



TRAINING SESSIONS
12U

U12 Development of Individual Skills and Individual and Group Tactics

Hero worship, identification with high level players and teams and a hunger and passion for imaginative skills are important at this age. Demonstration is very important and players learn best by doing. It is very important to establish discipline and instill an attitude necessary to compete and succeed.

COACH: Must be enthusiastic; Possess soccer awareness; A sensitive teacher; Ability to demonstrate; Knowledge of the key factors of basic skills; Give encouragement; Seek soccer education.

TECHNIQUE: Important to establish a good strong base. Increase technical speed. Develop under pressure of time, space and opponent. The technical training must far outweigh anything else in this age group.

1st Touch All surfaces and on the move.

Passing All surfaces and on the move. Proper timing, weight, accuracy and disguise.

Dribbling **Encourage risk taking.** They must be allowed to run at players and take them on. We want players who can make things happen.

Shooting Proper striking technique-service from all angles, 1st touch, preparation to strike and attitude to score

TACTICS: Play a variety of positions. Promote attacking soccer

Individual 1V1

Attacking Take players on. Encourage the creative risk taker. Shielding.

Defending Proper pressure (in front and from behind), How to jockey and how and when to tackle.

Small group 2V1, 2V2, 3V1, 3V2, 3V3

Attacking Keep possession, support, combination plays

Defending Pressure/cover; marking

Play a lot of small-sided games and coach within the games. Join in

PHYSICAL: Flexibility-stress this aspect because it cuts down on injuries and increases range of motion.

Speed, Strength, Agility

MENTAL: Must be kept fun

Encourage decision-making

Imagination/Creativity/Risk Taking

Discipline/Boots polished/On Time/Set Standards

Encourage them to watch high-level games

U12 Goalkeeper

TECHNIQUE: Set position
 General handling / Basic shot stopping / Catching
 Ground balls
 Bouncing balls
 Mid-range balls
 Head Height balls
 Dealing with Crossed balls
 Flighted
 Driven
 Distribution
 Throws
 Roll
 Sling
 All kicks
 Goal kicks
 Volleys
 Balls played to feet

TACTICS: Basic communication
 1v1 Principals
 1v1 with the defense
 Beginnings of support for defense

PHYSICAL: Goalkeeping specific stretching and flexibility
 Beginning stages of foot work skills
 Increase speed in short distances (18 yards)

MENTAL: Have fun
 Encourage effort/determination
 Drill home basics for muscle memory
 Watch older goalkeepers in games

NWSC U12 – Training Sessions

1. One v. One - Top Gun
2. One v. One - Bogies in the Sky
3. One v. One - Multiple Stations
4. Bogies Turning In the Sky - One v. One
5. Finishing – Three-Tier Shooting
6. Improving 1v1
7. Finishing - 1v1 Shooting
8. Improving 1v1
9. Finishing
10. Improving 1v1
11. Passing – Triangle and Long Passing
12. Improving 1v1
13. Finishing / Turns
14. Improving 1v1
15. Group Attack / Space and Width
16. Improving 1v1
17. Group Attack / Space and Width
18. Improving 1v1
19. Receiving the Pass
20. Improving 1v1
21. Dribbling and Finishing
22. Beating Defender on Flank in 1v1 Finishing From Cross
23. Finishing Quickly
24. Beating Defender on Flank in 1v1 Finishing From Cross
25. Space and Width with Balance
26. Learning Attacking Patterns
27. Group Attack – Possession
28. Dribbling
29. Space, Width, Balance, and Transition
30. Penetration to Goal
31. Penetration to Goal
32. Possession
33. Possession
34. Possession
35. Making Runs without the Ball
36. Space and Balance (Staying Compact Defensively)
37. Finishing
38. Making Runs without the Ball
39. Finishing (Creating Scoring Opportunities)
40. 1v1 Defending
41. 2v1 Defending, Role of 2nd Defender

NWSC U12 – Training Sessions

42. Group Attack / Space and Width
43. Group Attack / Space and Width
44. 4v4 Introduction
45. 4v4 Penetration to Goal
46. Receiving the Ball
47. Receiving the Ball
48. Crossing the Ball
49. Passing – Crossing
- 50. Goal Kicks**
51. Corner Kicks
52. Pre-Season Conditioning / Dribbling
53. Pre-Season Conditioning / Dribbling / Possession
54. Pre-Season Conditioning / 4v4 Introduction
55. Pre-Season Conditioning / 4v4 Introduction
56. Pre-Season Conditioning / 4v4 Introduction
57. Pre-Season Conditioning / 4v4 Play
58. Pre-Season Conditioning / 4v4 Play Penetration
59. Pre-Season Conditioning / 4v4 Play Penetration
60. Pre-Season Conditioning / 4v4 Play Penetration
61. Finishing
62. Finishing
63. Short Passing / Wall Pass
64. Short Passing / Wall Pass
65. Long Passing
66. Long Passing
67. Group Attack – Penetration
68. Group Attack – Penetration
69. Group Attack – Possession
70. Defensive Support: Roles of 3 Defenders

NWSC U12 - Session 1 Topic:

One v. One - Top Gun:

(1 Hour 30 minutes)

Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.
- *Conditioning* – Speed and endurance.

Warm-Up: (15 minutes)

Work as quickly as possible for 1 minute on each drill, alternating feet, three times each.

- *Dribbling* - Jog while dribbling within a confined space with quick touches, changing directions and speed.
- *Foot* - Throw the ball up in the air, trap the ball with your foot, settle the ball to your feet, and move off quickly, repeat.
- *Thigh* - Throw the ball up in the air, trap the ball with your knee, settle the ball to your feet, and move off quickly, repeat.
- *Chest* - Throw the ball up in the air, trap the ball with your chest, settle the ball to your feet, and move off quickly, repeat.
- *Head* - Throw the ball up in the air, trap the ball with your head, settle the ball to your feet, and move off quickly, repeat.

Match Related: (45 minutes)

- *1v1* – One player standing on the 6 yard line serves a long ball to a player standing at the midfield strip, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (20 minutes)
- *1v1* – One player standing on the end line serves a ball to a player standing at the 18-yard line, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

Ladder Drills (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 2

Topic: One v. One - Bogies In The Sky:

(1 Hour 30 minutes)

Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.
- *Back to Pressure* – Control the pressure, shield the ball, turn, face, challenge, and beat the defender.
- *Conditioning* – Speed and endurance.

Warm up: (15 minutes)

- *Toe Taps* - Dance 10 times using both feet on top of stopped ball and dribble.
- *Foundation* - Move ball between legs using inside of feet only.
- *Outside / Inside* – Dribble using outside, inside, outside, inside of foot.
- *Sole of Foot Pull* - Pull ball back between legs using bottom of foot.
- *Heel of Foot Pull* - Pull back between legs using heel of foot.
- *Step-on Roll* - Put foot on top of ball and roll ball.
- *Cut* - Cut ball with foot behind body.
- *Push, Stop, Push* - Dribble, stop ball with bottom of foot, repeat, etc.
- *Step Over* - Cross leg over ball and kick with outside of foot.

Match Related: (45 minutes)

- *Bogies In The Sky 1v 1* – The server is 35 yards from the goal, the attacker checks off one goalpost while the defender checks off the other, the attacker's objective is to face the defender, beat her, and finish, use goalkeeper. (20 minutes)
- *Bogies In The Sky 1v 1* – Attacker plays with a defender on her back inside the penalty box, alternate to the flanks, use goalkeeper. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- *Shuttle Run* – 6 makers at 10 yard intervals, 10 and back, 20 and back, (300 yards), 3 sets, rest 1 minute between sets.

NWSC U12 - Session 3 Topic:

One v. One - Multiple Stations:

(1 Hour 30 minutes)

Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.
- *Back to Pressure* – Control the pressure, shield the ball, turn, face, challenge, and beat the defender.
- *Conditioning* – Speed and endurance.

Warm up: (15 minutes)

- *Rectangle Drill* – ½ of team inside and ½ outside rectangle, players inside dribble quickly making moves and passing the ball to players on the outside as follows: ball on ground, foot in the air, knee to foot, chest to foot, header to foot, and header to outside player, switch players.

Match Related: (45 minutes)

- *1v1 with 6 Multiple Stations* – 1v1 to 2 small goals at 3 stations, 1v1 possession for 1 minute, 1v1 to goal with keeper, 1v1 back to pressure to goal with keeper, rotate every 8 minutes.

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 4 Topic:

Bogies Turning In The Sky - One v. One:

(1 Hour 30 minutes)

Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.
- *Back to Pressure* – Control the pressure, shield the ball, turn, face, challenge, and beat the defender.
- *Conditioning* – Speed and endurance.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, continue dribble with other foot.
- *Double Scissors* - Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, lift other leg over ball, and continue dribble with other foot.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *Bogies Turning In The Sky 1v 1* – The server is 35 yards from the goal, the attacker checks off one goalpost while the defender checks off the other, the attacker's objective is to role the ball off their foot to the side away from pressure, beat the defender, and finish, use 1 large and 2 small goals, with a goalkeeper. (20 minutes)
- *Bogies Turning In The Sky 1v 1* – Attacker plays with a defender on her back inside the penalty box, alternate to the flanks, the attacker's objective is to role the ball off their foot to the side away from pressure, beat the defender, and finish, use 1 goal and goalkeeper. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

Conditioning: (15 minutes)

- *Jingle Jangle* – 2 markers 10-yards apart, up and back, (60 yards), 3 sets, rest 1 minute between sets.

NWSC U12 - Session 5 Topic:

Finishing – Three-Tier Shooting:

(1 Hour 30 minutes)

Coaching Points:

- *Dribbling* – Use quick touches to improve technical speed.
- *Finishing* - Place the non-kicking foot alongside the ball, 8-10 inches to the side (foot by ball), strike the ball with the laces (laces), look at the ball, lean forward, and drive the ball (look, lean, and drive).

Warm up: (15 minutes)

- *Technical Speed* - 2 cones 15 yards apart, 4 stations with 3 players, use inside and outside of both feet for figure 8's around cones, dribble up then dribble backwards, step-overs, rivilinos, rolls, and passes, make it competitive with races.

Match Related: (45 minutes)

- *Three – Tier Shooting (NC)* – Long range shot off the dribble outside the box, shot off a pass inside the box, and lastly while still on the run, shot off a ball tossed 6 yards out. (20 minutes)
- *2v2 Games to Goal* – 3 small and 1 large goal games, switch partners and fields every 5 minutes. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 6

Topic: Improving 1v1:

(1 Hour 30 minutes)

Coaching Points:

- Accurate passing, correct distance and pace, eye contact, pass into run, player without the ball must ask for ball.
- Improve 1v1 play with dribbling, possession, and passing.
- Encourage players to focus on challenging defender with the ball, turning with the ball, passing, receiving, and movement off of the ball.

Warm up: (15 minutes)

- *Combination Play Passing #1* – 2 pairs with 1 ball, 4 stations, 5 minute per station, 2 touches then 1 touch.
 - Diagonal pass into run of partner.
 - Forward pass into run, overlap.
 - Dribble, player 2 makes diagonal run into pass.
 - Short pass forward or square, diagonal run by player receiving pass.

Match Related: (45 minutes)

- *Small Sided Games, Improving 1v1 #4* – 20 by 30 yard area, use server, player 1 and 2 sprint to ball, player who wins ball takes on the other player, 1 point for dribbling back to original starting position, 2 points for beating defender to opposite side of grid. (15 minutes)
- *Small Sided Games, Improving 1v1 #5* – 15 by 40 yard area, player 1 passes to player 2, who tries to turn and take on defender 3, next step is for player 2 to try and pass to player 4. (15 minutes)
- *Small Sided Games, Improving 1v1 #5* – 15 by 40 yard area, player 1 passes to player 2, creating a 2v2 situation against defenders 3 and 4, next step is to try and pass to opposite side of grid to player 5. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning – Plant and Cut: (15 minutes)

- *Plant and Cut* – 6 cones set at various distances of 5, 10, and 15 yards, 3 sets at each distance, run and cut at cones.

NWSC U12 - Session 7 Topic:

Finishing - 1v1 Shooting:

(1 Hour 30 minutes)

Coaching Points:

- *Finishing* - Practice long range shooting (look, lean, and drive).
- Encourage players to focus on shooting the ball from long range.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, continue dribble with other foot.
- *Double Scissors* - Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, lift other leg over ball, and continue dribble with other foot.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *1v1 Shooting* – A pair of goals is 36 yards apart, the attacking player can only shoot anywhere inside her own 18 yard box, 3 minutes per pair, have 1v1 games to small goals at 3 other stations, rotate players. (20 minutes)
- *6v6 Shooting* - A pair of goals is 36 yards apart, the attacking players can only shoot anywhere inside their own 18 yard box. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

Conditioning – Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 8

Topic: Improving 1v1:

(1 Hour 30 minutes)

Coaching Points:

- Improve 1-2 combination play with movement, good touches, accurate passing, quick change of position, and playing the ball to the correct foot.
- Improve 1v1 play with dribbling, possession, and passing.
- Encourage players to focus on challenging defender with the ball, turning with the ball, passing, receiving, movement off of the ball, and working on 1-2 combinations.

Warm up: (15 minutes)

- *Improving 1-2 Combination #2* – 20 by 30 yard grid, player 1 passes to player 2, 2 passes to 3, 3 passes to 4, player 3 changes places with player 1 and player 2 changes places with player 4.

Match Related: (45 minutes)

- *Small Sided Games, Improving 1v1 #6* – 20 by 20 yard area, player 1 passes to player 2, who tries to turn and take on defender 3 and tries and pass to player 4. (20 minutes)
- *Small Sided Games, Improving 1v1 #7* - ½ of field, player 1 takes on players 2 and 3 defending only the line between cones, player 1 has the option of using players 4 and 5 for a 1-2 combination. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning – 4 Cone Drill: (15 minutes)

- *4 Cone Drill (NC)* - 4 cones 10 yards apart, sprint 10 yards, shuffle 10 yards, backwards 10 yards, and carioca 10 yards, 3 stations with 3 players each, hold competition.

NWSC U12 - Session 9

Topic: Finishing:

(1 Hour 30 minutes)

Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on first touch and penetration to try and score.

Warm up: (15 minutes)

- Groups of 2 with 1 ball, 3 cones per group, 2 cones are 6 yards apart and the 3rd is 3 yards further, 1 player acts as server and starts with the ball, the 2nd player starts at the far cone and sprints to the outside of the middle cone, the server plays her the ball and then she 1 touches the ball back and then runs to the far cone, around it and forward to the other side of the middle cone when the ball is served next.
- *2 Touch Pass Back Different Feet* (5 minutes)
- *2 Touch Pass Back Same Foot* (5 minutes)
- *1 Touch Pass Back* (5 minutes)

Match Related: (45 minutes)

- *Drag Race* – A ball is placed on the penalty mark or the top of the goal area. Two players run from the goal line to a cone on the centerline, and back toward the ball. The 1st player to get to the ball shoots at the goal. (15 minutes)
- *Build Up Drill* - Start with a small field approximately 40x30 with two full sized goals on each end line. Have two teams of 5 competing against each other plus a keeper in each goal. Each game starts with a 1v1 situation (plus keepers). Each player tries to score on the opposing keeper. Once a player scores, the other team gets to add another player so that it is now 2v1. Each time a team scores the other team adds on another player. The first team to score 5 goals wins. It is possible that one player can end up playing against anywhere from 1 to 5 players. This is a very fast paced drill especially for the first players on the field. It would be advisable to play a number of games and switch the order that players enter the field this means that the first player on the field in the first game would be the 5th player on the next game. (30 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *20 Yard Agility Run* – Set up 3 cones in a straight line 5 yards apart, player straddles center cone (A), turn and sprint to cone on right (B), turn and sprint to far cone on left (C), turn and sprint to center cone (A).
- *40 Yard "T" Test* – Set up 3 cones 5 yards apart and the 4th cone 10 yards away and perpendicular from the center cone (A), player sprints to left side of middle cone (B), side shuffles to right cone (C) not crossing feet, turns at cone C and sprints to far left cone (D), side shuffles from D to far side of (B), and then back pedals to cone A.
- *20 Yard Sprint* – Players sprint 20 yards.

NWSC U12 - Session 10

Topic: Improving 1v1:

(1 Hour 30 minutes)

Coaching Points:

- Improve combination play, runs off of the ball, eye contact, communication, passing the ball to the correct foot, at the right time, into the run of moving players.
- Improve 1v1 play with dribbling, possession, and moves.
- Encourage players to focus on challenging defender with the ball, movement off of the ball, and passing accurately, too the correct foot, and into the run of the moving players.

Warm up: (15 minutes)

- *Improving 1-2 Combination #3* – 30 by 30 yard grid, 2 lines with 4 cones, player 1 passes to player 2 in the middle of the grid, 2 passes to 3 in the middle of the grid after 3 makes an initial movement away from the ball, 3 plays ball into run of 4, 4 plays cross to 5, start with 2 touch and work toward 1 touch.

Match Related: (45 minutes)

- *Small Sided Games, Improving 1v1 #8* – 20 by 30 yard grid, 2 stations, attacker takes on 2 defenders each defending only their lines between cones, with 2nd attacker available for 1-2 combinations, shoot at goal (20 minutes)
- *Small Sided Games, Improving 1v1 #9* - ½ of field, 2 stations, attacker takes on 3 defenders each defending only their lines between cones, shoot at goal. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *20 Yard Agility Run* – Set up 3 cones in a straight line 5 yards apart, player straddles center cone (A), turn and sprint to cone on right (B), turn and sprint to far cone on left (C), turn and sprint to center cone (A).
- *40 Yard "T" Test* – Set up 3 cones 5 yards apart and the 4th cone 10 yards away and perpendicular from the center cone (A), player sprints to left side of middle cone (B), side shuffles to right cone (C) not crossing feet, turns at cone C and sprints to far left cone (D), side shuffles from D to far side of (B), and then back pedals to cone A.
- *20 Yard Sprint* – Players sprint 20 yards.

NWSC U12 - Session 11

Topic: Passing – Triangle and Long Passing:

(1 Hour 30 minutes)

Coaching Points:

- *Dribbling* – Control the ball and make a move.
- *Passing* – Passer must play an accurate long ball and the recipient must control the ball on the run, serve the ball before your teammate gets offside, accelerate after the pass, and bend the run.
- Encourage players to focus on long accurate passing, receiving the ball and accelerating runs after the pass.

Warm up: (15 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A Vee* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Opposite Vee* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

Match Related: (45 minutes)

- *Long Passing (NC)* – 2 players at 20, 30 or 40 yards apart, pass the ball using the laces, try to get distance in the air and accuracy on the pass, receive pass correctly and return with 2 touch. (20 minutes)
- *Triangle Passing (NC)* – 1st player starts on the end line, 2nd player is waiting to run outside of the cones set up like a flat back three, 12 yards apart, ½ between the end line and midstripe, 3rd player is at the midline strip, player 1 passes the ball to player 2 before she gets to the three cones, player 2 passes to player 3 at midfield, who stops the ball and runs towards player 1 outside the cones, player 3 must get to the ball and pass to player 2 before she gets to the 3 cones, player 2 passes to player 1 who repeats the drill., use both feet, try 2 then 1 touch. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each circle
- *Two Foot Runs* – Run with both feet in each circle.
- *Brake Runs* – Run with one foot in each circle, ½ way switch to run with both feet in each circle.
- *Hop Scotch* – With both feet inside the first circle, hop outside and then back inside the circles.
- *Backwards Hop Scotch* - With both feet inside the first circle, hop outside and then back inside the circles backwards.

NWSC U12 - Session 12

Topic: Improving 1v1:

(1 Hour 30 minutes)

Coaching Points:

- Improve combination play, runs off of the ball, making overlapping runs, eye contact, communication, passing the ball quickly, accurately, to the correct foot, at the right time, into the run of moving players.
- Improve 1v1 play with dribbling, possession, moves, and passing.
- Encourage players to focus on challenging defender with the ball, movement off of the ball, making overlapping runs, and passing accurately, to the correct foot, and into the run of the moving players.

Warm up: (15 minutes)

- *Improving 1 Touch #4* – 40 by 30 yard grid, players 1 and 2 play a 1-2 combination, 1 passes long to 3, 2 overlaps towards 3, players 2 and 3 play a 1-2 combination.

Match Related: (45 minutes)

- *Small Sided Games, Improving 1v1 #10* – 10 by 30 yard grid, 2 stations, attacker takes on 2 defenders each defending only their lines between cones, with 2nd and 3rd attacker available for support for 1-2 combinations, shoot at goal. (20 minutes)
- *Small Sided Games, Improving 1v1 #11* - 10 by 30 yard grid, 2 stations, and attacker takes on 2 defenders each defending only their lines between cones, with 2nd attacker available who makes overlapping run to support attacker for 1-2 combinations, shoot at goal. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *20 Yard Agility Run* – Set up 3 cones in a straight line 5 yards apart, player straddles center cone (A), turn and sprint to cone on right (B), turn and sprint to far cone on left (C), turn and sprint to center cone (A).
- *40 Yard "T" Test* – Set up 3 cones 5 yards apart and the 4th cone 10 yards away and perpendicular from the center cone (A), player sprints to left side of middle cone (B), side shuffles to right cone (C) not crossing feet, turns at cone C and sprints to far left cone (D), side shuffles from D to far side of (B), and then back pedals to cone A.
- *20 Yard Sprint* – Players sprint 20 yards.

NWSC U12 - Session 13

Topic: Finishing / Turns:

(1 Hour 30 minutes)

Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on first touch and penetration to try and score.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Starting with the ball to one side, step over or in front so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and stop the ball with the sole of the first foot. Lift leg from inside to outside.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *1v0* – Starting at end line receive pass, turn and finish, with goalkeeper. (15 minutes)
- *1v1* – Starting at end line receive pass, turn and finish, with goalkeeper. (15 minutes)
- *2v1* – Starting at end line receive pass, turn and finish, with goalkeeper. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 14

Topic: Improving 1v1:

(1 Hour 30 minutes)

Coaching Points:

- Improve combination play, quick movement after pass, communication, eye contact, accurate passing, and good touches.
- Improve 1v1 play with dribbling, possession, moves, and passing.
- Encourage players to focus on challenging defender with the ball, movement off of the ball, making runs, and passing accurately, with 1 touch.

Warm Up: (15 minutes)

- *Improving Long 1-2 Combination #5* – 20 by 25 yard grid, players 1 passes long to 2, 2 lays ball off to 1 who makes run following the pass, after the pass to 1, player 2 sprints around cone and receives ball back from 1, 2 repeats drill with 3, 3 repeats drill with 4, try with 1 touch.

Match Related: (45 minutes)

- *Small Sided Games, Improving 1v1 #12* – 15 by 15 yard grid, 2 stations with 6 players, 2 players play 1v1 inside grid, use 4 extra players on outside of grid as wall passers, who play 1 touch pass back to player they receive the ball from, for variation player receiving the ball on the outside switches with player on inside and plays 1v1. (20 minutes)
- *Small Sided Games, Improving 1v1 #13* - 20 by 25 yard grid, 2 stations with 6 players, 2 players play 1v1 inside grid, use 4 extra players at corners of grid each with a ball, player at corner passes the ball to the player in the grid under pressure from defender, player in grid tries to pass the ball back to the corner player, defender tries to win ball and play, after passing back player looks for new pass from a different corner. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 15

Topic: Group Attack / Space and Width:

(1 Hour 30 minutes)

Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting.
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.
- Focus on first touch, moving into space, playing the ball wide, and penetration to finish.

Warm Up: (15 minutes)

- *Cats and Dogs* – 2 cones 10 yards apart, 2 players face each other, move laterally changing speeds, 1st to get to cone wins, 2nd time use ball, make movers, and explode to goal. (Reaction Speed)

Match Related: (45 minutes)

- *4v2* – Set up square with defenders in the middle. (20 minutes)
- *8v4* – Rectangle grid with 4 defenders and keeper. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *40-Yard Sprint* – Players sprint 40 yards, 3 times.
- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2nd time use ball and make moves dribbling and at turns.

NWSC U12 - Session 16

Topic: Improving 1v1:

(1 Hour 30 minutes)

Coaching Points:

- Improve combination play, quick movement after pass, communication, eye contact, accurate passing with correct direction and pace, and good touches.
- Improve 1v1 play with dribbling, possession, moves, and passing, using triangle formation and change of direction.
- Encourage players to focus on challenging defender with the ball, movement off of the ball, making runs, and passing accurately, with 1 touch.

Warm up: (15 minutes)

- *Improving Long Combination Play and Movement of the Ball #6* – 20 by 25 yard grid, 4 players at 4 corners, player 1 plays long ball to player 2 and follows pass, 2 plays short combination back to 1 and sprints around cone, 1 plays ball to 3, 3 plays ball into run of 2 and sprints around cone, 2 plays long ball to 4, 4 plays ball into run of 3, 3 finishes with long diagonal pass back to the starting position.

Match Related: (45 minutes)

- *Small Sided Games, Improving 1v1 #14* – 20 by 25 yard grid, 2 stations with 6 players, 2 player's play 1v1 inside grid, player in the middle receives pass from player in the corner and tries, under pressure of defender to pass the ball to a different corner. (20 minutes)
- *Small Sided Games, Improving 1v1 #15* - 20 by 25 yard grid, with 8 players, 4 players each with a ball in the corners, 2 players without a ball between cones, 1v1 inside the grid, player in the corner passes to player in the middle, who tries to pass the ball to the player on the side, player in the middle is pressured by the defender, player on the side passes to player in the corner. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 17

Topic: Group Attack / Space and Width:

(1 Hour 30 minutes)

Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.
- Focus on first touch, moving into space, playing the ball wide, and penetration to finish.

Warm up: (15 minutes)

- *2v2 Circle Drill* – In a circle number each player, with 3-5 balls, call out a number and 4 players play for 30 seconds to one minute passing and defending.

Match Related: (45 minutes)

- *4v3 and 4v4* – Work on space and width. (20 minutes)
- *8v4* – Rectangle grid with 4 defenders and keeper. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using only the balls of your feet.

NWSC U12 - Session 18

Topic: Improving 1v1:

(1 Hour 30 minutes)

Coaching Points:

- Initial movement way from the ball before receiving the ball, eye contact, communication, pass to the feet, quick turn and dribble.
- Improve 1v1 play, quick, crisp passing, passes into run of receiving players.
- Encourage players to focus on challenging defender with the ball, movement off of the ball, making runs, and passing accurately.

Warm up: (15 minutes)

- *Improving Passing on the Dribble #7 – 20 by 25 yard grid, 4 players at 4 corners, player1 passes to player 2, 2 receives the ball and dribbles around the cone and passes to player 3, 3 receives the ball and dribbles around the cone and passes to player 4, 4 receives the ball and dribbles around the cone and passes to player 1, use two balls with players 1 and 3.*

Match Related: (45 minutes)

- *Small Sided Games, Improving 1v1 #16 – 1/2 of field, goalkeeper plays a ball into a grid at midfield, 2 players run after pass into grid, 1st player to the ball tries to beat the other player and score on the goal at the opposite end of the field, player without the ball can only defend inside grid. (20 minutes)*
- *Improving Attacking Patterns #9 – player 1 passes to player2 for a wall pass, 1 follows pass and shoots on goal, use defender. (25 minutes)*

Match Condition: (15 minutes)

- *Scrimmage .*

Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *40-Yard Sprint – Players sprint 40 yards, 3 times.*
- *300-Yard Shuttle – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2nd time use ball and make moves dribbling and at turns.*

NWSC U12 - Session 19

Topic: Receiving the Pass

(1 Hour 30 minutes)

Coaching Points:

- Must come forward to meet a pass by readjusting your body to receive the pass.
- Good first touch to control the ball.
- Ball placed 2-5 feet in front of the direction you want to go.
- To receive a pass, focus on moving to the ball, having a good first touch, and placing the ball 2-5 feet from your body in the direction you want to go.

Warm up: (15 minutes)

Groups of 2's with an area set up that is 5 yards wide and 15 yards long, players must pass the ball from behind one end line to behind the other end line, they get a point anytime they successfully pass the ball from one end line to another, without the ball going in the air, over the side, or being missed or missed played by the receiving player.

- *Two Touches Using Both Feet* – Receive the ball with one foot and pass it back with the other foot.
- *Two Touches Same Foot* – Receive the ball with the outside of the foot and pass it back with the inside of the same foot.
- *Two Touches Same Foot* - Receive the ball with the inside of the foot and pass it back with the outside of the same foot.
- *One Touch* – Receive and pass the ball back with one touch.
- *Receive with Cruyff Move* – Receive the ball with a Cruyff move and pass it back with the other foot.
- *5 Touches Between Legs* – Receive the ball and take 5 touches back and forth between their legs and pass it back.

Match Related: (45 minutes)

- *4v4 to Small Goals* – Focus on passing, receiving the ball, moving to the ball, and finishing strong. (20 minutes)
- *4V4 with Neutral Player* – Neutral player always on offense. (25 minutes)

Match Condition: (15 minutes)

- Scrimmage.

Conditioning: (15 minutes)

- *Fitness Fun* – Object of the game is to get as many balls as possible back to your teams' corner by dribbling the ball. There are 4 corners. You may steal a ball from another team's corner.

NWSC U12 - Session 20

Topic: Improving 1v1:

(1 Hour 30 minutes)

Coaching Points:

- Initial movement way from the ball before receiving the ball, eye contact, communication, pass to the feet, quick turn and dribble.
- Improve 1v1 play, quick, crisp passing, passes into run of receiving players.
- Encourage players to focus on challenging defender with the ball, movement off of the ball, making runs, and passing accurately

Warm up: (15 minutes)

- *Improving Passing on the Dribble #7* – 20 by 25 yard grid, 4 players at 4 corners, player1 passes to player 2, 2 receives the ball and dribbles around the cone and passes to player 3, 3 receives the ball and dribbles around the cone and passes to player 4, 4 receives the ball and dribbles around the cone and passes to player 1, use two balls with players 1 and 3.

Match Related: (45 minutes)

- *Small Sided Games, Improving 1v1 #16* – 1/2 of field, goalkeeper plays a ball into a grid at midfield, 2 players run after pass into grid, 1st player to the ball tries to beat the other player and score on the goal at the opposite end of the field, player without the ball can only defend inside grid. (20 minutes)
- *Improving Attacking Patterns #9* – player 1 passes to player2 for a wall pass, 1 follows pass and shoots on goal, use defender. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *40-Yard Sprint* – Players sprint 40 yards, 3 times.
- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2nd time use ball and make moves dribbling and at turns.

NWSC U12 - Session 21

Topic: Dribbling and Finishing:

(1 Hour 30 minutes)

Coaching Points:

- Work on quick dribbling and getting a shot quickly after beating last defender.
- Use all sides of the foot to dribble.
- Finish strongly using both feet.
- Focus on getting shots quickly and taking chances.

Warm up: (15 minutes)

- *Jogging and Sprinting* – Jog 5 steps, sprint 5 steps, turning and changing directions. (5 minutes)
- *Jogging and Sprinting with Ball* – Jog 5 steps, sprint 5 steps, turning and changing directions with the ball, focus on using all sides of the foot and incorporating many moves into the run. (5 minutes)
- *Jogging and Sprinting with Ball Then Juggle* – Jog 5 steps, sprint 5 steps, turning and changing directions with the ball, then juggle ball. (5 minutes)

Match Related: (45 minutes)

Three lines of four cones from different angles facing the goal, four players behind each line, 1st player in line one dribbles through the cones using right foot only and shoots as soon as she passes the last cone, then 1st person in line two goes, then 1st person in line three, etc., until all have gone, use keeper in goal for rapid fire shots but not at the same time, use defender if all goes well with technique.

- *Finishing With Right Foot Only* – Dribble through cones and finish with right foot. (15 minutes)
- *Finishing With Both Feet* - Dribble through cones and finish with both feet. (15 minutes)
- *Finishing With Left Foot Only* - Dribble through cones and finish with left foot. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 22

Topic: Beating Defender on Flank in 1v1 Finishing From Cross:

(1 Hour 30 minutes)

Coaching Points:

- Initial movement off and on the ball, immediate movement after pass, and accurate passing.
- Improve 1v1 play; take on defender with speed, after beating defender gets cross off quickly and accurately, finish strongly.
- Encourage players to focus on challenging defender with the ball, movement on and off the ball and after the pass, making crosses quickly and accurately, making runs, and finishing.

Warm up: (15 minutes)

- *Improving Combination Play, Movement off the Ball #8 – 20* by 25 yard grid, 4 players at 4 corners, 2 players (#'s 2 & 5) are between players 1 and 3 and 4 and 6, player 1 plays a wall pass to player 2, 2 passes back to 1, 1 passes to 3, 3 passes to 2 who has made run, 2 passes long to 4, 4 passes back to 3 who has made run, 3 passes long to 5, 5 passes back to 4 who has made run, 4 passes to 1 to start over again.

Match Related: (45 minutes)

- *Small Sided Games, Beating Defender on Flank and Crossing #19 – 1/2 of field*, 1v1 on flank, attacker takes on defender, after beating defender attacker crosses the ball to 2 forwards who finish on goal, add 1 or 2 defenders. (20 minutes)
- *Small Sided Games, Beating Defender on Flank and Crossing #19 – 1/2 of field*, 1v1 on flank, attacker takes on defender, after beating defender attacker crosses the ball, play 3v3 or 4v4 in front of goal (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, 1/2 way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 23

Topic: Finishing Quickly:

(1 Hour 30 minutes)

Coaching Points:

- Work on quick dribbling and getting a shot quickly after beating last defender.
- Use all sides of the foot to dribble.
- Finish strongly using both feet.
- Work on getting to the goal quickly and getting the shot, work fast and take chances before the defender arrives.
- Focus on getting shots quickly and taking chances.

Warm up: (15 minutes)

- Groups of 2 with 1 ball per group, with 3 cones set-up in a line 7 and 3 yards apart. The X's sprint forward to the side of the middle cone, S serves them a ball to their outside foot furthest from the cone, then X's sprints backwards to the back cone, goes around the cone and sprints forward to the other side. Practice 2 touch (receive with one foot pass with the other) and 1 touch passes.

Match Related: (45 minutes)

- *Finishing with a Sprint* - Two goals are set up 30 yards apart, one line of players at the post of one of the goals, 1st 3 players in line do not have a ball, rest have a ball, 1st player make a run around the far goal, when she gets to the far post a pass is made and she continues to sprint to the ball and shoots, 2nd player starts when the 1st player is past the 18, then 3rd player makes run, 4th player and each player thereafter makes pass then makes run, switch sides after all players cycle through. (15 minutes)
- *Alternating Finishing Shots* - Two goals are 30 yards apart, there is a line of players by each goal on opposite sides, and everyone has a ball, each player starts a breakaway run with their ball and shots at the goal, alternating sides (15 minutes)
- *1v1 From The Side* – Defenders in a line are to the side of the goal make a pass to the attackers in the other line at the 25-yard line, who make a sprint to the goal to finish quickly before the defense can arrive. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- 20-yard jog, 20-yard sprint, repeat for 1 minute, rest 1 minute, repeat again, etc.

NWSC U12 - Session 24

Topic: Beating Defender on Flank in 1v1 Finishing From Cross:

(1 Hour 30 minutes)

Coaching Points:

- Initial movement off and on the ball, immediate movement after pass, and accurate passing.
- Improve 1v1 play; take on defender with speed, after beating defender gets cross off quickly and accurately, finish strongly.
- Encourage players to focus on challenging defender with the ball, movement on and off the ball and after the pass, making crosses quickly and accurately, making runs, and finishing.

Warm up: (15 minutes)

- *Small Sided Games, Improving 1v1 #17* – 5 minutes per station.
- 1v1 to goal.
- 1v1 on 2 goals.
- 1v1 on 3 goals (line soccer).

Match Related: (45 minutes)

- *Small Sided Games, Beating Defender on Flank and Crossing #20* – 1/2 of field, 1v1 on flank, attacker takes on defender, limit area defender can defend, after beating defender attacker crosses the ball to forwards who finish on goal, play 3v3.
(20 minutes)
- *Small Sided Games, Beating Defender on Flank and Crossing #20* – 1/2 of field, 1v1 on flank, attacker takes on defender, limit area defender can defend, after beating defender attacker crosses the ball to forwards who finish on goal play, 4v4.
(25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 25

Topic: Space and Width with Balance:

(1 Hour 30 minutes)

Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting with a focus on footwork and keeping body open to the field at all times.
- *Space* – Play ball and run into open areas.
- *Width* – Spread the play out wide.
- *Balance* - Defensively support player on ball, on attack, we must provide support in a triangle so there is a passing option in either direction (not square though).
- *Speed of Play* – Fast to the ball and fast with the ball.
- Focus on footwork, keeping spread out with balanced play, and keeping body open to the field at all times

Warm up: (15 minutes)

Groups of 2 with 1 ball per group, 1st player starts on the sideline with the ball, the other player is 5 yards on the field facing her, the 1st player passes the ball to the 2nd player and then jogs towards her, the receiving player stops the ball dead with the inside of the foot and then runs backwards, the 1st player gets to the ball and passes it again, and they do this until they get to the other side, then they switch roles. Focus on 1-2 touches.

- *Stop The Ball* - With the inside of the foot. (5 minutes)
- *Pass The Ball Back* – Alternating feet. (5 minutes)
- *Pass The Ball Back* – With the same foot. (5 minutes)

Match Related: 45 (minutes)

- *5v5 at 2 goals* - Two goals are set up back-to-back facing in opposite directions, there are 2 teams of 5 plus the keeper who must guard both goals, either team can score on either goal. (20 minutes)
- *5v5 at 1 goal* - This time, each team can only shoot at their assigned goal. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- Set up cones at 10, 20, 30, and 40-yards, run to 1st cone and back to starting line, run to 2nd cone and back, etc., run entire set without rest, then rest 3 minute, repeat again.

NWSC U12 - Session 26

Topic: Learning Attacking Patterns:

(1 Hour 30 minutes)

Coaching Points:

- Improving fitness by making all runs sprints, constant movement, being aggressive, finishing, and 1v1 play.
- Movement before after the pass, accurate passing into run, eye contact and communication.
- Encourage players to focus on making all runs sprints, finishing, 1v1 play, constant movement before after the pass, accurate passing into run, eye contact and communication.

Warm up: (15 minutes)

- *Small Sided Games, Improving 1v1 #18* – 2 minutes per station.
- Line up 3 balls on either side of cone at about 12-15 yard line, player runs around cone located 5-yards past balls, shoots on goal, turns and runs around cone to the other side, shoots next ball, after each shot goalkeeper sprints around cones located at 6-yard line.
- 1v1 on 3 small goals, followed by shot on goal, coach plays ball to attacker who takes on defender, after beating defender by dribbling through 1 of 3 goals located at 18 yard line, shoot on goal.

Match Related: (45 minutes)

- *Combination Play, Learning Attacking Patterns #10* – Goalkeeper punts the ball to central midfielder, who receives the ball and passes the ball to the fullback, fullback plays the ball to a forward, forward plays the ball to a midfielder, fullback makes an overlapping run and receives the ball from the midfielder, the full back crosses the ball to the forward and midfielder in front of goal, use both sides of the field. (20 minutes)
- *Combination Play, Learning Attacking Patterns #10* – Goalkeeper punts the ball to central midfielder, who receives the ball and passes the ball to the fullback, fullback plays the ball to a forward, forward plays the ball to a midfielder, fullback makes an overlapping run and receives the ball from the midfielder, the full back crosses the ball to the forward and midfielder in front of goal, use both sides of the field, with 1 or 2 defenders. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- Set up cones at 10, 20, 30, and 40-yards, run to 1st cone and back to starting line, run to 2nd cone and back, etc., run entire set without rest, then rest 3 minute, repeat again.

NWSC U12 - Session 27

Topic: Group Attack – Possession:

(1 Hour 30 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, 1-2 touches, and finishing.
- Focus on possession, opening up, penetrating pass, and making runs to for penetration to try and score.

Warm up: (15 minutes)

- *Circle Drill* – Use small circle, work on touches, work and think quicker, use different color pennies.

Match Related: (45 minutes)

- *4v2 and 4v2* – Four attackers try to keep the ball away from two defenders, rotate players. (20 minutes)
- *Arena Ball* – Three teams of four each, field is 40x30, two teams are on the field, one team is on the end lines, each team must pass the ball to one of the players on their attacking end line, who must one touch pass back to try and score (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Lateral Runs* – Run laterally with both feet landing in each square.
- *Rabbit Hops* – With both feet inside the first square hop quickly into the next square, concentrating on quick hops not high hops.
- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside or each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.

NWSC U12 - Session 28

Topic: Dribbling:

(1 Hour 30 minutes)

Coaching Points:

- *Explode* - Use the entire foot, especially laces.
- *Look up* - While dribbling.
- *Control* - The ball
- *Touches* – Lost of touches with good movement and the ability to see the field and think about what you are going to do with the ball.
- Focus on footwork and dribbling.

Warm up: (15 minutes)

A 25 x 25-yard square is made of cones; there are 4 teams, 1 in each corner, and 8 balls in the middle of the square. The object is to get 3 balls to your corner before the other team gets 3 balls into their corner. Only 1 player from each team can leave their corner at a time and balls can be taken from the middle or from another teams corner. There is no shielding. Then the 2nd player goes, players may dribble only, no passing. 1-2 touch skill work.

- *Dribble With Both Feet* – (5 minutes)
- *Dribble With Right Foot Only* – (5 minutes)
- *Dribble With Left Foot Only* - (5 minutes)

Match Related: 45 (minutes)

Use the same grid as above, but have 2 grids. Now there is 1 ball at the front of each line with 2 players in each line. The 1st player dribbles at speed to the center cone, just before getting to the cone, they make a move, turn and pass the ball to the 2nd player in the line, who dribbles at speed.

1. *Moves* - Push Pull Turn with Both Feet, Inside of the Foot Cut (Chop), Step Over Turn, Scissors with Holland, Double Scissors with Rivolino moves. (10 minutes)
- *Around the Circle* - 4 players dribble at the cone at the same time and each will go around the cone using the inside of the right foot, done properly all 4 players go around the cone at the same time and no one hits anyone else, 4 times with the right foot and 4 times with the left foot. (10 minutes)
 - *Switch Balls* - Players dribble towards the center and leave their ball and keep going straight ahead as they switch balls and continue to the opposite line (10 minutes)
 - *Finishing With A Turn* - Two lines, 1 is near the goal and other is 30 yards out, there is a keeper in the goal, and the balls are with the players 30 yards out. 1st player in the line closest to the goals sprints out to the 18, the 1st player in line 2 takes a touch forward and passes the ball to the player in line 1 around the 18. Player 1 takes a touch forward, away from the goal then turns and shoots, players switch lines. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 29

Topic: Space, Width, Balance, and Transition:

(1 Hour 30 minutes)

Coaching Points:

- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Space and Width* – Defensively support player on ball, on attack, we must provide support in a triangle so there is a passing option in either direction (not square though).
- Focus on team shape and balance on offense and defense as well as transition.

Warm up: (15 minutes)

All players are in a 40 x 40-yard area with 4 balls. The players with the ball pass to whomever they want and then sprint 10 yards. Every player must be jogging when they do not have the ball or are not sprinting. 1-2 touch skill work.

- *Two Touches* – (5 minutes)
- *Move with Two Touches* – (5 minutes)
- *One Touch* – (5 minutes)

Match Related: 45 (minutes)

- *5v5 to 1 Goal* – On ½ of the field with a keeper. Cones split the field into vertical 3rds. At all times the attacking team must have at least 1 player in each 3rd during the attack. When the ball is in the middle 3rd all defenders must be in the middle 3rd, when the ball is on the right side all defenders must either be on the right side or in the middle. When the ball is on the left side all defenders must either be on the left side or in the middle. Teams switch after 5 minutes. (20 minutes)
- *5v5 to 3 Goals* – Next there are 2 counter attack goals. The team defending the big goal wants to win the ball and work it wide. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- 3 - 10 yard sprints, 3 - 20 yards sprints, 3 - 30 yard sprints, 3 - 40- yards sprints, and 3 - 50 yard sprints.

NWSC U12 - Session 30

Topic: Penetration to Goal:

(1 Hour 30 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes and few touches.
- Quick ball movement, ball control, and finishing.
- Focus on 1st touches, attack quickly, and finish with first time shot.
- *Game Reaction Speed* – The ability to make fast decisions during the game using technique, tactical, and conditioning skills.
- Focus on 1st touches, attack quickly, and finish with first time shot.

Warm up: (15 minutes)

Groups of 2 with one ball per group. Each pair is behind a cone with a second cone 20-yards away. The players with a ball dribble around the far cone and dribble back, once they get past the starting cone, they give the ball to their partner who does the same thing. Each partner goes twice, making it a race. 1-2 touch skill work.

- *Touches* - Right foot, left foot, roll the ball with the right foot, roll the ball with the left foot, inside/outside of right foot only, and inside/outside of left foot only, Columbia.
- *Combine Touches with Moves at Far Cone* – Italy, Germany, Brazil, Holland, Step over Turn, Rivolino.

Match Related: 45 (minutes)

- *1v1 + 1 Tournament* – The players get into group's of 2 with one ball per group and are in a 20-yard long by 10-yard wide grid each with a 2-yard goal on each side. There is a neutral player in a bib in each grid. The 2 players play 1v1 to the goals with the neutral player always on offense. The one condition is that to score a goal it must be a 1st touch. Games last 3 minutes each with a one-minute break. Switch players to neutral player after 3 or 4 times. (20 minutes)
- *4v4 + 2* – Two neutral players are always on attack, must finish with a one touch finish. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- *Lateral Runs* – Run laterally with both feet landing in each square.
- *Rabbit Hops* – With both feet inside the first square hop quickly into the next square, concentrating on quick hops not high hops.
- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.

NWSC U12 - Session 31

Topic: Penetration to Goal:

(1 Hour 30 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes and few touches.
- Quick ball movement, ball control, and finishing.
- Focus on 1st touches, attack quickly, and finish with first time shot.
- *Game Reaction Speed* – The ability to make fast decisions during the game using technique, tactical, and conditioning skills.
- Focus on 1st touches, attack quickly, keep the ball in play, and finish with first time shot.

1. Warm up: (15 minutes)

- *1v1* – 15-yard by 10-yard grid, to score players must hit ball off of cone at each end, stretch between play.

Match Related: 45 (minutes)

Get out of Here - Two fields of 20 x 30, with goals at each end, eight players are on the field broken into two teams. The teams start on the side of the field near the middle and the first player for each team goes to the middle of the field. The two players in the middle play 1v1, when one-player scores, she stays on and attacks the other goal, while the player who gave up the goal leaves the field and a new player from her team steps on the field. If the ball is shot and goes over the end line the other player gets the ball and plays resumes. If the ball goes over the sideline both players leave the field and two new players go on.

- *1v1* – Encourages players to shoot because if they score they play on, also encourages players to keep the ball in play. (20 minutes)
- *2v2* – Exact same game. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- 2 – 4 x 10 shuttle cone sprints.

NWSC U12 - Session 32

Topic: Possession:

(1 Hour 30 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space and width.
- Quick ball movement, ball control, and finishing.
- Work on getting the body opened up properly and facing the direction they want to play the ball.
- Focus is on being patient with the ball until the opportunity arises to go to goal, then taking the first touch shot.

Warm up: (15 minutes)

- Groups of three in a triangle, start with two touch passing. In order for this to work the players start to pass the ball slightly in front of the person they are passing to and also to the side so that the receiver's body is facing the target to make it easy for the first time pass. 1-2 touch skill work.
- *Two Touch Passing* – With left foot.
- *One Touch Passing* – With right foot.
- *One Touch Passing* – With left foot.

Match Related: 45 (minutes)

Field is 40 x 30 with two teams, two goals, a keeper in each goal, and a neutral player. The two teams start on the side and the neutral player is in the middle. A server is at midfield with the soccer balls. The server plays a ball to the middle of the field and then the first two players from each team sprint on the field and play 2v2 +1 to goal, with the neutral players always on offense. When one-team scores, they stay on and attack the other goal, while the other two players who gave up the goal leave the field and two new players from their team steps on the field. If the ball is shot and goes over the end line the other players gets the ball and plays resumes. If the ball goes over the sideline both players from both teams leave the field and two new players go on.

- *2v2+1* – Focus is on being patient with the ball until the opportunity arises to go to goal. (20 minutes)
- *3v3+1* - Exact same game. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning – Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 33

Topic: Possession:

(1 Hour 30 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space and width.
- Quick ball movement, ball control, and finishing.
- Work on getting the body opened up properly and facing the direction they want to play the ball.
- Focus is on being patient with the ball until the opportunity arises to go to goal, then taking the first touch shot.

Warm up: (15 minutes)

Groups of 2 with one ball per group. Players start 2 yards apart, then 5 yards away, then 10 yards, and finally 15 yards apart, completing 2 sets. 1-2 touch skill work.

- *Two Touch Passing* – With both feet.
- *Two Touch Passing* – With left foot only
- *Two Touch Passing* – With right foot only.
- *One Touch Passing* – With right foot only.
- *One Touch Passing* – With left foot only.

Match Related: 45 (minutes)

Field is 40 x 30 with two teams, two goals, a keeper in each goal, and a neutral player. The two teams start on the side and the neutral player is in the middle. A server is at midfield with the soccer balls. The server plays a ball to the middle of the field and then the first two players from each team sprint on the field and play 2v2 +1 to goal, with the neutral players always on offense. When one-team scores, they stay on and attack the other goal, while the other two players who gave up the goal leave the field and two new players from their team steps on the field. If the ball is shot and goes over the end line the other players gets the ball and plays resumes. If the ball goes over the sideline both players from both teams leave the field and two new players go on.

- *3v3+1* - With three teams. (20 minutes)
- *3v3* – With three teams playing for three minutes, same rules as above. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *40-Yard Sprint* – Players sprint 40 yards, 3 times.
- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2nd time use ball and make moves dribbling and at turns.

NWSC U12 - Session 34

Topic: Possession:

(1 Hour 30 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space and width.
- Quick ball movement, ball control, and finishing.
- Work on getting the body opened up properly and facing the direction they want to play the ball.
- Focus is on being patient with the ball until the opportunity arises to go to goal, then taking the first touch shot.

Warm up: (15 minutes)

Groups of 2 with one ball per group. One player in the group is “it” and has to stay within arms length of the other player for an entire minute. The rule is that each player must touch the ball on each step. Dribbler can go in any direction using moves. Switch players and stretch after one minute. Defender plays passive defense to start, build to tackling the ball. 1-2 touch skill work.

- *Right Foot Only.*
- *Left Foot Only.*
- *Both Feet.*

Match Related: 45 (minutes)

Four Cones are set up in a semi circle around the 18 from the left side. Players start in the corner with one ball per player except for the first two players. The first player starts running around the cones and when she gets to the second cone the next player starts to run. When the first player gets to the last cone the third player passes towards the middle and then starts running around the cones as well. The first player shoots.

- *Left Side. (15 minutes)*
- *Right Side. (15 minutes)*
- *3v3 - In a 40 x 30 with goals, players are at midfield, the server plays a ball onto the field and the first three players from each team sprint onto the field and try to score. Whenever the ball goes dead all the players go off the field and the next three from each team start over. (15 minutes)*

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 35

Topic: Making Runs Without The Ball:

(1 Hour 30 minutes)

Coaching Points: for Making Runs Without The Ball:

- Create space behind the run.
- Draw the attention of defenders and the goalkeeper.
- Beat the defender and keeper to any ball played into space.
- Support player dribbling the ball.
- Provides scoring opportunities.
- Focus is on being patient with the ball until the opportunity arises to go to goal, then taking the first touch shot.

Warm up: (15 minutes)

- *4v4v4* – Possession with one team on defense in a 40x30 yard grid. Whichever team loses the ball goes on defense and the other teams try to keep the ball away from them. Anytime there are 5 consecutive passes made the defensive team gets a point, the team with the most points loses.

Match Related: (45 minutes)

- Split into groups of 3, red starts in defense with one red in goal, and the other two red players are with balls on each side of the goal on the end line. Green is on offense and blue is on defense and they mark man to man. Either red player on the end line can serve a ball so that the offensive players are trying to make runs to get open or create space for their teammates and the defensive players are trying to shut down the runs.
- *3v3* – (20 minutes)
- *5v3* – Expand to 5 attackers to create more opportunities. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- Jog 5 steps and then sprint 5 steps, change directions, try running backwards, then side wards.

NWSC U12 – Session 36

Topic: Space and Balance (Staying Compact Defensively): (1 Hour 30 minutes)

Coaching Points:

- *Purpose* - Good defending teams should spend most of their time trying to stay compact thus taking the spaces to attack away from the attacking team.
- *Movement* - The way a good defending team stays compact is to make sure that when one player moves in one direction the rest of the team shifts accordingly.
- *Example* - This means that if the ball is on the right side of the field, one of the defenders doesn't go out their on her own but instead, the whole team should shift in that direction. If the ball is on the left side, the whole team should shift in that direction.
- *Space, Balance, and Width* – Defensively support player on ball, on attack, we must provide support in a triangle so there is a passing option in either direction (not square though).
- Think in terms of spacing and balance on the field.

Warm up (15 minutes)

- *4v4v4* – Possession with one team on defense in a 40x30 yard grid. Whichever team loses the ball goes on defense and the other teams try to keep the ball away from them. Anytime there are 5 consecutive passes made the defensive team gets a point, the team with the most points loses.

Match Related: (45 minutes)

- *Team Shape with 3 Defenders* – Keeper with 3 defenders, work the ball to one of the outside backs and the opposite back shifts over to support. When the ball is wide, we need support in back in case we lose possession. (15 minutes)
- *Team Shape with 1 Forward and 3 Midfielders* – Add 3 midfielders and work on triangles. Whatever side the ball is played to, the forward and center midfielder must provide support in a triangle so there is a passing option in either direction (not square though). (15 minutes)
- *Team Shape with 6 Defenders* – Add 3 opposing players to put pressure, if defenders win the ball they go to goal, use target player at midfield for team working ball out of the back. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 37

Topic: Finishing:

(1 Hour 30 minutes)

Coaching Points:

- Place the non-kicking foot alongside the ball, 8-10 inches to the side for balance (foot by ball).
- Strike the ball with the laces (laces), locking the ankle (lock).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Think in terms of finishing properly, good balance by planting the opposite foot, use laces, locking ankle, and following through landing on shooting foot.

Warm up: (15 minutes)

Inside the circle player must make a move with the ball before each pass.

- Inside the circle players each with a ball dribble and pass to players on the outside of the circle and then make a run to receive it back with a wall pass. (5 minutes)
- Inside the circle player each with a ball plays the ball to the outside and it is one touched back to the player on the inside who touches it back to the same player and spins off to receive the return pass (2 passes). (5 minutes)
- Inside the circle player's pass to players on the outside who switch places (continuously change places while passing). (5 minutes)

Match Related: (45 minutes)

- *Volley with Laces* - Groups of 2 with 1 ball 10 yards apart, strike the ball with the shoelaces, and follow through properly landing on the kicking foot, 15 times with each foot each. (5 minutes)
- *Striking a Rolled Ball* – 1 player kneels on the ground and rolls the ball to the 2nd player who strikes the ball softly with their show laces back to the server, concentrate on proper footwork, balance, planting the foot, and locking the ankle. (10 minutes)
- *Shooting at Goal* – Players line up 10 yards from the goal, practice hitting imaginary ball twice, then strike the ball into goal, then move to 15 yards out and roll the ball to the side and finish. (10 minutes)
- *1v1* – With keeper, practice moves and finishing properly. (20 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 38

Topic: Making Runs Without the Ball:

(1 Hour 30 minutes)

Coaching Points:

- Create space behind the run.
- Draw the attention of defenders and the goalkeeper.
- Beat the defender and keeper to any ball played into space.
- Support player dribbling the ball.
- Provides scoring opportunities.
- Focus on crossing the ball and making supporting runs.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, continue dribble with other foot.
- *Double Scissors* - Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, lift other leg over ball, and continue dribble with other foot.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *Near Post, 12 yard, Far Post Runs* – Explain purpose of each run and have players form 3 lines, practice without the ball first. (15 minutes)
- *Crossing with Near Post, 12 Yard, and Far Post Runs* – Goalkeeper only, crosser serves ball back towards 12 yard spot, work on timing of runs, and 1 or 2 touch finishing. (15 minutes)
- *Crossing with Near Post, 12 Yard, and Far Post Run with Defenders* – Goalkeeper and 3 defenders (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 39

Topic: Finishing (Creating Scoring Opportunities):

(1 Hour 30 minutes)

Coaching Points:

- Create space behind the run.
- Draw the attention of defenders and the goalkeeper.
- Beat the defender and keeper to any ball played into space.
- Support player dribbling the ball.
- Provides scoring opportunities, finish strong and balanced.
- Focus on making runs, attacking in 3's, finishing strong and balanced.

Warm up: (15 minutes)

- *Multiple Gate Drill* – Set up multiple gates with each player having a ball, dribble through as many gates as possible without going through the same gate twice. (5 minutes)
- *Multiple Gate Drill 1v1* – Play 1v1 against an opponent. (5 minutes)
- *Multiple Gate Drill as Team* - Spilt into 2 teams each with a ball and try to pass an many times between cones as possible, no defenders 1st time, try team vs., team 2nd time. (Secret is to attack in 3's) (5 minutes)

Match Related: (45 minutes)

- *3 Player Scoring Drill #1* – 1st player at midfield passes to 2nd player who lays ball off to 3rd player for shot on goal, 2nd and 3rd player on opposites sides of goal and make runs to the 18. (15 minutes)
- *3 Player Scoring Drill #2* – 1st player passes to 2nd player who passes back to 1st player who slots ball through to the 3rd player who makes a diagonal run to goal. (15 minutes)
- *3 Player Scoring Drill #3* - 1st player passes to 2nd player who passes back to 1st player who slots ball through to the 3rd player who passes to 2nd player making a diagonal run to goal. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 40

Topic: 1v1 Defending:

(1 Hour 30 minutes)

Coaching Points:

- *Stance* - Turn sideways always keeping your back to goal (goal side), make angled run.
- *Steps* – Make regular steps until 5 yards away, then slow down make little steps, and make little step jabs to unnerve dribbler.
- *Dance* - When the ball is on the dribbler's foot, give distance and wait for the ball to pop out, and then attack.
- *Speed of Play* - When beaten defensively one must recover quickly and catch the attacker with the ball.
- *Reaction Speed* – The ability to react.
- Focus on players maintaining proper stance and distance as well as angle of approach.
- Do not stab at the ball, be patient to prevent penetration and slow the attacker down.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, continue dribble with other foot.
- *Double Scissors* - Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, lift other leg over ball, and continue dribble with other foot.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *Technique Drill* - Long angled run to cone, slow down, keep low to the ground, make jabbing steps backwards. (5 minutes)
- *1v1* - In 4-cone square 5 yards by 20 yards, light pressure on attacker, work on stance/steps/dance, 1st time, player with ball does not try to beat defender and defender does not try to win the ball, 2nd time play at full speed. (15 minutes)
- *1v1* – With keeper to goal. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 41

Topic: 2v1 Defending, Role of 2nd Defender:

(1 Hour 30 minutes)

Coaching Points:

- 1st defender stops penetration by slowing down attacker until the 2nd defender is in support at which time the 1st defender can take more chances.
- *Stance* - Turn sideways always keeping your back to goal (goal side), make angled run.
- *Steps* – Make regular steps until 5 yards away, then slow down make little steps, and make little step jabs to unnerve dribbler.
- *Dance* - When the ball is on the dribbler's foot, give distance and wait for the ball to pop out, and then attack.
- *Speed of Play* - When beaten defensively one must recover quickly and catch the attacker with the ball.
- *Reaction Speed* – The ability to react.
- Focus on players maintaining proper stance and distance as well as angle of approach.
- Do not stab at the ball, be patient to prevent penetration, slow the attacker down, 2nd defender support.

Warm up: (15 minutes)

- 1v1 - Without ball, practice shadowing in confined space. (5 minutes)
- 1v1 - With ball, don't try to take ball in confined space. (5 minutes)
- 1v1 - With ball, try to take ball in confined space. (5 minutes)

Match Related: (45 minutes)

- 2v2 – In 4 cone square 15 yards by 25 yards, 1st defender yells, “ball”, 2nd defender yells, “support”, and switch as attacking team progresses towards goal. (15 minutes)
- 2v2 – In 4-cone square 15 yards by 25 yards, add 2nd defender who comes from behind to provide support for the 1st defender, start with attacker going slow then build to full speed, key is for the 2nd defender to make an angled run not a straight run and get between attacking team and goal, with their back to the goal. (15 minutes)
- 3v2 – With keeper going to goal. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 42

Topic: Group Attack / Space and Width:

(1 Hour 30 minutes)

Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.
- Focus on players getting wide and open to the field, pass the ball to the appropriate foot, sprint after the pass and look to get the ball back.

Warm up: (15 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A Vee* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Opposite Vee* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

Match Related: (45 minutes)

- *Space and Width with 2 Players* – 2 lines of players, 1 without the ball sprints wide and down the line, player with the ball passes to the far foot of the other player who has opened up to the field. The player who passes sprints forward and receives the ball back for wall pass and goes to goal, use both sides of the field. (20 minutes)
- *Space and Width with 3 Players* – Player 1 passes the ball to player 2, who passes to player 3, who plays the ball through to player 1, who goes to goal, use both sides of the field. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 43

Topic: Group Attack / Space and Width:

(1 Hour 30 minutes)

Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.
- Focus on players getting wide and open to the field, pass the ball to the appropriate foot, sprint after the pass and look to get the ball back.

Warm up: (15 minutes)

- *Circle Drill* – 2 teams with different pennies, inside the circle players must make a move with ball and pass to player with same color penny.
- *Circle Drill* - Inside the circle, one team defends, playing keep away.

Match Related: (45 minutes)

Break field into 3rds, 1 player in each 3rd, ball starts with player 1 who passes to player 2, who passes to player 3, must sprint into the same 3rd of the field after passing ball.

- 3v2 - Midfielders make penetrating runs after pass to forward. (20 minutes)

Break field into 3rds, set up 2 forwards / 3 midfielders formation, and show 4v4 within 2-3-2, practice midfielders making penetration runs at angles.

- 5v3 – Midfielders make penetrating runs after pass to forward. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 44

Topic: 4v4 Introduction:

(1 Hour 30 minutes)

Coaching Points:

- Diamond shape of play.
- Pass to lead foot of receiving player.
- Always pass the way you are facing.
- Change direction to receive pass.
- Can you look away once / twice and still receive the ball?
- Call for the ball, "Ball!"
- Focus on maintaining diamond shape, passing to the correct foot, making runs after passing the ball.

Warm up: (15 minutes)

- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.
- *Side to Side Step-On* – Roll ball to the opposite foot with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- *Side to Side Front Roll* – Tap the ball back and forth with the inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

Match Related: (45 minutes)

- *4v0* - Practice passing in diamond shape and following pass, switch directions. (20 minutes)
- *4v2* – With 2 defenders to goal. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 45

Topic: 4v4 Penetration to Goal:

(1 Hour 30 minutes)

Coaching Points:

- Diamond shape of play.
- Pass to lead foot of receiving player.
- Always pass the way you are facing.
- Change direction to receive pass.
- Can you look away once / twice and still receive the ball?
- Call for the ball, "Ball!"
- Focus on maintaining diamond shape, passing to the correct foot, making runs after passing the ball.

Warm up: (15 minutes)

- *1v1 Circle Drill* – In a circle number each player, with 3-5 balls, call out a number and 2 players play for 30 seconds to one minute passing and defending.

Match Related: (45 minutes)

- *4v2* - Practice passing in diamond shape and following pass to goal against 2 defenders. (20 minutes)
- *5v3* – 2 forwards and 3 midfielders with 3 defenders to goal. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 46

Topic: Receiving The Ball:

(1 Hour 30 minutes)

Coaching Points:

- Always be moving, angle and lock your foot in the direction you want to go.
- Key - Toes of receiving foot must be pointed in the air in order to lock ankle.
- Place the ball three feet in front of you in the direction you want to dribble, pass, or shoot.
- Pretend the ball is an egg, so gently receive it by moving backwards.
- Demonstrate movement, angle the foot in the direction you want to go, lock the ankle, receive the ball, and place the ball three feet in front of you.
- Focus on receiving ball correctly and passing to lead foot.

Warm up: (15 minutes)

- *Flips* – Use laces of the shoe to flip the ball past the defender.
- *Stop Turns* – Place balance leg next to ball, step lightly on the ball, turn body, stop with foot on ball, and dribble.
- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.

Match Related: (45 minutes)

- *Quick Touch Passing* - Groups of 2 with 1 ball per group. Players start off 1 yard apart and pass 5 times from right foot to right foot, and then switch to left foot. After 5 passes move to 3 yards, then 5 yards, then 10 yards apart. Focus on 1st touch. (15 minutes)
- *3 Player Line Passes* – Player in middle receives pass with one foot, passes back to server, sprints to next cone and receives pass from 3rd player, use 2 balls, work on 1 and 2 touch passes. (15 minutes)
- *5v3*– Must make 3 passes before shooting at goal. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

Conditioning: (15 minutes)

- *Rabbits and Foxes* – Square with 2 teams of 4 at opposite corners, chase the other until one team catches and captures the other team (no cutting corners).

NWSC U12 - Session 47

Topic: Receiving The Ball:

(1 Hour 30 minutes)

Coaching Points:

- Always be moving, angle and lock your foot in the direction you want to go.
- Key - Toes of receiving foot must be pointed in the air in order to lock ankle.
- Place the ball three feet in front of you in the direction you want to dribble, pass, or shoot.
- Pretend the ball is an egg, so gently receive it by moving backwards.
- Demonstrate movement to the ball, angle the foot in the direction you want to go, lock the ankle, receive the ball, and place the ball three feet in front of you.
- Focus on receiving ball correctly, passing to lead foot, going to meet the ball, and taking quick shots.

Warm up: (15 minutes)

- *Team Drill with 1 Touch* – 3 groups with different color pennies, 2 teams match up in the circle, 1 team on outside of square with each player having a ball. Players on the outside try to pass ball to 1 of the 2 teams on the inside who tries to 1 touch back. (5 minutes)
- *Team Drill with 3 Touches* - Next offensive players must use 3 touches before passing the ball back. (5 minutes)
- *Team Drill Pass to Another Player* - Next offensive players must play ball to another player on the outside. (5 minutes)

Match Related: (45 minutes)

- *1v1* – 2 lines next to goal, 1st player to ball must shoot on goal within 3 touches. (15 minutes)
- *2v2* - 2 lines next to goal, 1st 2 players to ball must work together to shoot on goal. (15 minutes)
- *3v3* - 2 lines next to goal, 1st 3 players to ball must work together to shoot on goal. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 48

Topic: Crossing the Ball:

(1 Hour 30 minutes)

Coaching Points:

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).
- Focus on crossing the ball and finishing.

Warm up: (15 minutes)

- *Flips* – Use laces of the shoe to flip the ball past the defender.
- *Stop Turns* – place balance leg next to ball, step lightly on the ball, turn body, stop with foot on ball, and dribble.
- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.

Match Related: (45 minutes)

- *3v0* - No defender with crosser, 2 attackers from top of goal box, with goalkeeper, both sides of pitch. (15 minutes)
- *3v1* – 1 defender with crosser, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)
- *4v2* – Work on crossing the ball against 2 defenders. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- *20 Yard Speed Drills* – (twice)
 - Sprint forward, Butt Kicks, Sidestep, High Knees, and Backpedal.

NWSC U12 - Session 49

Topic: Passing – Crossing:

(1 Hour 30 minutes)

Coaching Points:

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).
- Focus on crossing the ball and finishing.

Warm up: (15 minutes)

- *4v4 with 4 outside players 2 per team.* - Players in middle must pass to players on outside with same color pennies, who try and 1 or 2 touch back the ball to players in the middle with crossing pass.
- *Both Feet.* (5 minutes)
- *Right Foot Only.* (5minutes)
- *Left Foot Only.* (5minutes)

Match Related: (45 minutes)

- *4v4 with 2 Crossers* – Must make pass to crosser. (20 minutes)
- *2 Forwards and 3 Midfielders vs. 3 Defenders* – Midfielders make runs after passing to forwards, then make crossing pass. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 50

Topic: Goal Kicks:

(1 Hour 30 minutes)

Coaching Points:

- *The Goal Kick* - Can be anywhere in the penalty box area, all opposing players must be outside of the penalty area, no second touch by the kicker, ball must leave the penalty box area, attacking team use space and width, maintain possession, and progress down the pitch with the ball, defending team “mark” to win the ball and penetrate to goal.
- Focus on first touch, moving into space, playing the ball wide, possession, and progression of the ball down the field, defense matches up to win the ball and penetrate to goal.

Warm up - Conditioning: (15 minutes)

- *Creative Dashes* – Two sets of cones 10 –15 yards apart, separate team into 2 lines, the object of the drill is for each player to sprint from 1 cone to another from different starting positions, bellies, back, side, jump in place, with back to cones, completing each drill twice.

Match Related: (45 minutes)

- 6v3 - Practice goal kicks and receiving and moving the ball down the pitch, with minimal defensive pressure. (15 minutes)
- 6v3 - Practice goal kicks and receiving and moving the ball down the pitch, with defensive pressure. (15 minutes)
- 6v6 - Practice goal kicks and receiving and moving the ball down the pitch. (15 minutes)

Match Condition: (15 minutes)

- Scrimmage.

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using only the balls of your feet.

NWSC U12 - Session 51

Topic: Corner Kicks:

(1 Hour 30 minutes)

Coaching Points:

- *Corner Kicks* - Keeper keep your position and hold it until the ball is in play, attacking team makes run at goal, defending team plays “mark” position.
- *Decision Making Speed* – The ability to make a decision as to what to do with and without the ball.
- *Mental Preparation* – Battle in the box, make clean contact, or ricochet if possible.
- Focus on first touch, making runs to the goal, defenders “marking up.”

Warm up: (15 minutes)

- *Multiple Goals* – 4-6 goals, 2 teams play, can score from any side of a goal by passing through the goal to a teammate.

2. Match Related: (45 minutes)

- *One crosser, 2 attackers, and goalkeeper.* (10 minutes)
- *One crosser, 2 attackers, 1 defender and goalkeeper.* (10 minutes)
- *One crosser, 3 attackers, 2 defenders and goalkeeper.* (10 minutes)
- *One crosser, 6 attackers, 3 defenders and goalkeeper.* (15 minutes)

3. Match Condition: (15 minutes)

- *Scrimmage.*

4. Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 52

Topic: Pre-Season Conditioning / Dribbling:

(1 Hour 30 minutes)

Coaching Points:

- Conditioning – Speed and endurance.
- Use the entire foot, especially laces (explode).
- Look up while dribbling (look up).
- Control the ball (control).
- Focus on dribbling to control the ball, working on making moves to beat an opponent.

Warm up: (15 minutes)

- *Circle Drill* – ½ of team with ball dribble and pass to other players in circle (center circle) switching being in the center. Passer runs around receiver and receives a wall pass.

Match Related: (45 minutes)

- *2v1 or 3v2* – In square, change defenders upon loss of possession. (20 minutes)
- *3v2 or 4v2* - In square, change defenders upon loss of possession. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 53

Topic: Pre-Season Conditioning / Dribbling / Possession:

(1 Hour 30 minutes)

Coaching Points:

- Conditioning – Speed and endurance.
- Use the entire foot, especially laces (explode).
- Look up while dribbling (look up).
- Control the ball (control).
- Focus on dribbling to maintain possession, while making moves with the ball.

Warm up: (15 minutes)

Inside the circle player must make a move with the ball before each pass.

- Inside the circle players each with a ball dribble and pass to players on the outside of the circle and then make a run to receive it back with a wall pass (pass to teammate with same color penny). (5 minutes)
- Inside the circle player each with a ball plays the ball to the outside and it is one touched back to the player on the inside who touches it back to the same player and spins off to receive the return pass, 2 passes, (pass to teammate with same color penny). (5 minutes)
- Inside the circle player's pass to players on the outside who switches places, continuously change places while passing, (pass to teammate with same color penny). (5 minutes)

Match Related: (45 minutes)

- *2v2+2 or 3v3+2* - With 2 target players at each end of the pitch to receive pass and attack. (20 minutes)
- *4v4+4* – With target players on all 4 sides of perimeter. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 54

Topic: Pre-Season Conditioning / 4v4 Introduction:

(1 Hour 30 minutes)

Coaching Points:

- Diamond shape of play.
- Pass to lead foot of receiving player.
- Always pass the way you are facing.
- Change direction to receive pass.
- And call for the ball, "Ball!"
- Focus on dribbling to maintain possession, positioning to pass and receive the ball and shape of play.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, continue dribble with other foot.
- *Double Scissors* - Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, lift other leg over ball, and continue dribble with other foot.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *4v4* - Practice passing in diamond shape and following pass. (15 minutes)
- *4v4* – Player receiving pass moves away from direction of passer and returns to get the ball calling for it, "Ball!" (Use 4 shadow defenders, no pressure). (15 minutes)
- *4v2* – With 2 defenders. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 55

Topic: Pre-Season Conditioning / 4v4 Introduction:

(1 Hour 30 minutes)

Coaching Points:

- Diamond shape of play.
- Pass to lead foot of receiving player.
- Always pass the way you are facing.
- Change direction to receive pass.
- Can you look away once / twice and still receive the ball?
- Call for the ball, "Ball!"
- Focus on dribbling to maintain possession, positioning to pass and receive the ball and shape of play.

Warm up: (15 minutes)

- *1v1 Circle Drill* – In a circle number each player, with 3-5 balls, call out a number and 2 players play for 30 seconds to one minute passing and defending.

Match Related: (45 minutes)

- *4v4* - Practice passing in diamond shape and following pass. (20 minutes)
- *4v2* – With 2 defenders. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

Cool Down Period: (5 minutes)

- Jog, stretch, and discuss practice points.

NWSC U12 - Session 56

Topic: Pre-Season Conditioning / 4v4 Introduction:

(1 Hour 30 minutes)

Coaching Points:

- Diamond shape of play.
- Pass to lead foot of receiving player.
- Always pass the way you are facing.
- Change direction to receive pass.
- Can you look away once / twice and still receive the ball?
- Call for the ball, "Ball!"
- Focus on dribbling to maintain possession, positioning to pass and receive the ball and shape of play.

Warm up: (15 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A Vee* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Opposite Vee* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

Match Related: (45 minutes)

- *4v4* - Practice passing in diamond shape, player 1 passes to player 2, 2 returns pass to 1 who is making run, 1 return pass to 2, who turns with the ball and passes to 3, etc. (20 minutes)
- *4v4+4* – With 4 defenders and 4 outside support players. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 57

Topic: Pre-Season Conditioning / 4v4 Play:

(1 Hour 30 minutes)

Coaching Points:

- Diamond shape of play, pass to lead foot of receiving player, always pass the way you are facing, change direction to receive pass, and call for the ball, “Ball!”
- Can you look away once / twice and still receive the ball?
- Soccer is a directional game of passing the ball forwards, sideways, and backwards.
- Passing forward, “Is there a window to pass the ball through?” and “Can you see the player you want to pass to?”
- If not pass sideways or backwards, then pass forward.
- Focus on dribbling to maintain possession, positioning to pass and receive the ball and shape of play.

Warm up: (15 minutes)

- *Dribble In Circle* - On the word “go” sprint to outside cone and back, using quick touches, must make a move at the cones. Rest by still moving and juggling the ball, etc. Use red and yellow cones for distances.

Match Related: (45 minutes)

- *4v2* – With 2 defenders, focus on overlap runs to the goal. (20 minutes)
- *4v4+4* – With 4 defenders, focus on overlap runs to the goal, using 4 outside support players. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 58

Topic: Pre-Season Conditioning / 4v4 Play Penetration:

(1 Hour 30 minutes)

Coaching Points:

- Diamond shape of play, pass to lead foot of receiving player, always pass the way you are facing, change direction to receive pass, and call for the ball, “Ball!”
- Can you look away once / twice and still receive the ball?
- Soccer is a directional game of passing the ball forwards, sideways, and backwards.
- Passing forward, “Is there a window to pass the ball through?” and “Can you see the player you want to pass to?”
- If not pass sideways or backwards, then pass forward.
- Focus on dribbling to maintain possession, positioning to pass and receive the ball and shape of play.

Warm up: (15 minutes)

Inside the circle player must make a move with the ball before each pass.

- Inside the circle players each with a ball dribble and pass to players on the outside of the circle and then make a run to receive it back with a wall pass. (5 minutes)
- Inside the circle player each with a ball plays the ball to the outside and it is one touched back to the player on the inside who touches it back to the same player and spins off to receive the return pass (2 passes). (5 minutes)
- Inside the circle player’s pass to players on the outside who switch places (continuously change places while passing). (5 minutes)

Match Related: (45 minutes)

Break field into 3rds, set up 2-3-2 formation, and show 4v4 within 2-3-2, practice midfielders making penetration runs at angles.

- 4v2 – With 2 defenders, focus on midfielders making penetrating runs. (20 minutes)
- 4v4 – Midfielders make penetrating runs after pass to forward. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- *Choo-Choo Race* – 1st player lies down 2nd player jumps over her. The next player jumps over both of them and lies down. Use two lines and have a race.

NWSC U12 - Session 59

Topic: Pre-Season Conditioning / 4v4 Play Penetration:

(1 Hour 30 minutes)

Coaching Points:

- Diamond shape of play, pass to lead foot of receiving player, always pass the way you are facing, change direction to receive pass, and call for the ball, “Ball!”
- Can you look away once / twice and still receive the ball?
- Soccer is a directional game of passing the ball forwards, sideways, and backwards.
- Passing forward, “Is there a window to pass the ball through?” and “Can you see the player you want to pass to?”
- If not pass sideways or backwards, then pass forward.
- Focus on dribbling to maintain possession, positioning to pass and receive the ball and shape of play.

Warm up: (15 minutes)

- *Circle Drill* – 2 teams with different pennies, inside the circle players must make a move with ball and pass to player with same color penny.
- *Circle Drill* - Inside the circle, one team defends, playing keep away.

Match Related: (45 minutes)

Break field into 3rds, set up 2-3-2 formation, and show 4v4 within 2-3-2, practice midfielders making penetration runs at angles.

- *4v3* – Midfielders make penetrating runs after pass to forward. (20 minutes)
- *4v4* – With 4 defenders, focus on midfielders making penetrating runs. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 60

Topic: Pre-Season Conditioning / 4v4 Play Penetration:

(1 Hour 30 minutes)

Coaching Points:

- Diamond shape of play, pass to lead foot of receiving player, always pass the way you are facing, change direction to receive pass, and call for the ball, “Ball!”
- Can you look away once / twice and still receive the ball?
- Soccer is a directional game of passing the ball forwards, sideways, and backwards.
- Passing forward, “Is there a window to pass the ball through?” and “Can you see the player you want to pass to?”
- If not pass sideways or backwards, then pass forward.
- Focus on making penetrating runs with and without the ball.

Warm up – Circle Drill: (15 minutes)

- *Circle Drill* – 2 teams with different pennies, inside the circle players must make a move with ball and pass to player with same color penny and then overlap for return pass.
- *Circle Drill* - Inside the circle, one team defends, playing keep away.

Match Related: (45 minutes)

Break field into 3rds, set up 2-3-2 (or 3-3-1) formation, and show 4v4 within 2-3-2 or 3-3-1, practice midfielders making penetration runs at angles.

- *4v4* – Midfielders make penetrating runs after pass to forward.

Match Condition: (15 minutes)

- Scrimmage.

Conditioning: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 61

Topic: Finishing:

(1 Hour 30 minutes)

Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on finishing properly.

Warm up: (15 minutes)

- *Drag Race* – A ball is placed on the penalty mark or the top of the goal area. Two players run from the goal line to a cone on the centerline, and back toward the ball. The 1st player to get to the ball shoots at the goal, making a move first.

Match Related: (45 minutes)

- *1v0* – Ball is played by server from beside goal to the 12-yard line, players sprint to ball and 1 touch finish with keeper. (15 minutes)
- *2 Line Drill* – 2 lines of players 25-30 yards from goal, server passes ball between lines, 1st player to win ball goes to goal, the other plays defense with keeper. (15 minutes)
- *1v1* – Players start at 18 yard line, sprint around the goal, then come back to win the ball and go to goal with keeper. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *20 Yard Agility Run* – Set up 3 cones in a straight line 5 yards apart, player straddles center cone (A), turn and sprint to cone on right (B), turn and sprint to far cone on left (C), turn and sprint to center cone (A).
- *40 Yard "T" Test* – Set up 3 cones 5 yards apart and the 4th cone 10 yards away and perpendicular from the center cone (A), player sprints to left side of middle cone (B), side shuffles to right cone (C) not crossing feet, turns at cone C and sprints to far left cone (D), side shuffles from D to far side of (B), and then back pedals to cone A.
- *20 Yard Sprint* – Players sprint 20 yards.

NWSC U12 - Session 62

Topic: Finishing:

(1 Hour 30 minutes)

Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on finishing properly.

Warm up: (15 minutes)

- *Breakout* – Two teams, with all balls in two goal areas, object is to take from the other team's goal as many balls as possible and dribble them into your goal area. Start with holding a ball, if an opponent tags you, you must take the ball in your hand back to the goal and start over on your side. Key is designate defenders and attackers on each team.

Match Related: (45 minutes)

- *1v0* – Starting at end line receive pass, turn and finish, with goalkeeper. (15 minutes)
- *1v1* - Starting at end line receive pass, turn and finish, with goalkeeper. (15 minutes)
- *2v1* - Starting at end line receive pass, turn and finish, with goalkeeper. (15 minutes)

Match Condition: (15 minutes)

- Scrimmage.

Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

NWSC U12 - Session 63

Topic: Short Passing / Wall Pass:

(1 Hour 30 minutes)

Coaching Points:

- Plant your foot (plant).
- Pass to the front of your teammate (space).
- Good pace on the ball (pace, speed, accuracy, and timing).
- *Improving Speed With The Ball* – Action speed with the ball.

Passing builds on the following:

- Use the entire foot (inside, laces, outside).
- Look up while dribbling (look up).
- Control the ball (control).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on passing and finishing properly.

Warm up: (15 minutes)

- *Circle Drill* – Two groups, one in the small circle without balls and the other group is around the bigger circle with balls. Group in the middle sprints toward a server on the outside and when they get around 8 yards away from the server they call for the ball, receive the ball, and play it back. After playing the ball back to the server the player sprints back to the middle of the circle and goes to another server. Focus on 2 touches, then 1 touch, serving to the correct foot, vision, communication, and not having players go to the same server at the same time.

Match Related: (45 minutes)

- *In Two's Between Cones* – Passing using inside, laces, and outside of foot. (10 minutes)
- *2v0* – Wall pass with goalkeeper. (15 minutes)
- *2v1* – Wall pass with goalkeeper and defender. (20 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *40-Yard Sprint* – Players sprint 40 yards, 3 times.
- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to the start line 6 times, 2nd time use a ball and make moves while dribbling and at turns.

NWSC U12 - Session 64

Topic: Short Passing / Wall Pass:

(1 Hour 30 minutes)

Coaching Points:

- Plant your foot (plant).
- Pass to the front of your teammate (space).
- Good pace on the ball (pace, speed, accuracy, and timing).
- Improving Speed With The Ball – Action speed with the ball.
- Focus on passing and finishing properly.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, continue dribble with other foot.
- *Double Scissors* - Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, lift other leg over ball, and continue dribble with other foot.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *Triangle* – In groups of 3 or 4, dribble and pass, maintaining eye contact and movement, follow pass. (10 minutes)
- *Short Pass / Long Pass* – In line of 3, 1st player passes to the middle player, who passes back to the 1st player, who then makes a long pass to 3rd player, repeat other way, changing middle player often. (10 minutes)
- *Short Pass / Wall Pass* – In line of 3, 1st player passes to middle player, who wall passes back to 1st player who makes a run and passes to 3rd player, repeat other way, changing middle player often. (10 minutes)
- *4v1 and/or 4v2* – On 10 x 20-yard grid, attackers limited to 2 or 3 touches, shift area of play. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 65

Topic: Long Passing:

(1 Hour 30 minutes)

Coaching Points:

- Plant your foot (plant).
- Pass to the front of your teammate using laces (space).
- Good pace on the ball (pace, speed, accuracy, and timing).
- Improving speed with the ball (action speed with the ball).
- Focus on passing, receiving, moving after the ball, and making yourself available for the pass.

Warm up: (15 minutes)

- *Team Passing* - Players are broken into 2 groups in a 40x30 yard field with a line down the middle, each team has a ball and must see how many passes they can complete within 3 minutes, and conditions are passes must be longer than 5 yards, after each pass player who passes must sprint to furthest line, no player standing still.

Match Related: (45 minutes)

- *Team Passing with 1 defender* – Same setup as above, with one ball, blue team starts with the ball and green team sends over one defender, blue tries to make three passes in a row, then passes to green and sends over one blue defender, anytime there is a loss of possession, new ball is played to the other team. (15 minutes)
- *Team Passing with 2 defenders* – Same setup as above, with one ball, blue team starts with the ball and green team sends over two defenders, blue tries to make three passes in a row, then passes to green and sends over two blue defenders, anytime there is a loss of possession, new ball is played to the other team. (15 minutes)
- *Team Passing with 3 defenders* – Same setup as above, with one ball, blue team starts with the ball and green team sends over three defenders, blue tries to make three passes in a row, then passes to green and sends over three blue defenders, anytime there is a loss of possession, new ball is played to the other team. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- *Snake* – All players stand in a line 5 feet from each other, use 2 lines if needed. The player in the back runs in a weaving fashion around the players and stops 5 feet in front of the first player. Repeat using a ball the 2nd time.

NWSC U12 – Session 66

Topic: Long Passing:

(1 Hour 30 minutes)

Coaching Points:

- Plant your foot (plant).
- Pass to the front of your teammate using laces (space).
- Good pace on the ball (pace, speed, accuracy, and timing).
- Focus on passing, receiving, moving after the ball, and making yourself available for the pass.
- *Game Reaction Speed* – The ability to make fast decisions during the game using technique, tactical, and conditioning skills.

Warm up: (15 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A Vee* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Vee* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

Match Related: (45 minutes)

- *Long Pass in 3's* – Between two cones, two players pass to each other with goalkeeper in the middle. (15 minutes)
- *No Man's Land* - Three teams with a 5 yard middle zone, blues start with the ball and one red defends, blue needs to make three passes in a row and then tries to pass over or through the red team with two or three defenders in middle zone to the green team, if successful green tries for three passes in a row, with one red defending, if red wins ball, team losing the ball goes into middle zone, players may not enter or leave the middle zone, use two defenders if needed. (15 minutes)
- *4v4+4* – On 25 x 25 yard grid, attackers limited to two or three touches, shift area of play, with four target players, focusing on game reaction speed. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

NWSC U12 - Session 67

Topic: Group Attack – Penetration:

(1 Hour 30 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes and few touches.
- Quick ball movement, ball control, and finishing.
- *Game Reaction Speed* – The ability to make fast decisions during the game using technique, tactical, and conditioning skills.
- Focus on possession and penetration.

Warm up: (15 minutes)

- *8v4* – Three teams of four, blues, whites, and greens, in 30x30 yard grid, reds start on defense, switch defenders every two minutes, (8v4), emphasis on possession and moving the ball down the field.

Match Related: (45 minutes)

- *2v1* - Defender runs from trailing side of pitch with keeper, work on wall passes and finishing. (15 minutes)
- *4v4+4* - With 4 target players at each end of the pitch to receive pass and attack. (15 minutes)
- *4v4+4* – With 1 target player on all 4 sides of perimeter. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: (15 minutes)

- *Nightmare* – Sprint from the end line to 6-yard line and back, 18-yard line and back, 30-yard line and back, and midfield and back. Use a ball the 2nd time and make a move at each turn.

NWSC U12 - Session 68

Topic: Group Attack – Penetration:

(1 Hour 30 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes and few touches.
- Quick ball movement, ball control, and finishing.
- *Game Reaction Speed* – The ability to make fast decisions during the game using technique, tactical, and conditioning skills.
- Focus on possession, opening up, making runs to for penetration.

Warm up: (15 minutes)

- *Flips* – Use laces of the shoe to flip the ball past the defender.
- *Stop Turns* – Place balance leg next to ball, step lightly on the ball, turn body, stop with foot on ball, and dribble.
- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.

- *Group of 3 Players* – Groups play follow the leader, the 1st person in the group can go anywhere and do anything with the ball making moves, changing direction, etc., calling out move for others to follow, switch leaders after 1 minute, for a total of 3 times.

Match Related: (45 minutes)

- *3v3+2+4* – 35x35-grid, 2 attackers with 4-outside players to help with pressure. (20 minutes)
- *3+2v3+2 with 2 keepers* – 3 midfielders with 2 attacking players who only are allowed in the offensive half of the field at 1 time, emphasis is on playing the ball in the direction they are facing, midfielders try to get the ball to the 2 attackers who lay the ball off in the direction they are facing to the midfielders making a run forward, attackers do not turn with the ball to goal this forces attackers to position themselves with an emphasis on opening up and forces midfielders to make a run to goal. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning: Ladder Drills (15 minutes)

- *Lateral Runs* – Run laterally with both feet landing in each square.
- *Rabbit Hops* – With both feet inside the first square hop quickly into the next square, concentrating on quick hops not high hops.
- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.

NWSC U12 - Session 69

Topic: Group Attack – Possession:

(1 Hour 30 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, and finishing.
- Focus on possession, opening up, penetrating pass, and making runs to for penetration to try and score.

Warm up: (15 minutes)

- *Dribbling Between Cones* – Various sets of cones spaced on field, dribble through, seeing the field looking for space.
- *No Pressure* – All players dribble. (5 minutes)
- *Passive Pressure* - With opponent maintain possession with moves, defender does not try and tackle the ball. (5 minutes)
- *Pressure* - With opponent, try and maintain possession defender tries to tackle the ball and then maintain possession. (5 minutes)

Match Related: (45 minutes)

- *4v4v4* – Three teams, one team defends (4 players) and two teams attack (8 players), when ball is stolen the team that wins the ball becomes an attacking team; team that loses the ball becomes defenders. (20 minutes)
- *Arena Ball* – Three teams of four each, field is 40x30, two teams are on the field, one team is on the end lines, each team must pass the ball to one of the players on their attacking end line, who must one touch pass back to try and score. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning (15 minutes)

- *Creative Dashes* – Set two sets of cones 10 –15 yards apart, separate team into two lines, the object of the drill is for each player to sprint from 1 cone to another from different starting positions, bellies, back, side, jump in place, with back to cones, completing each drill twice.

NWSC U12 - Session 70

Topic: Defensive Support: Roles of 3 Defenders:

(1 hour 30 minutes)

Coaching Points:

- Even though this session is working primarily on defensive support we want to start by working on passing because if we can't get good passes, it will be difficult to work on the defensive support.
- Defensive team is working on rotating and not tackling.
- When the ball is in the middle, the 1st defender steps to the ball and the other two defenders fall back, 2nd defender supports, 3rd defender balances.

Warm -Up: (15 minutes):

- *Groups of 2's* - with one ball per group. The player are 5 yards apart and pass back and forth right foot only 5 times and then left foot only 5 times, then 10 yards, 15 yards, 20 yards and 25 yards. This is working on both passing and receiving with pace and accuracy.

Match Related: (45 minutes)

- *Groups of 6's* - 20x15 grid, 3v3. The 3 offensive players on one end line and the ball starts with the middle player, play 2 touch. The other 3 players match up defensively rotating towards the ball. The defense works on rotating and not trying to win the ball. 2 minutes, then switch roles. After 4 sets of this the offensive players make 5 passes and they are allowed to move forward. The defensive players aren't allowed to tackle the ball but they can intercept a pass. Each team gets 10 tries and they get a point if they cross the opposite end line. (15 minutes)
- *3v3 Counter Attack* - Next is the same game but now if the defense wins the ball, they look to counter attack by crossing the end line they are facing. (15 minutes)
- *5v3* – 25x20 grid. After each team does 3 minutes of rotations at full speed (2 touch requirements on offense) the rule is put in that after 5 passes the offensive team can move and go forward and try to score. Again, the defensive team is working on rotating and not tackling. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.
- *Doggies* - 5 sets of doggies (sprint to a cone 5 yards and back then 10 yards and back then 15 yards and back and then 20 yards and back and then 25 yards and back and then the other team goes, use ball.