

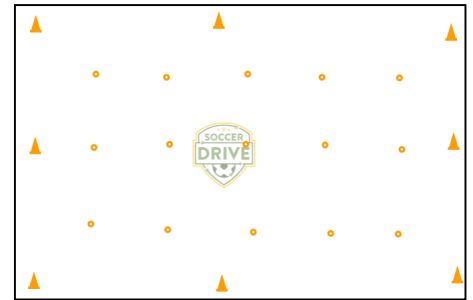


12U/14U/16U Divisions Skills Development Program – Week 3

Warm Up – Stretch – 2 minutes

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

1. **Refresher – have boys do inside cut squares with right foot, then left foot.**
2. **Refresher – Have boys do outside cut squares with right foot, then left foot.**
3. Have players do 2 inside cuts and then 2 outside cuts with right foot. (S Formation)
4. Have players do 2 inside cuts and then 2 outside cuts with left foot. (S Formation)
5. Have players start to do regular toe taps with hands behind their neck – set of 30.
6. Have players do side to side toe taps – set of 30.
7. Have players do backward and forward toe taps – 5 back and 5 forward (five times)
8. Have players do scissor kicks – set of 30, Have players do step throughs – set of 30.
9. Have players do tic tocs – set of 30. Have players do tic tocs while moving forward – 30.
10. **New - Sharks and Minnows – have 2 players be defenders and other players try to keep their soccer ball away from defenders. The other players(minnows) dribble around in perimeter using all moves they have learned to keep away from defenders (sharks). Once Sharks kick their ball out of perimeter, that player waits on sideline until last player is left sanding.**



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

[Saturday = 9 Min 1st Half, Water Break, 9 Mins 2nd Half – 20 mins total](#)

Saturday Competition = Scrimmage Game: Please see Scrimmage Game Guidelines – Pg. 3

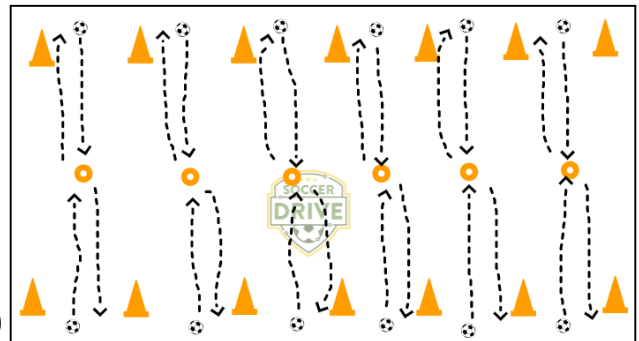
Take Away – controlling ball, using all surfaces of the ball, conditioning

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

1. **Refresher - Dribble to cone across and do a drag back – right foot (several times), then do with the left (several times)**
2. **Refresher - Dribble to cone across and do a reverse drag back – right foot (several times), then do with the left (several times)**
3. **Refresher - Dribble to cone across and do a cruyff move – right foot (several times), then do with the left (several times)**
4. Dribble to marker and do a fake cut, dribble forward and then do a reverse drag back and come back. (Can do Cruyff as alternative)
5. Dribble to marker and do a scissor kick, dribble forward and then do a reverse drag back and come back. (Can do Cruyff as alternative)

If players are progressing you can incorporate a pass by adding step to pass soccer ball to player across once they make a move at marker. Once they pass they run back to starting position. Only one side has a soccer ball and the opposite side waits for pass from player making a move at marker.

6. **Throw Ins** – Have players stand in middle of cones, have opposite players stand in middle of lanes, then have players practice throwing ball into player in the middle. The player in the middle traps ball with their chest or feet. They pass the ball back to the player that practiced throwing it in. They do this a couple of minutes and then you have them switch places. (Keep feet down, over their heads)



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:

Put 2 payers on same side - Dribble to cone across and do a drag back – right foot/left foot– and pass to player, 2nd player traps ball and does same. Whichever line finishes first wins. (6 – 7 lines of 2 plyers each)

Put 2 payers on same side - Dribble to cone across and do a fake cut– with right/left foot– and pass to player, 2nd player traps ball and does same. Whichever line finishes first wins. (6 – 7 lines of 2 plyers each)

Throw in Battles – who can throw the furthest? Line them up on one side and mark how far they throw – correctly.

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

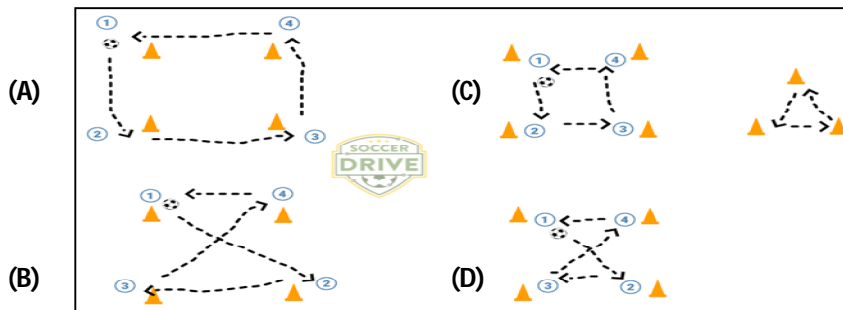
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12U/14U/16U Divisions
Skills Development Program – Week 3

Station C: Short Passing - Squares - Set up 4 squares using cones...20 yards apart and 4 players per square.

1. Pass the soccer ball around the perimeter of the square, trapping ball and passing. (Ex: A)
2. Pass the soccer ball in zig zag formation, trapping ball and passing. (Ex: B)
3. All players move inside the square and do 1 touch passes around the inside perimeter of square. (Ex: C)
4. All players move inside the square and do 1 touch passes around the inside perimeter of square using zig zag formation. (Ex D):
5. **New - Players are in middle of cones instead of on corners of the square. Then add defender in middle of square. Defender tries to steal ball as it goes around perimeter. Players must pass on inside of cones – not outside. They can go in any direction.**



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

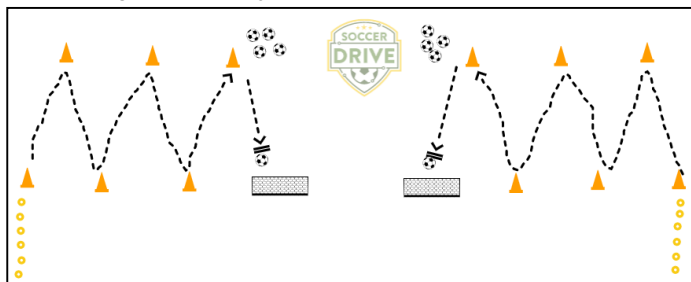
Saturday Competition:

- 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, they 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: Shooting/Conditioning - Set up 6 cones 15 yards apart in zig zag formation + a goal – run around cones and take a 2 dribble shot. Set up 2 sets, one for the right foot and one for the left foot. Have 6 or 7 players per side. **Put a goalie in each goal (have them wear plastic gloves – they are on side of goals). If goalie blocks shot, they roll ball to the side. Make sure to rotate goalies every couple of minutes**

1. 1st Drill - Player starts on first cone and runs to first cone, then 2nd cone, then 3rd cone and so on...soccer balls placed by 6th cone area..player does 2 dribbles and takes a shot on goal. Next player goes when 1st player hits the 3rd cone and so on.
2. 2nd Drill - Player starts with their soccer ball and dribbles around each cone. On last cone they take 2 dribbles and take a shot at goal. Once they take a shot, they switch to the other side. Next player goes when 1st player hits the 3rd cone and so on.
3. **New - Speed Goalie - Advanced challenge would be to have next player go when 1st player hits the 2nd cone.**
4. **Next Advanced challenge** – have player dribble towards cones and do a reverse drag back, then do 2 dribbles and take a shot on goal.



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 times can they can score a goal.
- Team** – Have them compete one side vs the other side. They stay on same side for 2 minutes.

Take Away – Dribbling, Awareness, Shooting



12U/14U/16U Divisions Skills Development Program – Week 3

Station “A” Changes: (Saturdays Only)

On Saturdays only - Station A - will now be a scrimmage quadrant where you will divide your own team into 2 teams and have them play a soccer game.

The other Stations (B, C, D) on Saturday will remain the same with drills previously outlined.

- We will set up 2 Goals (one on each side of Station A)
- Divide your team into 2 even squads (try to balance new players with seasoned players).
- Use pinnies for half the team to help players identify who is on their squad.
- We will provide you with pinnies (shirts) for half your team. Pick them up at the tent when you pick up your Award Pins for Saturdays.
- Please collect pinnies from players and bring to the tent when you are done on Saturday.
- **Important - Please make sure to have kids apply sanitizer before, at halftime and after the game on Station A.**
- You will be the referee of the game. This is just for fun so don't worry about being a perfect referee. Just make it fun and safe for the kids.
- Throw ins will be allowed for 10U/12U/14U/16U Divisions. - 8U and below will just kick the ball in from where the ball went out of bounds or coach can just throw/drop it in.
- Goalies will be allowed for 10U/12U/14U/16U Divisions. - 8U and below do not use goalies.
- Goalie gloves can be used but make sure **they are not shared.**
- Schoolyard/6U/8U Divisions - Station A - Scrimmage Total Time = 13 mins **(6 Min 1st Half, Water Break, 6 Mins 2nd Half)**
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- 10U Division - Station A - Scrimmage Total Time = 16 mins **(8 Min 1st Half, Water Break, 7 Mins 2nd Half)**
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- 12U/14U/16U Division - Station A - Scrimmage Total Time = 20 mins **(9 Min 1st Half, Water Break, 9 Mins 2nd Half)**

Important Reminder:

During the week training sessions (Tues or Thurs) all 4 stations (A, B, C, D) will be used for skills development/drills as before.