

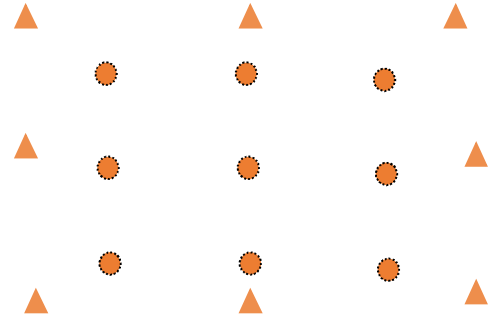


12U/14U/16U Divisions  
Skills Development Program – Week 1

Warm Up – Stretch – 2 minutes

Station #A: Basic Dribbling - Set up cones in large square form...60 - 75 yards apart. Have players go to an empty space – keeping 6 ft. distance.

1. Have players start to dribble away from players and do inside cut in square formation.
2. Have players dribble away again and do outside cuts in square formation.
3. Have players dribble away and do a step through.
4. Have players dribble away and do a scissor kick.
5. Have players dribble away and do a cruyff move.



Training Session during Week = 12 mins – move to next station – water break (2 mins)

Saturday = 9 Min Training, Water Break, 9 Mins Competition – 20 mins total

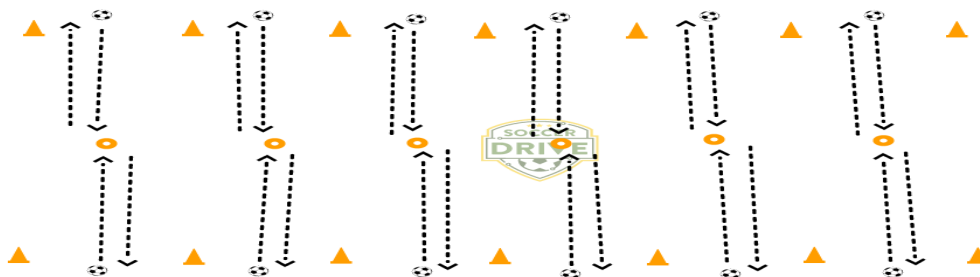
Saturday Competition:

- Have them dribble and do inside cuts – square formation the fastest.
- Have them dribble and do outside cuts – square formation the fastest.
- Have them dribble and do step throughs – the most accurate
- Have them dribble and do scissor kicks – the most accurate

Take Away – controlling ball, using all surfaces of the ball, conditioning

Station #B: Dribbling/Turning - Set up 2 cones 30 yards apart – 6 - 7 lines

1. Dribble to cone across and do a drag back – right foot (several times), then do with the left (several times)
2. Dribble to cone across and do a reverse drag back – right foot (several times), then do with the left (several times)
3. Dribble to cone across and do a cruyff move – right foot (several times), then do with the left (several times)
6. Conditioning – have kids run to the middle marker, touch and come back (several times).



Training Session during Week = 12 mins – move to next station – water break (2 mins)

Saturday = 9 Min Training, (2 min) Water Break, 9 mins Competition – 20 mins total

Saturday Competition:

- Dribble to cone across and do a drag back – right foot – most accurate or how many in 30 sec – 1 min.
- Dribble to cone across and do a drag back – left foot – most accurate or how many in 30 sec – 1 min.
- Dribble to cone across and do a reverse drag back – right foot - most accurate or how many in 30 sec – 1 min.
- Dribble to cone across and do a reverse drag back – left foot - most accurate or how many in 30 sec – 1 min.

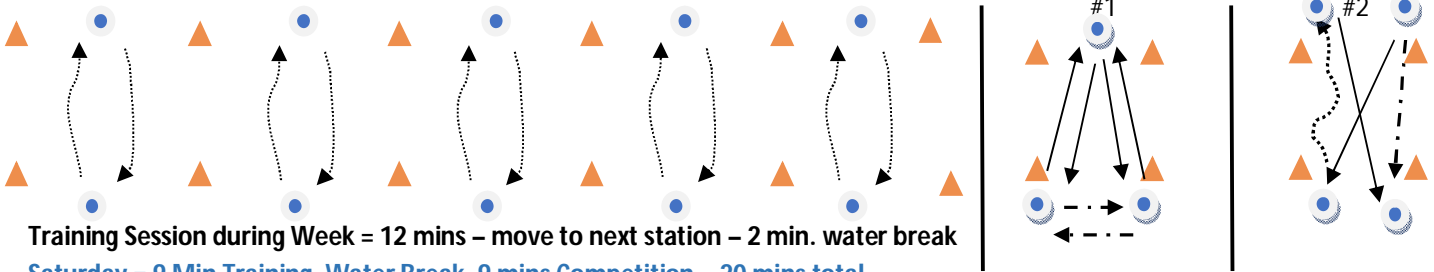
Take Away – turning with the ball, change of direction, awareness, conditioning



## 12U/14U/16U Divisions Skills Development Program – Week 1

**Station C: Short Passing** - Set up cones in parallel form...20 yards apart.

1. Players stay in center of one side of grid – pass to the other player, trap and pass again – right foot
2. Players stay in center of one side of grid – pass to the other player, trap and pass again – left foot
3. Players move closer to middle - stay in center of the grid – pass to the other player-one touch back to other child
4. **Advanced #1**– Players pass in triangle formation within the grid. One side is top of triangle, the other player pass and moves sideways to receive pass. Rotate tip of triangle.
5. **Advanced #2** - Players move to opposite corner of the grid – 1<sup>st</sup> player passes in diagonal to other player then moves to opposite corner, 2<sup>nd</sup> player traps and dribbles to opposite corner, does reverse dragback and passes in diagonal...repeat.



**Training Session during Week = 12 mins – move to next station – 2 min. water break**

**Saturday = 9 Min Training, Water Break, 9 mins Competition – 20 mins total**

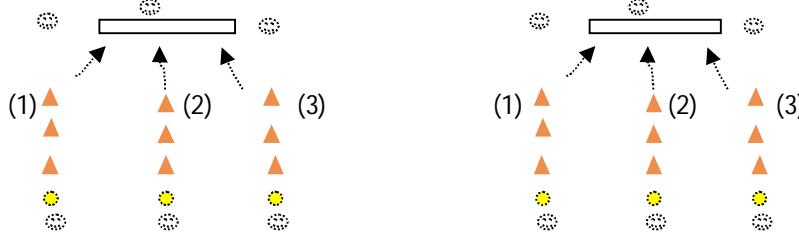
**Saturday Competition:**

- Form teams of 2 – see who can pass without making a mistake – players count their own.
- Form teams of 2 – see who can do one-touch passes without making a mistake, count how many they complete.
- Form teams of 2 – how many passes can they complete in 1 minute – players count their own.
- Form teams of 2 – how many one touch passes they can complete in 1 minute – players count their own.

**Take Away – Trapping the ball, learning to use both feet, Awareness**

**Station D: 2 Dribble Shots** - Set up 3 Lines of 3 cones in front of a goal – approximately 30 yards away from the goal. Make sure to have 3 players behind goals to stop soccer balls. (6 – 7 players per set of 3 lines – 3 behind goal, and 3 lined up behind each line of cones. When player takes shot they rotate with player behind goal who retrieves soccer ball and goes to the next line)

1. 1 Child lines up behind one of the cones, dribbles around...takes 2 dribbles and shoots on goal..player behind rotate to the next cone  
 2<sup>nd</sup> Child lines up behind one of the cones...takes 2 dribbles and shoots on goal...player behind rotates to the next line.  
 3<sup>rd</sup> Child lines up behind one of the cones...takes 2 dribbles and shoots on goal...player behind rotates to the next line.
2. Players do fake cuts around cones and then takes 2 dribbles.
3. Players do scissor cuts around cones..takes 2 dribbles and takes a shot.



**Training Session during Week = 12 mins – move to next station – 2 min. water break**

**Saturday = 9 Min Training, 2 min Water Break, 9 min Competition – 20 mins total**

**Saturday Competition Suggestions:**

- Solo - Each player keeps track of their own score. How many goals they can score without knocking cones down.
- Team - Form Teams of 3 – see which team can score the most goals.
- Mine field – start with 1<sup>st</sup> line of cones, dribble around them, at end of that line go to 2<sup>nd</sup> line and dribble up the line, at end of the 2<sup>nd</sup> line go to 3<sup>rd</sup> line and dribble around them..take 2 dribble shot...if they didn't knock any cones down and made shot = 1 pt.

**Take Away – Dribbling, Awareness, Shooting**