small Goals: Four 20x15 yard grids. Play begins with attacker dribbling ball from his/her goal and defender stepping out from his/her goal. The player in the grid may switch with his/her partner two ways: by passing or tagging hands. Two minute games then switch attack and defense. <i>Time: 15 min.</i>		Attacker should change speed and direction to get by defender. Should not worry about losing ball. No consequence if player does lose ball. The attacker should carry ball like they are "carrying a football" trying to avoid even being touched by defender. They do this by doing the move early, avoid getting too close to the defender so they cannot even have a chance to tackle or poke the ball away.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
2 Big Goals, 2 Small Goals: <i>Time: 55 min.</i>		Encourage attackers to take defenders on. Set up this exercise so that the field is wider than it is long. Have some fun with this game, let the players experiment and encourage creativity.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U12 DRIBBLING SESSION (AVOIDING PRESSURE)

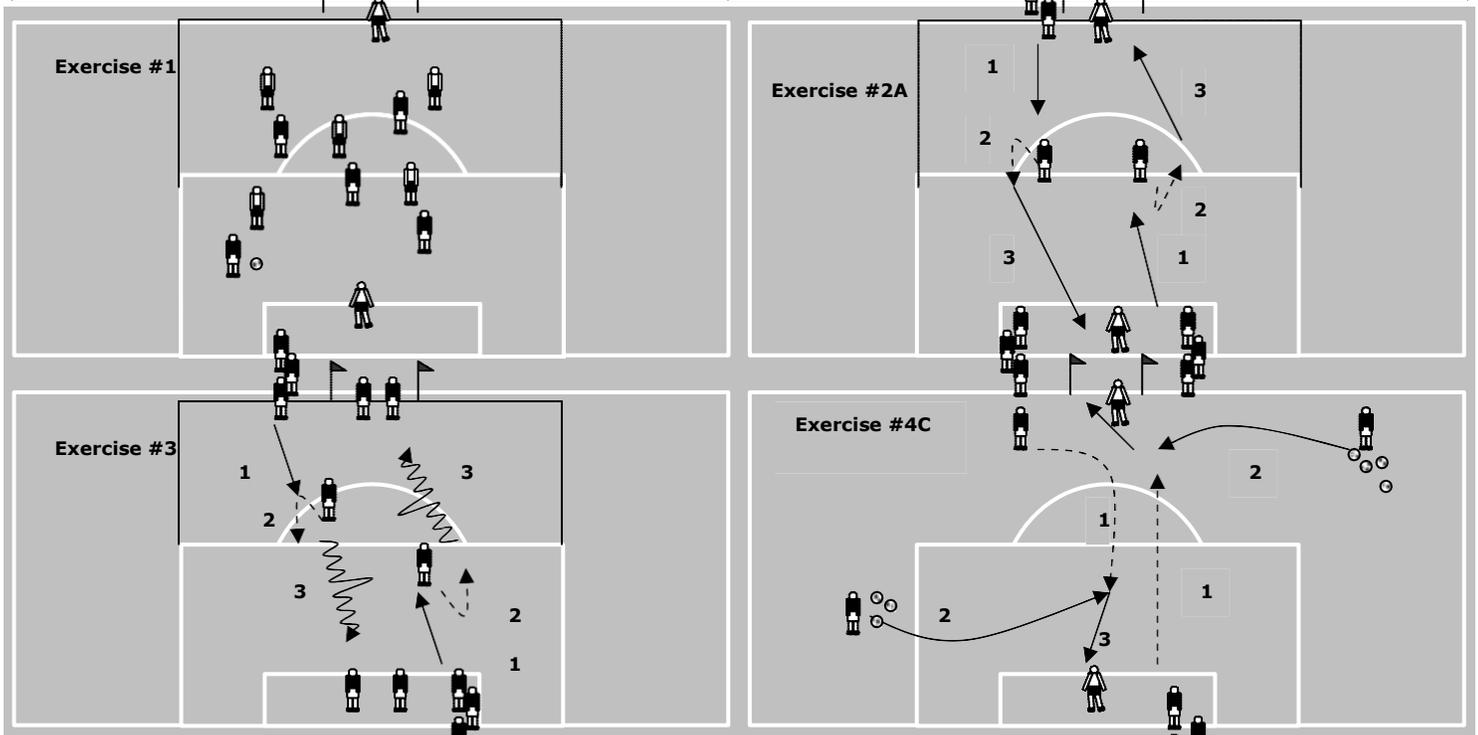
CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Avoiding Pressure	U12	Youth	U12B
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Shadow Dribbling: Avoiding Touch in Two's Mirror (Add Cone): Player on ball dribbles with side to side movements; the other player with a ball mirrors that player. Players stay in between cones. <i>Time: 5 min.</i>		Work in stretching during this exercise and make sure your ratio of positive comments to instructional comments is 4:1 throughout the session. Player on ball first should be creative using feints and other deceptive movements.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
1v2 Transition: Dribble around Ball for Another 1v2: Place two balls 15 yards apart. These balls act as goals. One player attacks 2 defenders. This attacker attempts to score by hitting ball while other attacker rests. When a defender wins ball, he/she must dribble around own goal before going forward to score, thus starting another 1v2 situation. <i>Time: 15 min.</i>		Once defender has won the ball, he/she should transition quickly around their ball in order to get forward before the defense has gotten organized. This can be done by dribbling or passing to teammate. Find positive moments to comment on, create some excitement for players.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
1v1 Big Goal and Outside the Box: Attacking player goes 1v1 with the player in the box and tries to score on the big goal. When defender wins the ball they dribble outside of the 18 yard box. Either a shot on goal or when the ball goes outside the 18 yard box the play is over. <i>Time: 15 min.</i>		Player on ball must avoid confrontations by keeping first touch away from pressure and keeping head up. When coming out of defensive third look for ways to buy time by dribbling away from goal and into space. Use your first touch to get away from pressure and to create a passing opportunity.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
7v7 w/ GK's: Each team plays in a 2-3-2 formation with big goals and GK's. (see pg. 37; doc. 310 56) <i>Time: 55 min.</i>		Coach over the game as much as possible and keep it fun. Become a fan!		



Light	Dribbling		Priority number	□
Dark	Dribbling with feint		Nike ball	
Player making decision	Ball movement		Cone	
Goalkeeper	Run		Flag	
Grid	Cross			

## U12 FINISHING SESSION (TECHNICAL FUNCTIONAL FINISHING)

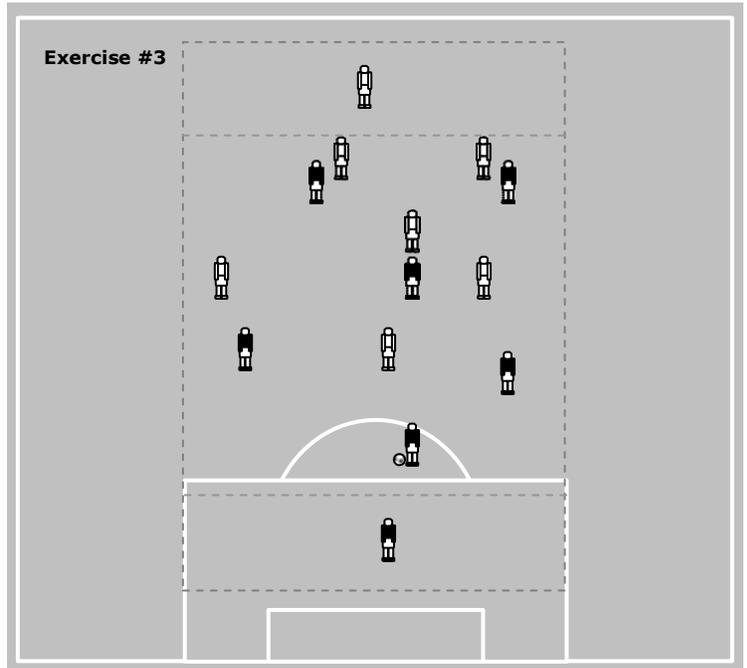
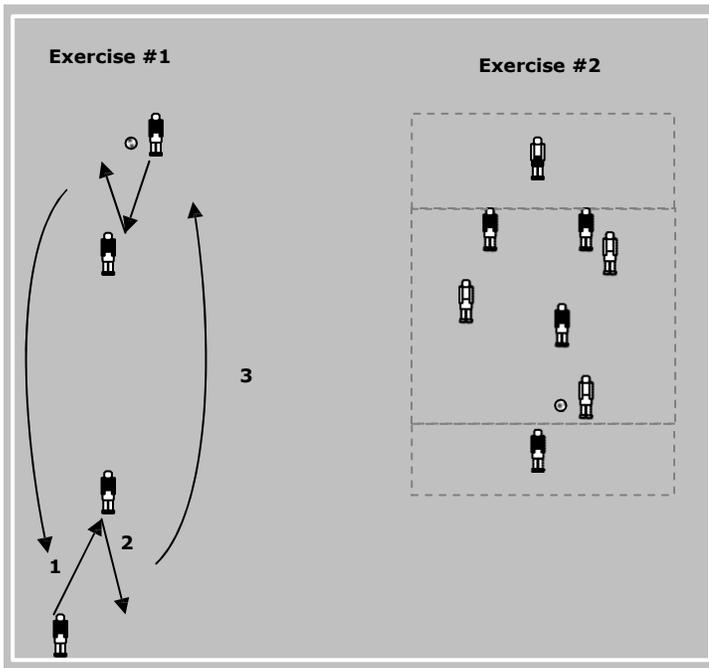
CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	Technical Functional Finishing	U12	Youth	U12C
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Box on Box 5v5: 3 minute games. Winner stays on. <i>Time: 30 min.</i>		Encourage lots of shots. Players are in shooting distance almost anywhere on field. Shoot or look to set teammate up for shot.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
2 Lines on Right Post: (A) Turn and shoot. (B) Chip, turn out of air, shoot. (C) Chip, lay off, first time shot. Rotation is as follows: Passer becomes shooter, shooter fetches ball and goes to end of passing line on opposite post. <i>Time: 20 min.</i>		Quality service. Sharp turn and quick release. Good technique on shots. Make sure body is pointed at the target while shooting.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
Two GK's Turn and Go 1v1: Same set up as exercise #2, except no gk's. Place two field players in each goal. They are not allowed to use hands. When player turns, he/she has option to shoot or dribble at goal. One player in goal must come out and confront attacker. <i>Time: 15 min.</i>		Attacker should make up mind early. Shoot or take defenders on. Use proper technique when shooting, use the inside of the foot when close to the goal and the instep when you are far away.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
Crossing: 2 lines on both right posts. Balls and server about 10 yards from end line. Rotate server every few minutes. After shot, go to end of opposite line. (A) Cross on ground for one time shot. (B) Driven cross, two touch finish. (C) Cross in air for one time finish. <i>Time: 25 min.</i>		Quality service. Attack cross. Don't let cross hit you. Go and get it. Don't over swing. Power will come from service. Just make good contact with correct technique.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U12 PASSING SESSION (DIRECT PLAY)

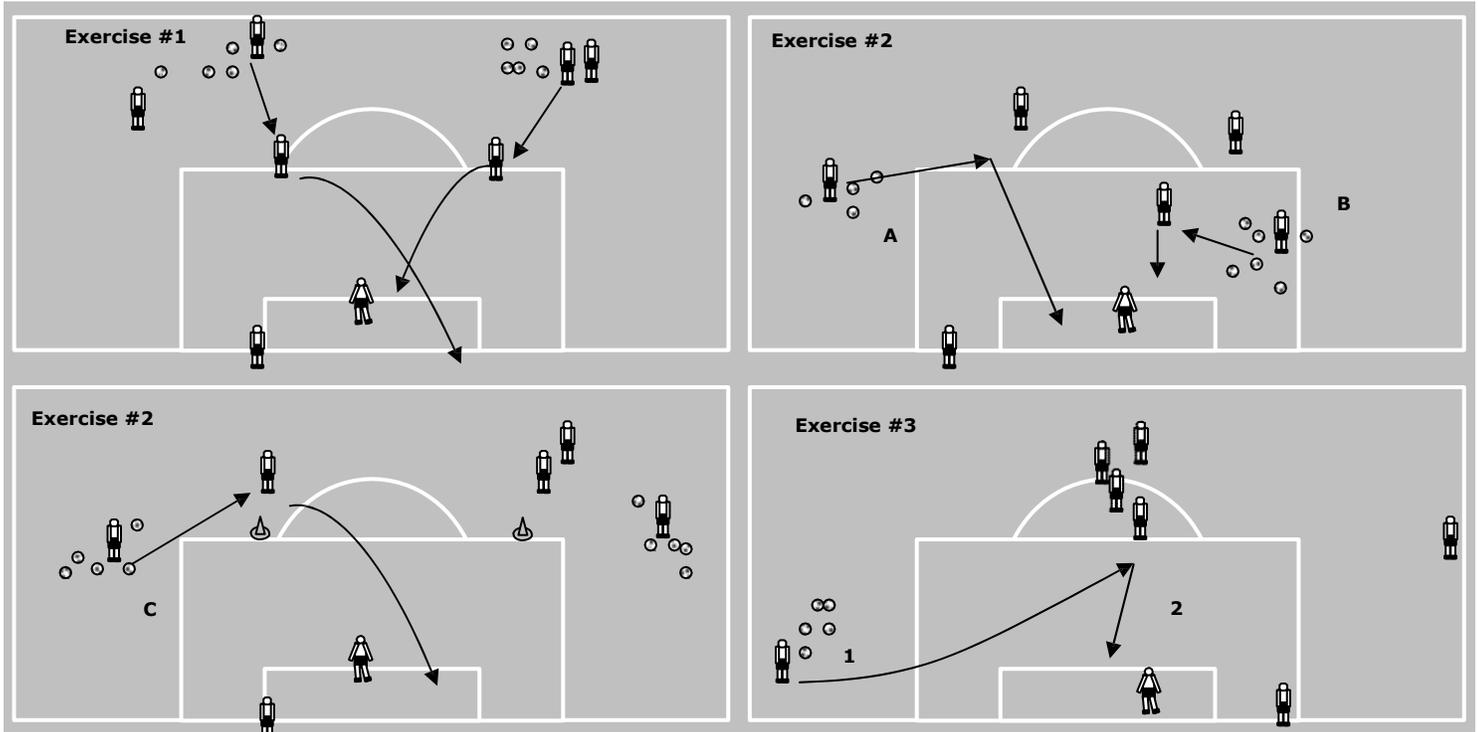
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Direct Play	U12	Youth	U12D
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Long Balls in 4's: Groups of 4 players with 1 ball, long passing. The group is split up with 2 players on each side. The 2 players on one side combo with each other then play a ball across to the other group of two. Introduce a driven, chipped, inside and outside of the foot pass. <i>Time: 15 min.</i>		Encourage clean technique on first touch and long pass. Players should be playing at game speed. Players receiving should be going to the ball. Incorporate dynamic stretching in between repetitions. Stay 4:1 on the positive to instructional comments throughout the session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
3v3 + Targets: 30x20 yards grids, 3 minute games, possess from 1 target to the other for a point. <i>Time: 15 min.</i>		Encourage players to find the targets (first choice). Players' movement off the ball is very important, timing and angle of support. Introduce some verbal and non verbal communication. Find positive comments within the play.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
6v6 + Targets: 45x30 yards grids, 3 minute games, possess from 1 target to the other for a point. <i>Time: 20 min.</i>		Same as above, also encouraging players to play the way they face. Players should be moving off the ball to support the play. Make sure shape is clean by having a player stay high enough to stretch the play.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
7v7 w/ GK's: Play to big goals, line players up in a 2-3-2 formation. <i>Time: 40 min.</i>		Encourage finding the forwards early and getting forward to support. Allow players to have some fun. Be very positive. Find good things to say. Become a fan!		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U12 RECEIVING SESSION (2 TOUCH FINISHING)

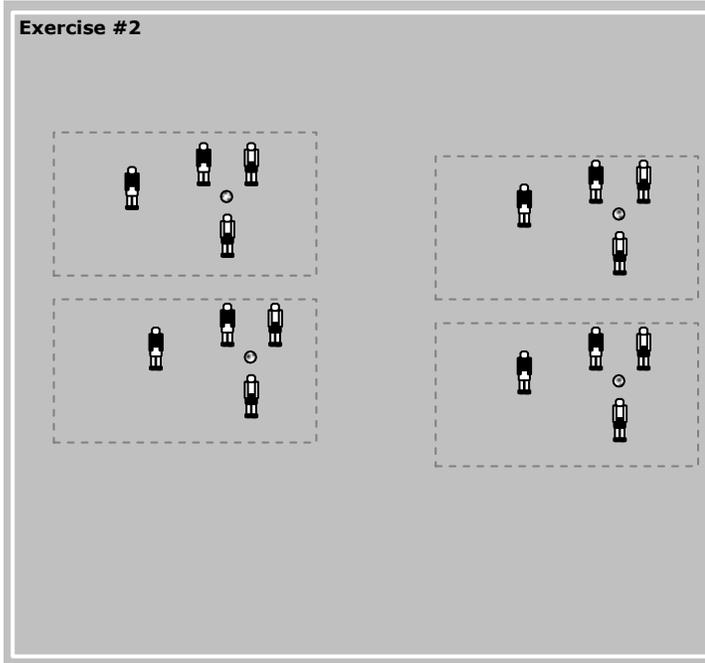
TOPIC	THEME	AGE	DIVISION	CODE
Receiving	2 Touch Finishing	U12	Youth	U12E
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Turn and Shoot: One player takes 5 shots in a row and rotates. This player turns and shoots. Look for quick rotation and many repetitions. Use 2 lines or 2 goals to utilize as many players as possible. <i>Time: 15 min.</i>		Ensure players have quality of first touch, look at body posture while receiving, deception. Get the shot off quickly with minimal steps in between. Stay 4:1 on the positive to instructional comments throughout the season.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
Technical Functional Training: (A) Square Touch and Shoot, (B) 2-touch in Box and Shoot, Pass the ball in very hard and sloppy. (C) Step-over and Shoot: Each player takes 5 shots in a row and rotates. Look for quick rotation and many repetitions. <i>Time: 15 min.</i>		Preparation touch, footwork-touch, step, shoot, bend ball to far post, quick release. The 5 shots will allow for some muscle memory. Let the player shoot a 6 <sup>th</sup> shot if he/she feels the need.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
Receive off a Cross, 2-touch Shot: Crosser on each side. Crosser strikes stationary ball. Shooter controls, then shoots. Rotate crosser every few minutes. <i>Time: 15 min.</i>		Crosser, hit a dead ball. Be sure to have some back spin and float the ball in. Finisher, 1 <sup>st</sup> touch sets up a shot. If shooter is advanced, have shooter strike ball before it bounces. Get a quick release. Repetition and positive!		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
7v7 w/ GK's: Split up the team equally. Put goal keeper in both nets. Do not play full to much length as you want to get to goal quicker...half field or less. <i>Time: 45 min.</i>		Coach over the play as much as possible. Touches must prepare yourself to shoot. First touch away from pressure. Allow the players to have some fun, be very positive. Find good things in there play. Become a fan!		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U12 CHALLENGING SESSION (PRESSURE AND COVER)

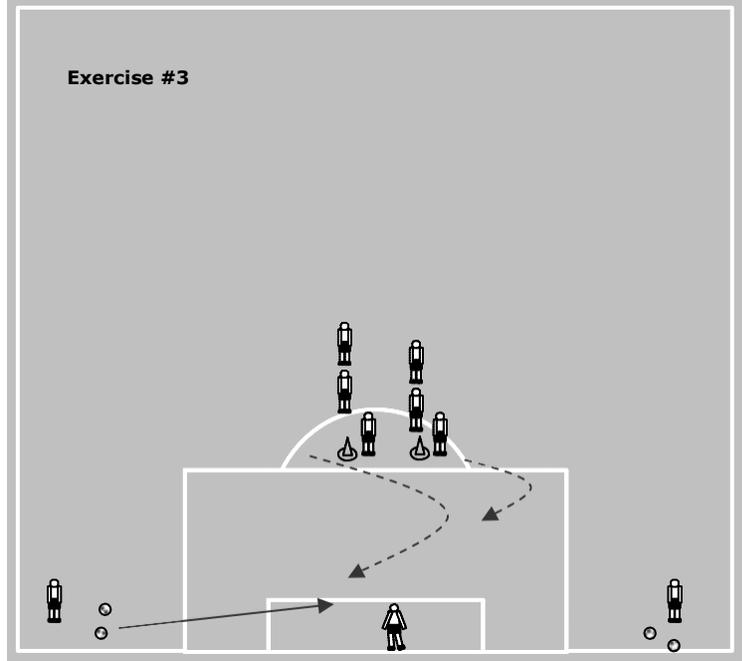
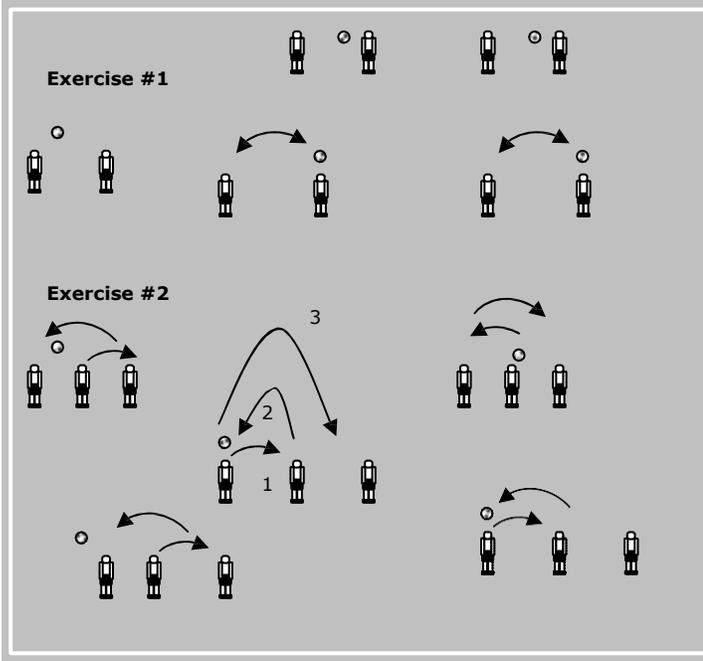
CATEGORY	TOPIC	AGE	DIVISION	CODE
Challenging	Pressure and Cover	U12	Youth	U12F
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Tackling: Two Footed & Sweep: 2 players per ball. One player stands with foot firmly on ball, while other player works on tackles. Two foot tackle is very similar to slide tackle, but using both feet instead of one. Sweeping tackle is similar to slide tackle but instead of knocking ball away, player should hook leg around ball to retain possession. <i>Time: 10 min.</i>		Stay 4:1 on positive to instructional comments throughout session. Start off by showing player and giving them a good picture. Player should stand up and then drop down into tackle. This should be repeated until comfortable. Then have player take a few steps back and execute tackle, continuing until comfortable.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
2 <sup>nd</sup> Defender 2v2: 2 minute games. 20x15 yard grid. Attacking team scores by dribbling over line under control. <i>Time: 15 min.</i>		1 <sup>st</sup> defender must pressure ball and make play predictable. 2 <sup>nd</sup> defender provides cover. Defenders should try not to cross paths. Focus should mostly be on the pressuring defender.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
8v8 Line Soccer: 40x45 yard grid. Team scores by setting ball on line. <i>Time: 20 min.</i>		Very important for 1 <sup>st</sup> defender to pressure ball and make play predictable. Supporting players should provide cover. Make sure players are strong in their tackles.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
8v8 Small Sided: Two small goals, no goalkeepers on a 40x45 yard field. Field should be tight to allow for more confrontations. (see pg. 32; doc 310 151). <i>Time: 45 min.</i>		Emphasis on defending. Defender needs to apply immediate pressure on ball. Supporting players need to provide cover.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U12 HEADING SESSION (HEADING TO GOAL)

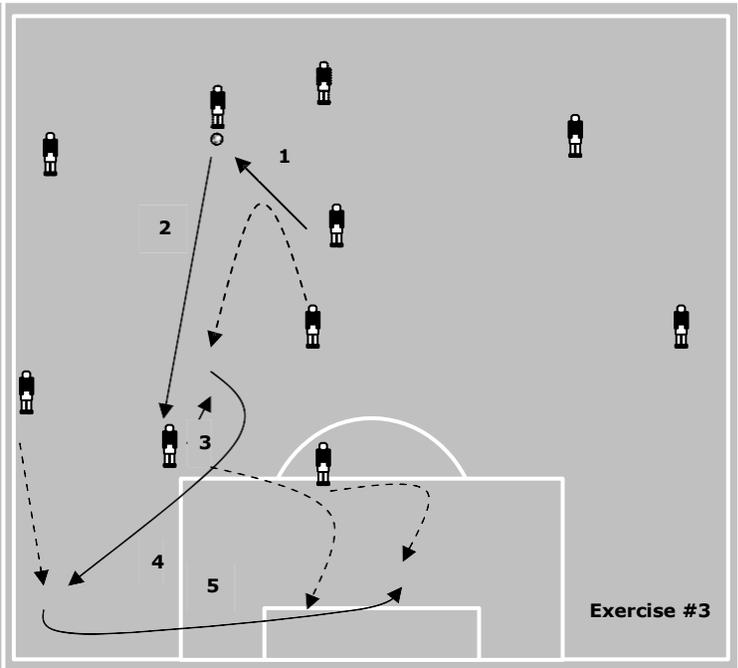
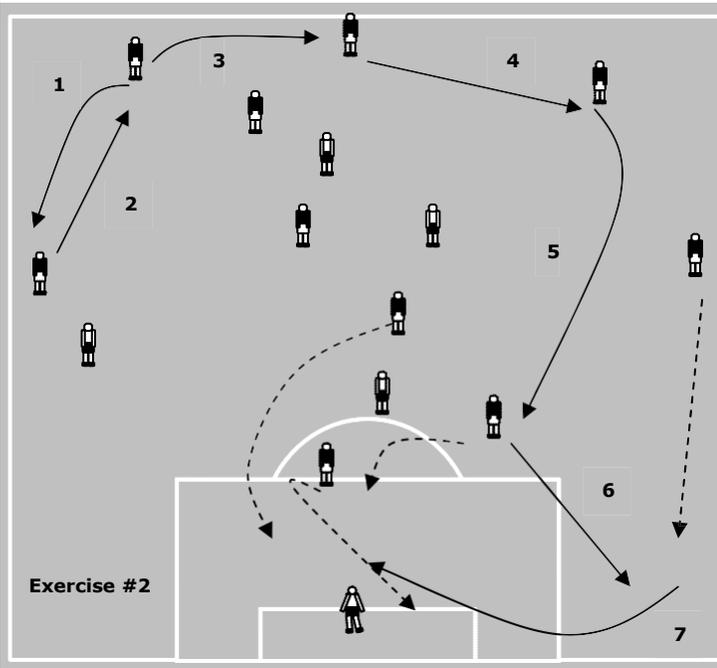
TOPIC	THEME	AGE	DIVISION	CODE
Heading	Heading to Goal	U12	Youth	U12G
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Head Juggling: 1 Touch, 2 Touch: in partners, with one ball. One touch (keep track of passes) then move on to 2-touch (keep track of passes). <i>Time: 5 min.</i>		Keep feet moving to get body under the ball. Technique of heading (moving through waist, redirection of ball, bending knees, head through the ball, arms out to protect space). Stay 4:1 on positive to instructional comments throughout the session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
In 3's: Short/Short/Long Heading: <i>Time: 5 min.</i>		Different types of services, power and high to go across, clean pass with head for the short. Adjusting body in relation to the ball.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
Near and Far Post: Wide player will serve a dead ball looking for the near and far post runner. <i>Time: 10 min.</i>		Go away first, timing of runs are crucial. Confidence on the ball, challenging in the box. Communication of runs, who is going where?		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
7v7 Game w/ GK's: (see pg. 37; doc. 310 156) <i>Time: 70 min.</i>		Emphasize attitude to win the ball in the box, up and in first, runs in the box must be made. Become a fan of the game. Find good things in their play!		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U12 ATTACKING SESSION (TEAM SHAPE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	Team Shape	U12	Youth	U12H
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
11v4 Walk Through: $\frac{3}{4}$ field. Starting 11 going to Big goal. 4 players defending. When defending team wins ball, immediately play ball back to coach. Work on various patterns. <i>Time 15 min.</i>		Player on ball should always have several options. Wide players should be wide and high players should be high, making field as big as possible.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
11v11 w/ Stoppages: Full field. Coach should stop play when players are out of position or team shape is not right. Try not to stop play too often. <i>Time 25 min.</i>		Limit the amount of square passes. Look to get behind the defense. First option should always be forward. When play is stopped, make point, then get out and let players play.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
11v11 Coach on Field: Full field. Coach should not stop game. Coaching should be done during flow of game or when ball is out of play. <i>Time: 25 min.</i>		Players should know what they are going to do with ball before they even receive it.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
11v11 Coach off Field: Full field. Let players play and sort out problems on their own. Any coaching should be done during the run of play. <i>Time: 25 min.</i>		Play safe in defensive third. Take more chances as you get closer to attacking goal.		

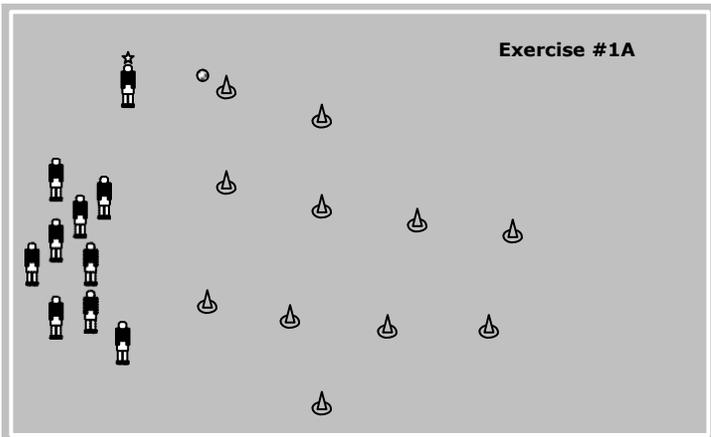
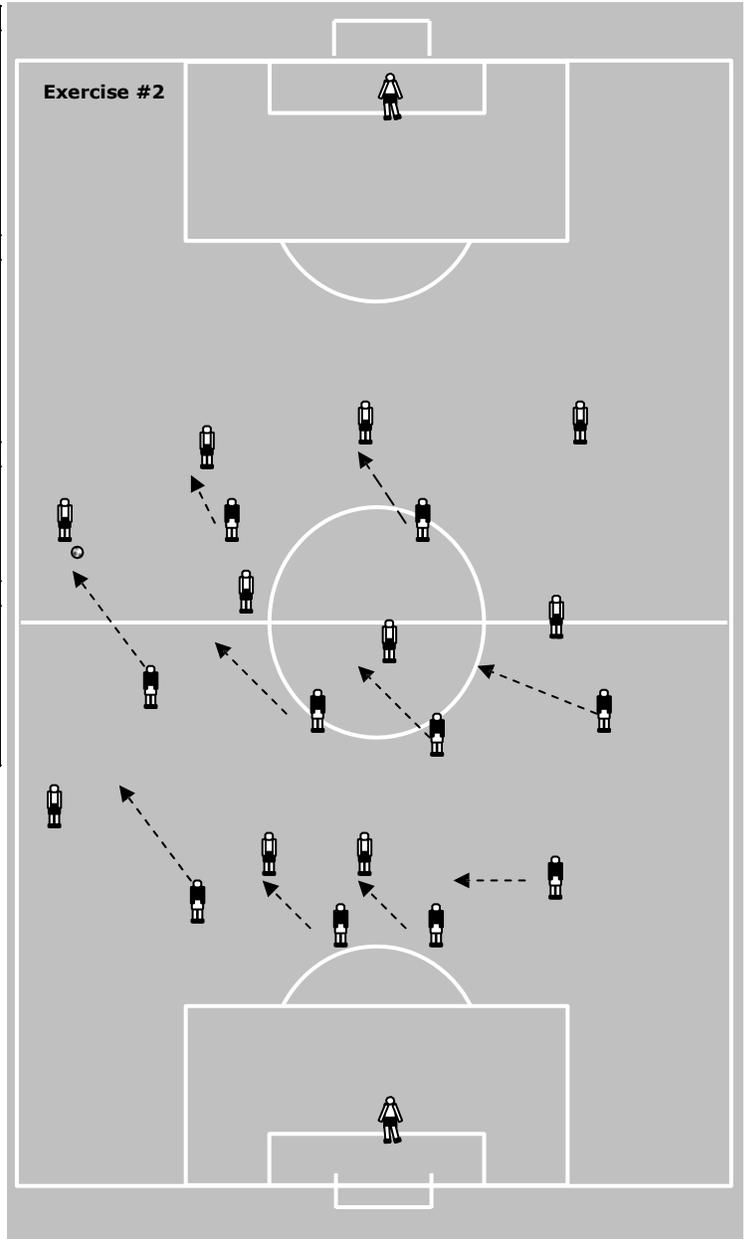


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U12 DEFENDING SESSION (TEAM SHAPE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defensive	Team Shape	U12	Youth	U12I

Exe #1 Organization	Coaching Points
11v4 Walk Through: A) Coach will show players different situations with 11 cones in a small area. Put the ball in different areas to show how the team shifts together. B) Starting 11 defending big goal. Full field. When defense wins ball, they should connect a few passes, then play to the coach. <i>Time 15 min.</i>	Decide what the line of confrontation will be. Stay compact. 40 yards between forwards and defenders.
Exe #2 Organization	Coaching Points
11v11 w/ Stoppages: Full field. Coach should stop play when players are out of position or team shape is not right. Try not to stop play too often. There needs to be some sort of flow. When play is stopped, make point, then get out and let players play. <i>Time 15 min.</i>	Player nearest ball should provide immediate pressure, making play predictable. Players around should provide cover and balance.
Exe #3 Organization	Coaching Points
11v11 Coach During Flow: Full field. Coach should not stop game. Coaching should be done during flow of game or when ball is out of play. <i>Time: 15 min.</i>	Try to keep ball in front of you. Deny passing lanes. Weak-side defenders and midfielders should tuck in.
Exe #4 Organization	Coaching Points
Team Shape 11v11 Normal Game: Full field. Let players play and sort out problems on their own. Any coaching should be done during the run of play. <i>Time: 45 min.</i>	Defenders can not play high line unless there is pressure on the ball. If there is no pressure, last line of defense should be dropping. If attacking player is pressured, then last line can play higher.



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



## ***PROGRESSION***