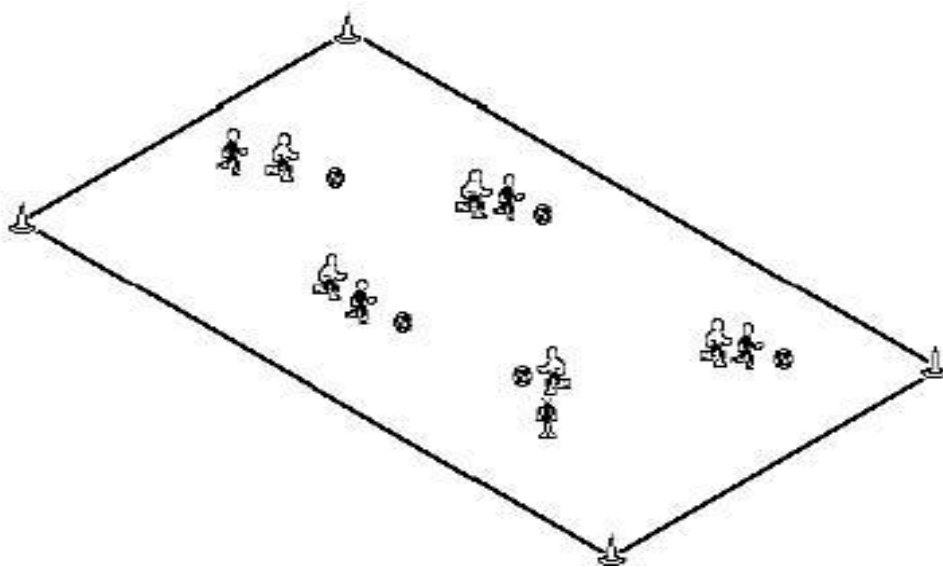


CHESTER SOCCER CLUB U12 PRACTICE SCHEDULE – WEEK 1

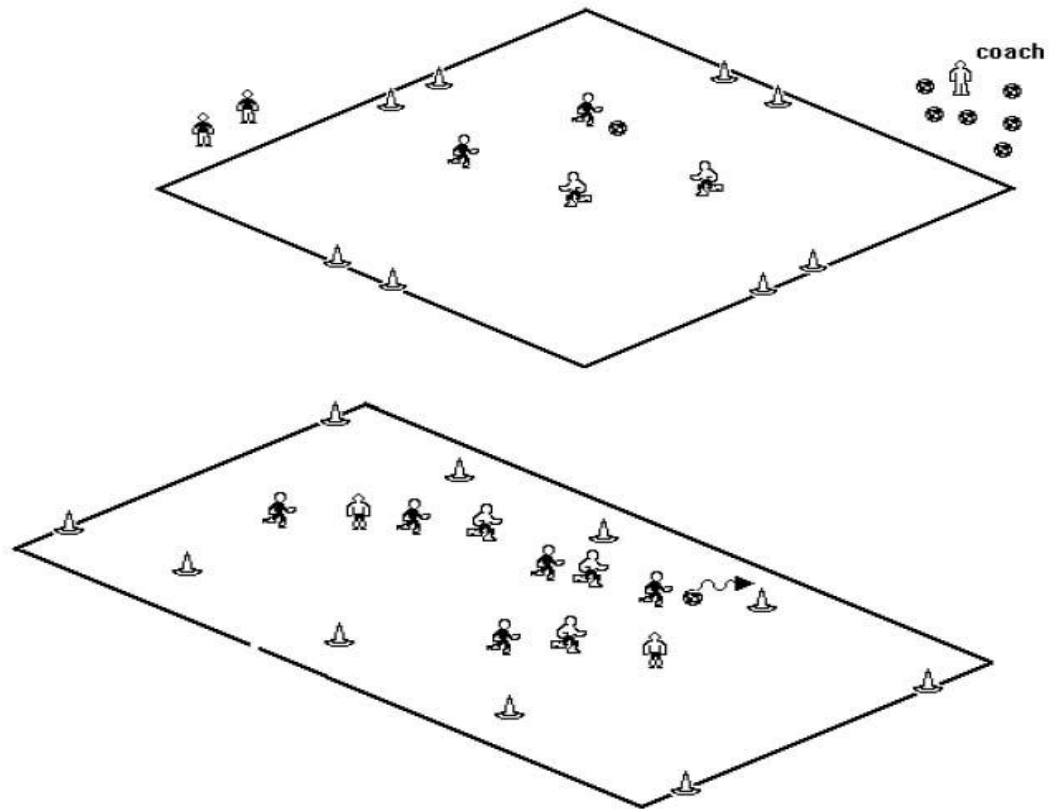
1) Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot to turn away from pressure. Have players dribble with speed (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot). Coach calls out moves (giving each move the name of a female or male U.S. National Team member is quite effective) or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* Have players work on moves to beat pressure, such as step over, double step over, etc, etc. *Version 3:* Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the non-dominant foot. Again, the coach can challenge the players by saying “I’m going to pick out two of you to demonstrate for the group.” Then ask the other players to watch the player closest to them. (15 minutes)

2) Shield-Steal---Half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. (15 minutes)



3) 2 vs. 2 to Four Cross Goals---Teams defend one goal and have the opportunity to score on the other three, you must dribble through a goal to score a point. The goals are on the ends of a large cross in a square grid roughly 10yds x 10yds. Have one team of 2 on deck, they come on when a team gets scored

on twice. Game is continuous, they must run on immediately. (15 minutes)

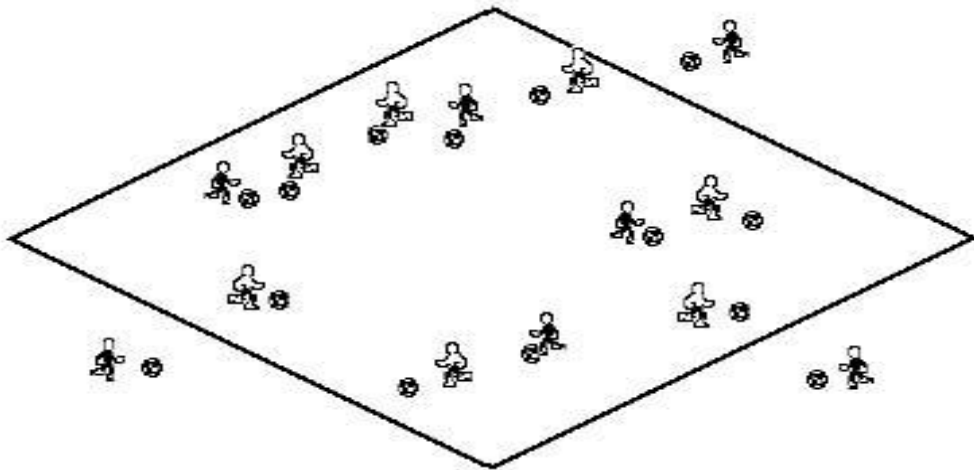


4) End Zone Dribbling Game---Team comprised of 4-6 players depending on numbers and space. To score you must dribble into the opponent's end zone while under control (created with discs). Passing in will not count. Stress recognizing opportunities and bursting into space while under control of ball. (15 minutes)

5) 6v6 To Goals---In a 35x30 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game without keepers of 6v6, perhaps stopping the game 1-2 times to highlight good dribbling and opportunities that are there to take people on in the right part of the field. (15 minutes)

CHESTER SOCCER CLUB U12 PRACTICE SCHEDULE – WEEK 2

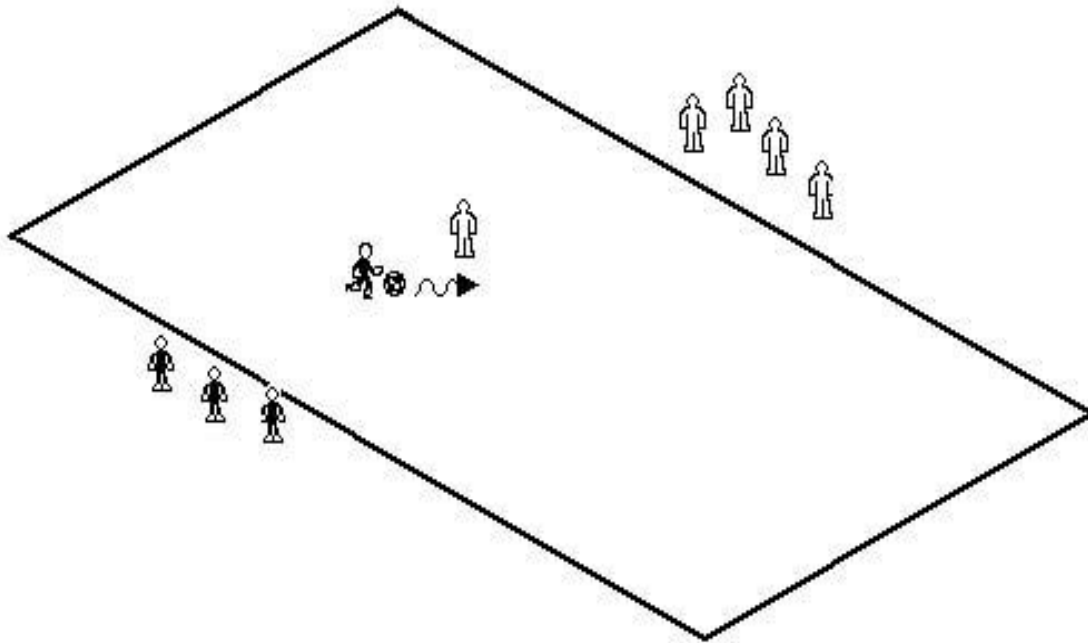
1) Knock Out---In same space as previous activity, have players dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times). (10 minutes)



2) Free Dribble---Everyone with a ball. Review use of inside, outside, and sole of the foot. Have players dribble with speed (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot), and perform moves to go past a defender. The moves to go past defenders will be: Matthews, two touches with inside of foot to one direction, and then take the ball in the opposite direction with the outside of the same foot; Rivaldo, fake to take the ball with the outside of one foot, and then take it with the outside of the other; Double Lollipop, two fakes with the outside of the feet, and then take with the outside of the foot. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session. *Version 2:* Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the other foot. Again, the coach can challenge the players by saying “I’m going to pick out two of you to demonstrate for the group.” Each week, one or two more moves can be added in. (15 minutes)

3) 1v1 to lines---In a grid 15x20 yards, players line up on opposite sides, with no more than six players per grid. The first player in each line alternates attacking the player opposite them. When the attacker dribbles over the line they score a goal. If the defender wins the ball he or she can counter attack to the opposite line to also score a goal. The players switch to the opposite line if a goal is scored or the ball goes out of bounds. The coach rotates the lines so all players get to

compete against each other. *Version 2:* The game can be made competitive by the coach designating two teams of three, who take turns to be their team's representative. *Version 3:* The same games can be played 2 vs. 2 or 3 vs. 3. (15 minutes)



4) 1v1 to two small goals---Set up a 15yd x 15yd grid with a small goal at each end. Attackers try to score by passing the ball through the goal. Defenders can counter attack to the opposite goal if they win the ball. Players switch sides after a goal or the ball goes out of bounds. The coach rotates the lines so all players get to compete against each other. (15 minutes)

5) 4v4 To Goals---In a 35x30 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game without keepers of 4v4, perhaps stopping the game 1-2 times to highlight good dribbling and opportunities that are there to take people on. (20 minutes) **1) Ball Tag---**In a space about 40yd X 30yd give every player a ball. Each player can pass (with the inside of their foot) their ball onto anyone else's ball for one point, and can hit the coach's ball for 3-5 points. *Version 2:* beat your score from last time by two points. *Version 3:* use your weaker foot. *Version 4:* make two teams to make more dynamic and see who can tag more players, then roles switch (10 minutes)

CHESTER SOCCER CLUB U12 PRACTICE SCHEDULE – WEEK 3

2) Technical Box / Pairs Passing---use entire space, half with balls and split groups into two with pinnies. Pass and move variations: 1-pass and move by passing to anyone, 2-pass and move by only passing to same team, 3-pass and move with wall pass, 4-pass and move with overlap,

5-pass and move with takeover, 6-receive pass and do a move, 7-receive pass and turn. (15 minutes)

3) Colored Passing-- half of the players in red pennies, half in blue. Teams playing together in the same space combine in the passing sequence blue-blue-red-red-blue-blue-red-red etc. etc. Ball can never stop, players can never stop moving, and ball cannot leave area of play. Coach can limit touch-count, mandate which foot to pass with or which side of foot to pass with as sees fit. When players can do first sequence adequately and without frequent errors change the sequence to blue-blue-blue-red-red-red-blue-blue-blue etc. etc. Stress communication and technical passing points throughout. Make this activity competitive by counting errors and setting goals by lowering allowed errors. (15 minutes)

4) 3v3 + 3 or 4v4 +4 (Bread and Butter)---typical 3v3 or 4v4 but with additional players who stand on outside of field and can be used by either team as outlets (with only 2 touches). If a team gets scored upon, they become the team on the outside and the outside team plays on the field. Use approximately a 20x25 yd area. Stress correct technique, receiving sideways on, and facing where they wish to play. May restrict the players to 2/3 touch to force quicker decisions, and better body position before the ball arrives. Keep score and make the game competitive. (15 minutes)

5) 6v6 To Goals---In a 35x30 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game without keepers of 6v6, perhaps stopping the game 1-2 times to highlight good passing and combination opportunities. (20 minutes)

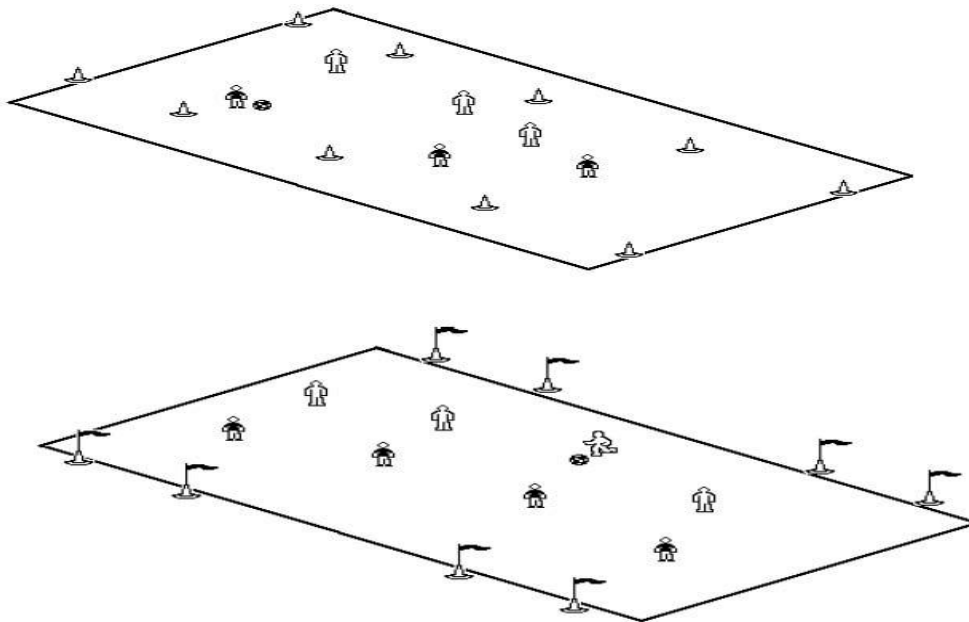
CHESTER SOCCER CLUB U12 PRACTICE SCHEDULE – WEEK 4

1) Dutch Circle---half of the players create a 25-35 yd outer circle and have balls. These players must always be alert and on their toes. The other half of the players are in the middle of this circle and do not have soccer balls. The inner players check to players on the outside to receive a pass from them. They receive the pass and then play to any player on

the outer circle who does not have a ball (except player who passed to them). They then check to another person on the outside that has a ball and repeat this process for about 2-3 minutes until coach switches players on outside and inside. Focus on both front foot and back foot receptions and add in feints (i.e. ball runs through legs, ball runs across body, or take ball early). Work on receiving with both feet and receiving sideways-on. (15 minutes)

2) Multiple Ball Game (Team Shield-Steal)---3 vs 3 vs 3 with 3 balls. Teams try to keep possession of as many of the balls as they can. The team with the most balls at the end wins. *Variation 2:* Start with 4 balls and gradually take away one at a time. The team with the lone ball at the end is the winner. (10 minutes) **3) 2 vs 2 or 3 vs 3 to end zones---**teams score by: dribbling into end zone=1 point, passing to teammate in end zone=2 points, combining 4 consecutive passes=1 point. *Variation 2:* Limit touches-3 touch, 2 touch, 1 touch. (15 minutes)

4) 4 vs 4 with 4 goals---in a 25x40 yd area, with two goals on each end, one team attacks/scores in two of the goals and the other team attacks/scores in other two goals at opposite end. An extra team is waiting on the side. Team to score two points first stays on and other team gets off. Teams score points by possessing ball for 4 consecutive passes or by scoring in one of their two goals. (20 minutes)



5) 6v6 or 8v8 To Goals---In a 35x30 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game with or without keepers of 6v6 or 8v8, perhaps stopping the game 1-2 times to highlight proper receiving that led to passing and combination opportunities. (20 minutes)

CHESTER SOCCER CLUB U12 PRACTICE

SCHEDULE – WEEK 5

1) Dutch Circle---half of the players create a 25-35 yd outer circle and have balls. These players must always be alert and on their toes. The other half of the players are in the middle of this circle and do not have soccer balls. The inner players check to players on the outside to receive a pass from them. They receive the pass and then play to any player on the outer circle who does not have a ball (except player who passed to them). They then check to another person on the outside that has a ball and repeat this process for about 1 minute until coach switches players on outside and inside. Focus on both front foot and back foot receptions and add in feints (i.e. ball runs through legs, ball runs across body, or take ball early). Work on receiving with both feet and receiving sideways-on. *Variation 2:* The inner players check to players on the outside to receive a pass from them. The players on the outside toss the ball in the air to the players on the inside. The players on the inside receive with different surfaces and then turn and find another player on the outside. *Variations:* top of foot, thigh, chest, any of the three. *Variation 3:* add in a 'dummy' defender to put pressure on player receiving ball in the air. Have one group go for about 1 minute with one surface, then switch players on outside and inside. Repeat until all surfaces are covered and variations completed (if possible). Focus on both front foot and back foot receptions receiving with the thigh, chest and head. (20 minutes)

3) 2 v 2 + 2 or 3 v 3 + 3---Three distinct teams in colors (red, green, white). One team starts as defenders and the other 2 teams play together to keep the ball away from the defense (so it is actually 4v2 or 6v3). When the ball is taken by the defense, the color (two/three players) they stole it from becomes the new defenders. Players must pay close attention to who the defenders are, to score the teams in possession must pass the ball into an endzone (one on each end of the field)—the one in the opposite half of the side they won the ball in. *Version 2:* Limit players to two touches on the ball or one touch on the ball as they become skilled enough to do so. (15 minutes)

4) Team Handball w/no hands---2 teams play by tossing ball (with hands) to teammates to work ball up field and scoring on the goal only with a header or a volley. Players cannot take more than 3 steps with the ball and have to touch the ball with another part of their body (chest, thigh, foot) before they can use their hands to catch the ball. If ball drops on ground, it must be picked up by the feet and not the hands. (20 minutes)

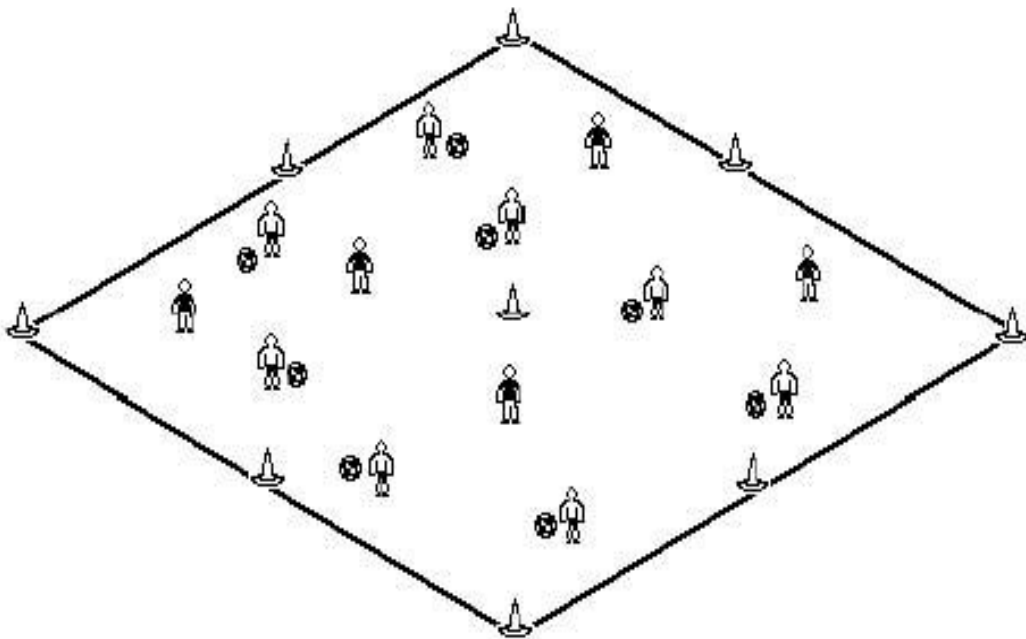
OR

4) Team Handball with hands---Same as above, but can catch with hands, but must finish (score) by a one touch volley, two touch volley, or header.

5) 6v6 or 8v8 To Goals---In a 35x30 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game with or without keepers of 6v6 or 8v8, perhaps stopping the game 1-2 times to highlight proper receiving that led to passing and combination opportunities. (20 minutes)

CHESTER SOCCER CLUB U12 PRACTICE SCHEDULE – WEEK 6

1) Combination Square---Make a grid about 25x25 yards and break it into quarters. Place 4 or 5 players in vests and have them roam around the entire grid in order to give support to the other players. Players in vests do not have balls, all other players do. Players with balls look to dribble around the grid and try to connect with the vested players to perform wall-passes. However, in order for this to happen the player on the ball must pass to a vested player in a different quarter than him and the pass back from the vested player must go into a quarter that neither he or player who passed the ball is in. The player initiating this wall pass needs to play a firm pass, sprint to an open space in a different quarter, receive the ball, and burst again with speed once receiving the ball. The vested player must show themselves to others constantly in order to give support and look to play balls to the front foot of the runner. (10 minutes)



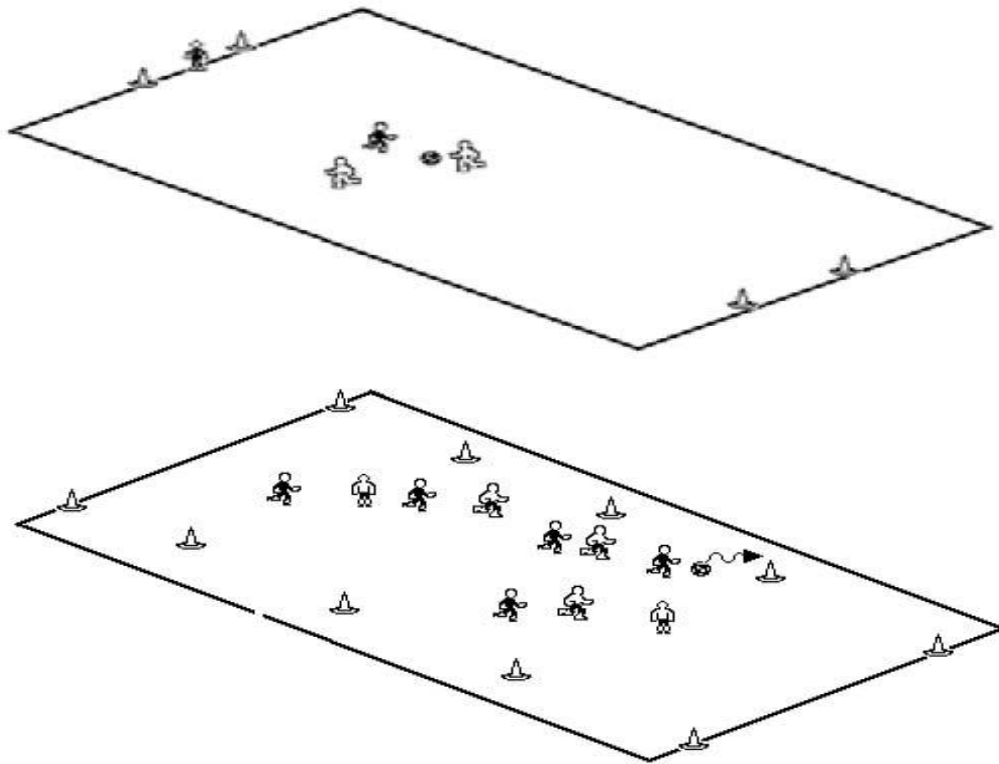
2) 2 vs. 1 keepaway---In a grid 10x15 yards, three players play 2 vs. 1 continuous keepaway. Two attackers combine to keep the ball away from one defender. When the defender wins the ball, he or she immediately combines with the attacker he or she did not win the ball from and the attacker who lost the ball becomes the defender. Balls out of play are dribbled in or passed in. (5 minutes)

3) 2v1 to a line---In a 12x17 yard grid two teams of five stand on two opposite end lines. Attackers combine with a wall pass, overlapping run or take-over to beat the single defender to the opposite line. The defender passes the ball to the attackers from the opposite line, and must approach the attackers. If the defender intercepts the ball they can counter-attack to opposite end

line for a point. The next service comes from the other end line, and the team that was defending last time now attacks 2v1. *Variation:* Attacking team can either combine for two points or person with the ball can make the decision to dribble over the line, under control, for one point. (10 minutes)

4) 2v1+1 to goal---In a 12x17 yard grid add two 3 yard goals on each 12yard side. The attacking team must set up an over-lap, take-over or wall pass before scoring. The defending team must have one player in the goal and one on the field. The goalkeeper must stay in the goal until the attacking team loses the ball. *Variation:* Attacking team can combine for 2 points or person with the ball can shoot, below knee height, for 1 point. (15 minutes)

5) Endzone Game---Teams comprised of 4-6 players depending on numbers and space. The attacking team must combine with a wall pass, take-over or over-lap to get into the end zone (created with discs). Add a “plus” player who always plays for the attacking team if they can’t keep possession long enough to create a combination. *Variation:* Get two points for combining with a teammate in the end zone and get one point for dribbling into the end zone. Decision making! (15 minutes) **6) 6v6 or 8v8 To Goals---**In a 35x30 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game with or without keepers of 6v6 or 8v8, perhaps stopping the game 1-2 times to highlight good combination opportunities. (20 minutes)



CHESTER SOCCER CLUB U12 PRACTICE SCHEDULE – WEEK 7

1) Defensive stance---In two’s, pass the ball back and forth one touch from about 7 yds apart. When either of the players stops the ball with the bottom of their foot, their partner responds by

making a bending run and closing down the player on the ball as a defender would. After arriving, the defender backs off, and the exercise continues. Variations: 1) Player stops ball with sole of foot, other player goes and circles opponent, backing away as a defender would. 2) If one player lets ball through their legs, they turn shield it and the other player goes to press the ball and does not let player 1 turn for a few seconds. 3) Add a second attacker. Two attackers pass back and forth (minimum 2 touch) and defender approaches first attacker (player with ball) at angle to cut off second attacker. (10 minutes)

2) 1v1 to cone ---Each pair of players have one ball and two cones between them. The cones are placed approximately 6 yards apart. One player on each side of the imaginary line created between the two cones. The player with the ball is the attacker, the one without the ball is the defender. The attacker has to dribble the ball to one of the cones before the defender can react to step on the cone. Work on stance, being on toes. Can only score points when you have the ball. If you tag the cone before the attacker dribbles to the cone, you get to be the attacker and can score points. Good chance for both the attacker and defender to introduce feints. (5 minutes)

3) 1v1 to line---In a 12x12 yd grid, groups of 4-6 with even numbers on each end line. Yellow passes to red who tries to dribble across the line yellow came from. Yellow works on angle of approach, speed of approach, using sideline as 'second defender', and forcing to weak foot (if known). If yellow wins ball away from red, they can attack the opposite end line so that red is working on defending techniques as well. Alternate starts from yellow to red. (10 minutes)

4) 1v1 to two small goals---Set up a 15yd x 15yd grid with a small goal at each end. Attackers try to score by passing the ball through the goal. Defenders can counter attack to the opposite goal if they win the ball. Work on angle of approach/speed of approach and closing down attackers space. Players switch sides after a goal or the ball goes out of bounds. The coach rotates the lines so all players get to compete against each other. (10 minutes)

5) 3v3 to goal---Red vs. Yellow. Game is played normally with the exception: red players can only mark one player on the yellow team and vice versa. If a player beats the person that is marking him/her, then no one else can defend him/her. Focus on 1v1 defending. (15 minutes)

6) 6v6 To Goals---In a 35x30 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game without keepers of 6v6, perhaps stopping the game 1-2 times to highlight proper individual defending technique and show how it helps the rest of their teammates support them when they force the attacker one way.