

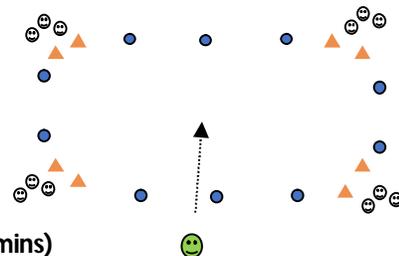


12U/14U/16U Divisions Skills Development Program – Week 5

Warm Up – Stretch – 2 minutes

Station A: Four Corners – Set up 2 cones on all 4 corners of a rectangle about 10 feet apart. Assign 3 players per corner and give them a number between 1 and 3. Coach will have all the players soccer balls to use during the drill. (try to balance out corners with different level players)

- The purpose of the drill is to score a goal on any of the corners while protecting their own corner. Coach calls out a number and each player per corner with that number runs to try and get soccer ball that coach rolls out to middle of the field. Players try to score on each other. Every time a goal is scored on a corner, that corner is now dead and that player is out of the game. The coach then tells remaining players to go back to their corner and they go again until only 1 corner remains. The corner that didn't have a goal scored on wins.
- Coach now calls out the second number and has that set of 4 players go until only one corner is left.
- Coach calls out 3rd number and has that set of 4 players go until only one corner is left.
- Coach now calls out 2 numbers and has 2 players per corner go at a time..players must pass at least once before scoring on a corner.



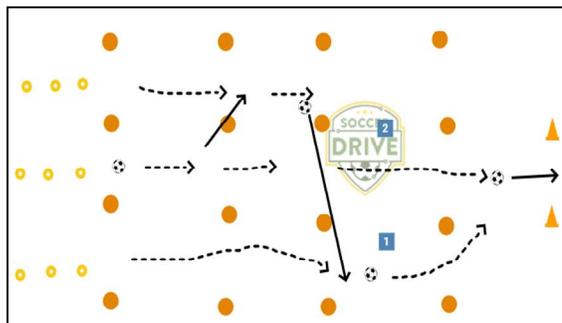
Training Session during Week = 12 mins – move to next station – water break (2 mins)

[Saturday = Scrimmage game against opposing team](#)

Take Away – Dribbling, Strategy, Shooting, Conditioning

Station B: Passing Lanes - Set up 3 lanes using orange markers. Have players line up behind each of the 3 lanes. Set up a goal at end of perimeter. Pick 2 defenders.

1. Have 1st set of 3 players begin drill. They start dribbling forward making sure to stay in their lane. As defenders attack, they pass to a player on either side. Defenders try to gain possession and offense tries to score a goal while passing back and forth but remaining in their lane.
2. If defenders gain possession or offense loses the ball..that trio of players goes to the end of the line. Next set of 3 players begin the attack.
3. Objective is to teach players to stay in their space and provide passing lanes/zones.
4. Switch out the defenders after a few minutes to rotate players.



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

[Saturday = Scrimmage game vs opposing team](#)

Take Away – Passing with purpose, change of direction, awareness, conditioning



12U/14U/16U Divisions
Skills Development Program – Week 5

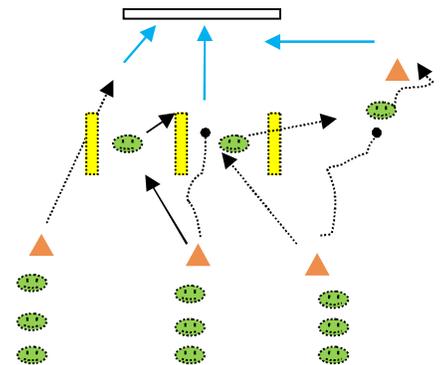
Station C: 1 – 2 Passing – Set up 3 cones 15 yards apart with 3 sticks separated 15 yards apart in front of cones. Place 1 goal 20 yards in front of sticks.

- Position 3 - 4 players behind each line of cones.
- Player behind cone 1 starts by dribbling around yellow stick towards goal and takes a shot on goal (2 dribble shot)
- Once player 1 takes a shot on goal, they turn around and come towards player 2, then player 2 passes ball to player 1, player 1 passes back to player 2 around yellow stick. Player 2 takes a shot on goal.
- Once player 2 takes a shot on goal, they turn around and comes toward player 3, then player 3 passes to player 2 who then passes behind yellow stick to player 3. Player 3 dribbles to the side and crosses to player 1 or 2 to take a shot.

Advanced – have them do fake cut, step through, scissor kick before passing ball through yellow stick.

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

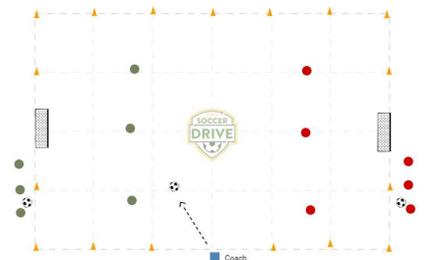
Saturday Competition – Scrimmage against opposing Team



Take Away – Passing, Dribbling, Strategy, Awareness

Station D: Speed Goals – Set up a rectangle (25 yards across) with a goal on each side. Place a perimeter of cones to mark the field of play. Purpose of the drill is to score a goal as quickly as possible and then go back on defense once they score or take a shot on goal.

- Divide team into 2 even teams. Try to mix strong players with less skilled players to balance out the teams.
- Have 3 players per team go onto the field of play. Coach rolls the ball in the middle of the field for game to start. They must pass 2 times before they score. Once a shot is taken on opposing team and or ball goes out of bounds...the second team of 3 players attacks the opposing team that just shot on goal. The previous attacking team now becomes the defending team.
- Clarification...when either of the attacking team of 3 players takes a shot on goal and or puts ball out of play...the opposing team begins their attack with their secondary set of 3 players. (The previous defending team gets out of the way)
- The teams of 3 change out once their goal area has been attacked. This is speed goals.
- You can vary it by asking players to do 3 or 4 passes before they enter the end zone.



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

Saturday Competition – Scrimmage against opposing Team

Take Away – Dribbling, Strategy, Awareness