



# Grades 5-6 Session 1 Small Group Possession

Category: Technical: Passing & Receiving  
Skill: U12

Pro-Club: Loudoun Soccer Club  
Dan Raben, Leesburg, United States of America

## Description

### 2v2 games (10 mins)



**Objective:** activate players from the start by scrimmaging

**Duration:** 5-10 minutes

**Description (rules, number of players, grid size, etc.):**

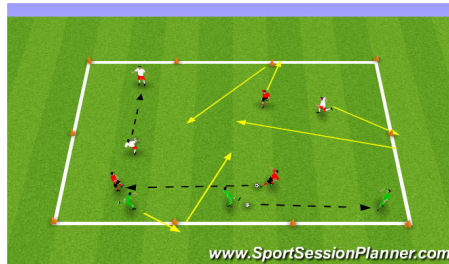
\*two small sided fields to play 2v2 or 3v3

\*add players to game as they arrive

**Key Points:**

few if any - get them playing!

### passing sequence activity (10 mins)



**Objective:** emphasize passing and receiving techniques, movement off the ball, playing within windows

**Duration:** 10 minutes

**Description (rules, number of players, grid size, etc.):**

\*players in groups of 3-4. Each group in separate color. Each player numbered 1-3 in each group.

\*pass in sequential order. After passing ball, work around a different cone before returning to field

\*variation: combine with 3 passes before moving around cone

**Key Points:**

\*balanced body shape in preparation of receiving pass

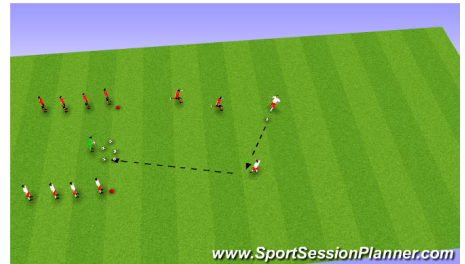
\*first touch - across body with up-field foot and open up hips vs. different services with change of pace

\*passing technique: inside foot pass (toe up, heel down, ankle locked, step in and snap thru), use of disguise

\*1 touch passing: body over ball, step into your one touch

\*off-ball movement: sideways and drift vs. explosive movement

### Bingo! (10 mins)



**Objective:** introduce and emphasize small-group attacking principles

**Duration:** 15 mins

**Description (rules, number of players, grid size, etc.):**

Two teams.

Coach plays ball into open space and calls number (Two!) and that number of players enters the field.

**Objective:** get ball back to coach.

Variation: coach calls color (Red!) to create numbers up scenario (e.g. 3v2). Coach moves from original position (forces players to get head up).

**Key Points:**

"Drift" away (spread out) to create space for teammate or self.

Supporting angles - must be in a window, and within teammate's vision

Head up and on swivel to find windows to play through.

Play through windows quickly - before they close.

First touch - in direction of target or away from pressure

Passing technique to deliver firm, accurate passes (step in, hit through).

Creativity to create windows - use your move, add a burst of speed via dribble or quick pass.

### 5v5+2 to 4 goals (10 mins)



**Objective:** illustrate use of width and depth in attack

**Duration:** 10 mins

**Description (rules, number of players, grid size, etc.):**

two teams of 5 with two neutral (+1) players. If larger roster - add players, expand area.

4 goals: 2 goals to defend, 2 goals to attack restarts as throw-ins or goal kicks (from neutral).

**Key Points:**

first look forward - play to farthest open teammate. Look wide as needed. Reset (support, or play back) if no options are open. team shape in attack - stretch to create width, depth

passing technique - different surfaces to connect passes, proper weight

change the point of attack when defenders block strong side goal.

### 7v7 game (15 mins)



**Objective:** apply concepts and techniques from previous activities into full game

**Duration:** 10-15 mins

**Description (rules, number of players, grid size, etc.):**

two teams

full rules (throw-ins, corner kicks, etc.)

**Key Points:**

team shape - stay connected as the ball moves up and down the field, and to offer supporting options

finishing - crack a shot when the window is open and you're within range

playing out of the back - look to break first line of pressure



# Grades 5-6 Session 2: Dribbling for Penetration

Category: Technical: Coerver/Individual Skills  
Skill: U12

Pro-Club: Loudoun Soccer Club  
Dan Raben, Leesburg, United States of America

## Description

### small sided games (10 mins)



**Objective:** activate players from the start by scrimmaging

**Duration:** 5-10 minutes

**Description (rules, number of players, grid size, etc.):**

\*two small sided fields to play 2v2 or 3v3

\*add players to game as they arrive

**Key Points:**

few if any - get them playing!

### attacking moves (10 mins)



**Objective:** introduce dribbling for penetration principles w/little to no pressure

**Duration:** 10 minutes

**Description (rules, number of players, grid size, etc.):**

\*each player with a ball

\*dribble to a cone, then perform various patterns or moves - 30 second rounds  
Soccer Box, Toe Taps, Fast Feet, Cut, Chop, Jab Step, Player's Choice

**Key Points:**

\*every step is a touch on the ball - use varying surfaces (inside, outside, sole, top of foot)

\*head up to find open cone

\*for moves: use whole body to "sell" fake, add burst of speed for 3 quick touches

\*Soccer Box, Toe Taps, Fast Feet - review to LS Video library

\*cuts and chops (outside attacking touch or inside attacking touch): teach as inside and outside touches (zig-zag) with favorite foot, then add use of body into move. Combine two (cut and then chop), then burst of speed.

\*Jab Step: short step, lean with foot and shoulder in one direction, touch with outside foot in opposite direction (cut), then chop back inside and add burst of speed

### 1v1 channels to line and goal (10 mins)



**Objective:** apply dribbling for penetration principles in 1v1 competition

**Duration:** 10-15 minutes

**Description (rules, number of players, grid size, etc.):**

\*arrange multiple fields based on number of players. Each field should have 6-8 players, split into two lines.

\*play begins with defender serving ball to attacker. Attacker scores by dribbling over end line, or by passing through small goal.

\*if defender wins the ball, transition occurs by attacking the opposite direction.

\*play is over after a goal is scored, or the ball exits the field. Switch lines.

\*add bonus points for moves as incentive

\*rotate groups to change match-ups

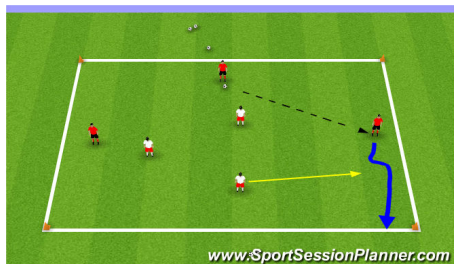
**Key Points:**

\*attacking, aggressive first touch to build speed

\*courageous and creativity to try these moves  
\*perform move around defender just outside of their tackling space (their reach to the ball with an extended leg) - move must start before this point

\*burst of speed after move - by dribbling over end line or passing through small goal (simulates connecting pass)

### 3v3 to endlines (10 mins)



**Objective:** small sided game to encourage dribbling to penetrate

**Duration:** 10-15 mins

**Description (rules, number of players, grid size, etc.):**

create fields of 3v3 or 4v4 (create multiple fields depending on attendance)

**Objective:** dribble over your opponent's endline to score.

Restarts as kick-ins and goal kicks (no corner kicks - restart with opponent's goal kick instead)

If using multiple fields - rotate opponents.

**Key Points:**

\*team shape in attack - stretch to create width and depth

\*look for 1v1 opportunities to exploit - take players on when possible

\*keep possession when needed - if 1v1 or #s up does not occur, possess ball until moment is created.

### 7v7 game (15 mins)



**Objective:** apply concepts and techniques from previous activities into full game

**Duration:** 10-15 mins

**Description (rules, number of players, grid size, etc.):**

two teams

full rules (throw-ins, corner kicks, etc.)

**Key Points:**

team shape - stay connected as the ball moves up and down the field, and to offer supporting options

finishing - crack a shot when the window is open and you're within range

decision-making - use of 1v1 moves in middle third and attacking third of field, but not in defensive third (risk vs. reward)