



U12

2 practices a week

50 - 60 minutes

Short activities with quick transitions - no more than 15 minutes on an activity

50% of time should be individual skills; 50% focused on small-sided games

Priorities:

Reinforce U10 Priorities
Passing and Receiving - 3 player combinations
Basic Goalkeeping

Attacking and defending in pairs and threes
Shooting

Skills to introduce

Body Weight Strength Exercise	Physical Conditioning Core Body Strength	Aerobic and Anaerobic
	Dribbling Skills Advanced Dribbling Techniques	
	Passing Pass and Receive up to 20 yards	
	Shooting one-on-one with goal keeping	
Diving	Goalkeeping Distribution	one-on-one
Unit and team	Attacking Principles and Techniques from wide positions crossing balls into penalty box	set plays
small groups 3v3 4v4	Defensive Principles and Techniques Pressure, cover, balance defensive set plays	marking
Set Plays	Concepts of the Game Offside	Free kicks - offside, direct