

Are You Ready To Play?

UK Elite Training Methodology



Age Group/Gender: U12

Date: Week 1

Theme: Ball Mastery/1v1

Objective #1: Using different surfaces to move ball in different ways

Objective #2: Using change of speed to beat defenders

PHASE AND ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1) WARM UP Ball each - dribbling warm-up - high energy to get blood flowing. Focusing on attacking, using different surfaces of feet - ins/out/sole/laces performing moves.</p> <p>Include competition and tag games.</p>			<ul style="list-style-type: none"> - Lots of touches - Ins/Out/Sole for tight areas - Laces for full speed running Changes of speed and direction - Protect ball if driving past defender by keeping it on outside of body
<p>2) TECHNICAL PRACTICE 1v1 - Attacker scores points by touching cone before defender can get there.</p> <ul style="list-style-type: none"> - Introduce ball, attacker tries to stop ball on cone before defender can touch cone with foot. - Fake out break out progression - attacker can break past defender into box highlighted behind the defender. 			<ul style="list-style-type: none"> - Lots of touches - Pinky for tight areas dribbling - Laces for full speed running Changes of speed and Direction keep ball close - Protect ball if driving past defender by keeping it on outside of body
<p>3) DEVELOPMENT 1v1 ladder One player attacks and tries to stop ball on partner's line between cones. If defender wins ball, they can attack their partner's line. Play for 3 minutes and keep track of score - create a ladder system</p> <ul style="list-style-type: none"> - Winners move up, losers move down. 			<ul style="list-style-type: none"> - Drive towards defender to commit them using close, controlled touches - Distance from defender - Use a move to fake defender - Change speed and direction - use laces to attack space in behind defender.
<p>4) SMALL SIDED PLAY 4v4s/5v5s</p>			<ul style="list-style-type: none"> - Be creative on the ball - Create 1v1s - Attack space quickly
<p>5) SCRIMMAGE</p>			