



West Region Soccer

Recreational Soccer - Coaches Technical Manual



Age Group - U12 (Boys & Girls)

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INTRODUCTION

Dear Recreational Coaches,

I would like to welcome you to an exciting 2008 soccer season. I am looking forward to my first season in Canada since my appointment as the West Region Regional Technical Director in December 2007.

As soccer coaches you play a very important part in teaching players the game as well as allowing the players to enjoy playing the most played sport in Canada and the World. Soccer is such a simple and easy sport to play that no matter the age, size, gender or ability anyone can play soccer.

I hope this Coaching Manual will offer you with vital information to assist you with your coaching and provide understanding on how children you coach operate and function. As coaches you can make a major impact on your player's enjoyment of the game and a successful season is when your players return and play again next season and the future. The Coaching Manual includes information on the characteristics of a player of a certain age, how to organize a training session, your role as a coach and what players you are coaching should have been introduced, learnt, developed and mastered at the end of the season.

Another exciting tool that all Recreational Coaches will receive this season to assist with your coaching is a Session Plan each week for eleven weeks during the soccer season. The Session Plan will be emailed to you and also be published on the West Region Soccer website www.westregionsoccernb.org. The weekly Session Plan is designed for coaches to use during their training session each week with clear diagrams and supporting information which are customized for each age-group with progressions and coaching/teaching key points.

Remember, be passionate and enjoy coaching then your players will learn, develop, improve and enjoy the game a lot more. I am looking forward to meeting you sometime during the season and I hope that the resources I have developed to assist your coaching sessions during the season are valuable and beneficial.

If you have any questions regarding this Coaching Manual, Session Plans or any technical aspects of soccer, please contact me and I will do my best to assist you.

Best of luck to the season!! Enjoy.

Macky Singh
West Region Regional Technical Director





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INTRODUCTION

Recreational soccer is a soccer program primarily devoted to the enjoyment and development of soccer players without the emphasis on travel and high-level competition but encourages participation. The purpose of recreational soccer is to provide an opportunity for the participants to have fun, learn the sport and develop life skills including a lifelong love of the game.

Therefore:

- Access is open to all who desire to participate.
- Emphasis is on active participation.
- Objective is for the players to enjoy the experience.
- Success and excellence are measured in players attracted and retained.
- Recreational soccer is all about fun, recreation, love of the game and winning is not a measure of success.

Some of the main characteristics of recreational play and recreational players are as follows:

- Almost every player and parent will start out in recreational soccer.
- Two-year age groups are typical of recreational teams so there is a wide range between the most skilled player and the least skilled.
- Wider age gaps create great differences in physical, mental and social development.
- Players new to the sport are constantly being introduced into the mix.
- Enthusiasm and dedication varies widely from the highly motivated to the socially involved.
- Soccer for the child, who wants to play, is an outlet for energy and enthusiasm. For others it is an imposed activity, something selected for the child by the parent.
- Fit and unfit players play together.
- Participation stretches from always there to when it is convenient.
- Parents often sign up a player for the next season without the child being involved in the process.
- Recreational players generally do not develop strong feelings against the opposing team because they often have friends on the opposing team.





- Many young children start out in soccer especially at the very young level where all skill levels of children can participate and have fun.
- Many young children try out many sports at a young age and may jump from one sport to another during the year or even the same season.

Some of the main characteristics of recreational coaches are as follows:

- Virtually every recreational coach will be an unpaid parent volunteer.
- Many recreational coaches are coaching their own children.
- Many of these children are “would-be stars” in the eyes of their parents. Equal treatment may not happen as a result sometimes.
- About half of youth sports coaches will drop out of coaching within the first year.
- Most experience of the youngest age-group coaches are the first-time coaches with little or no soccer experience, knowledge of the game and no coaching experience.





DEVELOPMENT OF INDIVIDUAL AND GROUP

The effect of the role model is very important at this stage of development. Hero worship, identification with successful teams and players and a hunger for imaginative skills typify the mentality of this age. This is a time of transition from self-centered to self-critical. Players of this age have a high arousal level in relation to the training of basic skills. This is the [“golden age of learning”](#) and the most important age for skill development.

Demonstration is very important and the players learn best “by doing.” This is also an important time to introduce and teach the basic principles of play. It is important to establish discipline from the beginning.

Coach must be:

A sensitive teacher, enthusiastic, possess soccer awareness, ability to demonstrate or utilize someone who can paint a good picture (older player, assistant coach), knowledge of the key factors of basic skills and give encouragement.

Factors of Player Development:

- Technical
- Tactical
- Physical
- Physiological
- Game





TECHNIQUE

It is important to establish a good strong solid base. The coach must develop individual skills under the pressure of time, space and an opponent and increase technical speed:

Technique	Description
Dribbling	Encourage risk taking. Teach moves to beat an opponent and to keep possession.
Shielding	Spin turns, change of speed, change of direction
Receiving	Ground and air balls – all surfaces from a partner and on the move
Shooting	Proper striking technique, partner serve from all angles, turns, cut backs, volleys.
Passing	Emphasize the proper technique by using the laces; inside and outside of the foot and short and long crossing.
Heading	Start with self serve, then add a partner to serve. Teach jumping to head, turning the ball and partner juggling.
Tackling	Teach the proper technique with emphasis on balance and having no fear.





TACTICS

The dawn of tactical awareness

Technique	Description
Individual	Start with 1 v 1 situations in attack and defense. Play 1 v 1 frequently.
Small Groups	Continue with 2 v 1, 2 v 2, 3 v 1, 3 v 2, 3 v 3, 4 v 2, 4 v 3, 4 v 4.
Positions	Players must play a variety of positions. They must develop an awareness of the game. Emphasize the complete player and the basic principles of play
Attacking	Encourage keeping possession and risk taking. Have players take opponents on 1 v 1 in proper areas of the field. Teach the concept of support, basic combination play (wall pass, takeover). Promote attacking soccer.
Defending	Emphasize the proper pressure both in front and behind. Teach the concepts of channeling the player, immediate chase, cover and marking.
Team	Team tactics do not take priority at this age. Focus is placed on maintaining balance and playing skillful soccer. Players play a variety of positions and emphasis is placed on player development instead of getting results as a team.
System	Put players out on the field for the love of the game, without spending much time coaching a system. Focus on teaching principles of play as opposed to systems. If playing 8 v 8, then play a 2-3-2. If playing 9 v 9, play a 3-3-2. Most importantly, players should enjoy the great game.

Note: a great deal of coaching/teaching within 4 v. 4 games





PHYSICAL

All fitness work should be done with the ball, with partners, and using fun and engaging activities. Physical activities should include the following components:

- Flexibility
- Agility with and without the ball
- Speed
- Strength
- Endurance
- Balance

PHYSIOLOGICAL

- Keep it fun and enjoyable to foster a desire to play (intrinsic motivation)
- Encourage decision-making
- Imagination/creativity
- Increase demands in training
- Emphasize discipline
- Encourage players/teams to watch professional and National Team games on television

THE GAME

- 8 v 8 (includes keepers) - U12





ACTION

Plan in your practice sessions.

Activity

Must be one of your main goals when dealing with young players. You must understand that, "players come to practice to play". Therefore, any activity that does not involve playing soccer may become disruptive.

Clarify

Your practice session rules and expectations through individual and team discussions. That is, having the team decide what is appropriate and inappropriate behavior. Then you must act firmly, fairly and consistently and when their actions go against their own established rules.

Teach less!!

When players and balls are moving, soccer learning is taking place. When players and balls stop moving, soccer learning stops!

Ask yourself - Does it happen in the game (i.e., drills)?

If the answer is YES	then do it in practice.
If the answer is NO	then don't do it in practice.

Interest

You may be faced with players who are not interested in playing our wonderful game and you must adjust accordingly. Give appropriate attention to the disinterested players but not at the expense of the rest of the team. Make the practices so much FUN that the disinterested players may want to join. Remember that when you are working with your players you must be as helpful, understanding and patient as you are with your own children when they are learning other skills in life.

No

No Lapse. No Lines. No Lectures! Running around the field may be considered punishment. They already know 'how to' stand in a line. Their attention span is less than 15 seconds. You must create a practice environment that minimizes listening/lecture time and maximizes touches with the ball and playing time. Allow them to play the game of soccer which forces them to make decisions and learn on their own. Allow them to experiment and fail their way to success!

ACTION

You may want to put into ACTION the Learning to Train Soccer Routine!!!





THE LEARNING TO TRAIN PRACTICE ROUTINE

Coach: Before Each Practice - Establish a Theme - What they will learn

Step 1. BEGIN PRACTICE

Give a Demonstration/Explanation of your Theme

Step 2. WARM-UP

Play a Fun game related to Theme & Stretch

Step 3. TECHNIQUE SESSION

Players = Focus on Learning the Theme

Coach = Help only those who need help

Step 4. SKILL SESSION

(Competitive Play)

Players = Test the Theme vs. one opponent at a time

Coach = Observe & Take notes!

Step 5. PLAY - FUNCTIONAL/PHASE OF PLAY/SMALL SIDED GAME(s)

(Cooperative)

Players = Focus on Learning Theme vs. more opponents

Coach = Help only those who need help

(Competitive)

Players = Test the Theme vs. more opponents

Coach = Observe & Take notes!

Step 6. PLAY - SCRIMMAGE

(Cooperative)

Players = Focus on Learning Theme vs. opposing team

Coach = Help only those who need help!

(Competitive)

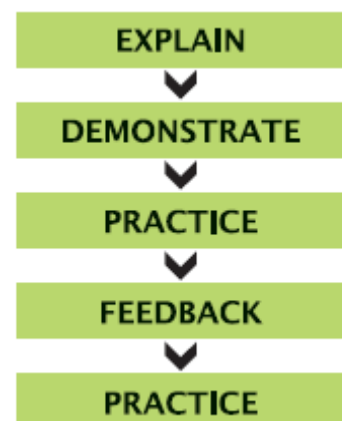
Players = Test Theme vs. opposing team

Coach = Observe & Take notes!

Step 7. COOL-DOWN (Stretch)

Step 8. END PRACTICE (Review & Compliment)

When explaining new skills and practices use the following method:





PLAYER DEVELOPMENT - U12

Characteristics

Players at this age are eager, coordinated, energetic youngsters who are like sponges in their ability and willingness to learn. These players want to learn by “doing” not by being lectured to by their coach or parents. This age is without doubt, “The Golden Age of Learning” and this stage in the lives of young soccer players is the most important in terms of skill development.

Recommended Environment - Games

Field Size:	40m X 75m
Ball Size:	Size 4
Game:	8 V 8
Duration:	2 x 30 mins
Team Size:	16 Players
Goal Size:	18ft x 6.5ft

Recommended Environment - Practice

To develop basic skills and decision making in game related situations. The environment should be challenging but fun.

Coach / Administrator

It is important to have players achieve success with more advanced skills at this age before they are more into puberty. When players start having their growth spurt, even easy techniques can become more difficult because of the awkwardness of the player during this growth stage.





ROLE OF A COACH

- To provide positive encouragement and support
- Never expose children to unrealistic expectations
- Attract more players to the game
- Make training enjoyable and positive experience for children
- Provide safe environment that is conducive to learning
- Emphasis should be on:
 - maximum participation
 - skill improvement
 - fostering good spirit

- Instil good values of Fair Play and good sportsmanship
- Fostering fun and enjoyment not on results and winning
- Be patient in coaching approach and expectations as player development is long term





TEAM MANAGEMENT

To make coaching a lot more enjoyable the first step is to organize a parent-coach meeting prior to the beginning of the season.

Identify your philosophy of coaching and goals for the season

- Based on fun, learning and development
- Success based on how many players return next season

Collect player information

- Medical information
- Reason why they choose to play soccer
- Their individual goals

Collect parents' information

- Contact details

Identify player responsibilities

- Bring drink bottle
- Be dressed with appropriate gear such as shin pads and cleats
- Be enthusiastic and ready to learn
- Adhere to Fair Play

Identify parents' responsibilities

- Ensuring their children are at training and picked up on time
- Contact the coach if their children are unable to attend trainings and games

Identify communication methods between parents/players and coaches

- Email
- Texting
- Phone

Identify and communicate to the parents sideline behaviour expectations

- Applaud children's success
- Refrain from yelling out instructions
- Be positive and encourage the children
- Adhere Fair Play



COACHING ACTIVITIES CHECKLIST

When planning training sessions it is important a coach reviews how the training session went. The checklist below will help the coach to analyze and help with planning the next training session.

- ◆ Are the activities fun?
- ◆ Are the activities organized?
- ◆ Are the players involved in the activities?
- ◆ Is creativity and decision making being used?
- ◆ Are the spaces used appropriate?
- ◆ Is the coach's feedback appropriate?
- ◆ Is the coach guiding or controlling the players in the activity?
- ◆ Are there implications for the game?





COACHING TECHNICAL ELEMENTS - PASSING

Passing is one of the most important techniques in soccer. It allows players to mover and position the ball accurately to other players and to move up the field the goal.

INSIDE OF THE FOOT OR PUSH PASS

The most accurate method of passing. The surface of the foot used should be from the bottom of the big toe joint area to the bottom half of the arch of the foot. The approach to the ball should be almost in a straight line. The non-kicking foot should be alongside the ball pointing at the target. The kicking foot should strike the ball at the mid-line or slightly above, enabling the ball to stay on the ground. The knee should be bent and the swing action from the hip followed by a proper follow through with the foot ending up pointing at the intended target. The arms should be used for balance.

COACHING POINTS:

- Approach the ball almost in a straight line
- Strike through the middle part of the ball
- Point kicking foot outward
- Leg swing action from the hip

COMMON FAULTS:

- Young players often approach the ball from the side and attempt to use the inside of the foot making it almost mechanically impossible to pass the ball accurately.
- They may swing their leg across their body which also makes it impossible to kick the ball correctly.

DO

- Get in-line with the ball.
- Select the surface of the foot to make contact on the ball to bring under control.
- Use correct surface of the foot to make appropriate and effective pass.
- Keep head still and kick through the ball.

DONT'S

- Stand on the ball with your leading foot.
- Approach incorrectly.
- Set body position and/or posture incorrectly.





COACHING TECHNICAL ELEMENTS - PASSING

OUTSIDE OF THE FOOT

Approach at an angle and it will go straight.

Approach straight on it will bend or swerve.

This method can be used to perform one of three things:

1. bend the ball into the path of a team-mate
2. bend the ball into space away from a player to run onto
3. bend the ball during a shot on goal

The kicking foot should be pointed down and towards the inside of the player with the ankle locked. The foot should strike the ball either left or right of the centre, which will make the ball bend. The knee should be bent with the kicking action coming from the hip. The follow through should have the kicking leg come across the player's body. The non-kicking foot should be along side and slightly behind the ball at impact.

COACHING POINTS:

- Approach on the angle or straight on
- Point toe of kicking foot down
- Lock ankle
- Strike the ball slightly off centre

COMMON FAULTS:

- Approach angle to the ball wrong. Non-kicking foot too away from the ball.
- Unlocking the ankle.

CHIP PASS

To pass the ball in the air to players or into space. The approach to the ball is the same as for lofted/floated but a stabbing motion with the foot is made with limited or no follow through.

COACHING POINTS:

- Approach on the angle.
- Selection of the foot surface and which part of the ball to contact to achieve the desired result.
- Stabbing action with no or limited follow through.
- Correct posture and stance

COMMON FAULTS:

- No approach angle.
- Head comes up too early.
- Non-kicking foot too close or too far.
- Wrong foot surface used.
- Ankle unlocked.



COACHING TECHNICAL ELEMENTS - RUNNING WITH THE BALL

Travel/run with the ball quickly into unoccupied area or space of the field. Move at pace in possession of the ball in straight or angled running movements.

The first touch of the ball should be well in front to allow an opportunity to look up. Use the laces of the front foot to push the ball forward quickly. Once running with the ball, ensure players keep touching the ball well in front of them. This will enable the player to keep his/her head up and travel quickly. The fewer the touches the faster the player travels. When passing while running with the ball use the laces, as this will not slow the player down.

DO'S

- Take the first touch of the ball well in front to allow time to look up and travel quickly.
- Take fewer touches for greater speed.
- Keep your head up.

DONT'S

- Touch the ball too far in front of you.
- Touch it with the inside of the foot.
- Keep head down.





COACHING TECHNICAL ELEMENTS - DRIBBLING

Dribbling is an exciting and exhilarating technique by beating and moving past opponents with the ball by recognizing space between and behind players, unbalancing, changing direction with pace which allows the player to move past an opponent.

When dribbling use every part of the foot. The player should use either foot, keep the ball close to the foot about a stride away and able to change direction quickly without losing the ball.

The inside of the foot - allows the player to push or carry the ball.

The sole of the foot - allows the player to stop the ball quickly or pull it back to change direction.

The outside of the foot - allows the player to run at speed.

COACHING POINTS:

- Head up
- Awareness of other players and space
- Close control
- Bend knees
- Change direction and pace player and ball
- Decide on a technique to use to beat/pass an opponent eg: scissors
- Decide on a technique to use after a dribble eg: passing

WHERE?

Dribbling should be encouraged but it involves risk. Definitely dribble in and around your opponent's half, but not as much in defending half, depending on the situation.

WHEN?

As often as possible. DON'T be afraid to have a go as it is the best way to beat/pass an opponent.

WHY?

Good dribblers dribble for a purpose - to beat players, to cross, to pass or to shoot.





COACHING TECHNICAL ELEMENTS - HEADING

Using the head is another surface of the body which can be used to cushion or guide the ball. Heading should be encouraged as it is important element of both attacking and defensive play. Heading should only be introduced at seven or eight years old.

COACHING POINTS:

- Watch the ball to assess the flight, trajectory and pace of the ball.
- Withdraw head back and look through the ball.
- Arch the back and propel forward.
- Contact the ball below the mid-line.
- Head with forehead not the top of the head.
- Keeps eyes open.

DO'S

- Attack the ball - feet apart, head back and arch body.
- Use centre of the forehead.
- Keep your eyes open until your contact the ball.
- Head THROUGH the ball.
Attack the ball.

DONT'S

- Head the ball with the top of the head.
- Close your eyes.
- Let the ball hit the forehead.



COACHING TECHNICAL ELEMENTS - TURNING

Turning is an exciting technique used in order to change direction done while dribbling or running with the ball or losing an opponent. Turns helps to get out of tight areas, confuse opponents and maintain possession.

COACHING POINTS:

- Head up and body balanced
- Start slowly and get the technique right
- Bent knees
- Accelerate away as soon as you turn

DO'S

- Practice turns often.
- Learn at least three turns.
- Accelerate away after turning.

VARIOUS TURNS

- Inside and outside hook turn
- Step over/Figure eight
- Drag back
- 'Cruyff' turn
- Stop and turn
- Stop and roll



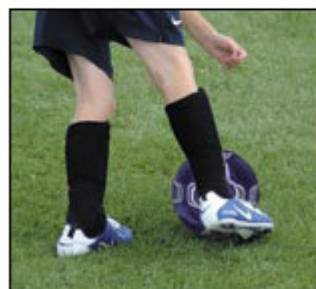
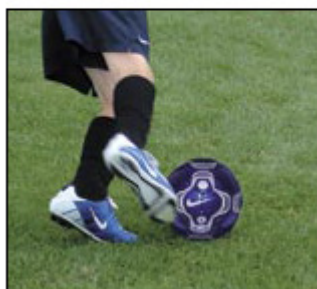
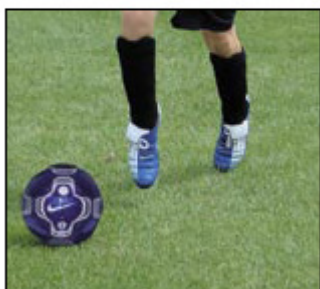


COACHING TECHNICAL ELEMENTS - TURNING

HOOK TURN

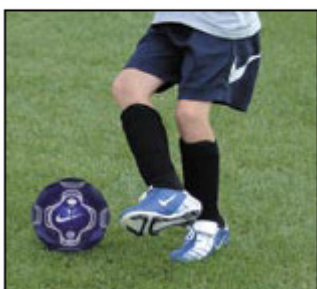
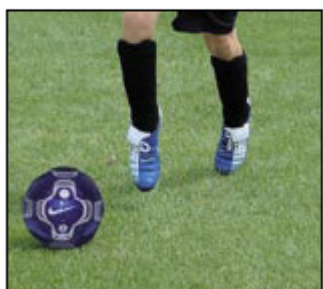
Hooking the ball with the inside of the foot

Reach and hook the ball back with the inside of the foot, move the ball into the opposite direction and push away.



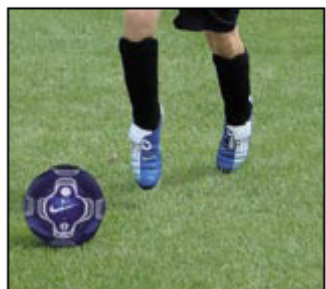
Hooking the ball with the outside of the foot

Reach and hook the ball back with the outside of the foot, move the ball into the opposite direction and push away.



STEP OVER OR FIGURE OF EIGHT

Step over the ball in a figure of eight movement, swivel your hips and hook the ball back with the inside of the foot and push away.





COACHING TECHNICAL ELEMENTS - TURNING

THE DRAG BACK

Stop the ball with the bottom part of your boot, half turn your body out and drag the ball in the opposite direction and push away.



THE "CRUYFF" TURN

Feint to shoot or pass, position the standing leg in front of the ball, turn your foot inward with the toe and touch the ball with the inside of your foot. Push it through your legs, turn and push away.



THE STOP & TURN

Stop the ball with the bottom part of your boot, go past the ball, turn and push the ball away.



THE STOP & ROLL

Roll the bottom part of your foot over the ball, stopping it and pushing it in the opposite direction with the outside of the foot, turn and push away.





COACHING TECHNICAL ELEMENTS - SHOOTING

Shooting is an extension of passing, projecting ball towards the goal with a variety of techniques. The golden rule of shooting is to force the goalkeeper to save. You will not score if you don't shoot.

COACHING POINTS

- Place non-kicking foot along side and slightly behind the ball
- Point kicking foot downward and inward (from the knee running down the shins all the way to the toes should be one straight line)
- Strike the ball with the laces and full instep
- Make contact with the middle of the ball
- Keep the ball low
- Keep the body forward and eyes on the ball (remember the goal does not move)
- At least make the goalkeeper save your shot
- Focus initially on shooting accurate than power

DO'S

- Place non-kicking foot alongside and slightly behind the ball.
- Point kicking foot down and inward.
- Strike ball with the laces.
- Make contact with the middle of the ball.
- Keep the ball low.
- Accuracy in shooting is more effective than power.
- Lock your angle.

DONT'S

- Stretch to shoot.
- Look up.
- Make contact under the ball.



TECHNICAL SKILLS INTRODUCE, LEARN & DEVELOP - CHECKLIST

By the end of the season players should have at least been **introduced, learn and develop** the following technical skills:

Learn:

- Heading technique
- Volleys with the inside foot
- Movement and creating space
- Wall-passes

Develop:

- The technique of tackling
- Handling skills for goalkeepers
 - catching and throwing
- Passing with the outside of the foot and laces
- Ability to run with the ball
 - in different direction & with different pace
- Dribbling using different surfaces of the feet:
 - inside, outside and laces
- Dribbling in 1 v 1 situation
- Stop turn & Drag back turn
- Inside & Outside hook turns
- Short passes with both feet using the inside of their feet
- Passing to feet
- Ability to receive the ball with the inside of the foot
- Ability to shoot at a target or goal



REFERENCES & RESOURCES

- “Wellness To World Cup LTPD” - Canada Soccer Association
- “Age Specific Player Development Characteristics” - Soccer New Brunswick
- “Small Whites Coaching Manual” - New Zealand Football
- “Recreational Coaches Manual” - Kanata Soccer
- “Grassroots and Youth Development Coaching Manual” - Asian Football Confederation





West Region Soccer

New Brunswick



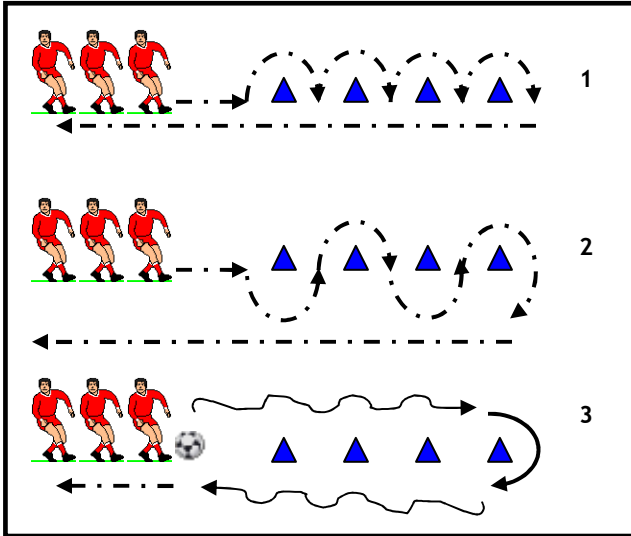
CLUBS:
Fredericton District Soccer Association
New Maryland Soccer Club
Oromocto Soccer Club





UNDER 12's	SESSION 1	TOPIC: RUNNING WITH THE BALL 1	TIME: 1 HOUR	
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WARM - UP - SPEED AGILITY QUICKNESS (SAQ) TIME: 10 MINUTES



FIELD:
From starting point to the 1st cone/ladder 3m.
Distance between cones, two foot length. Use 5 or 6 cones.

ACTIVITY:

Divide players in groups of 3 or 4. Players go through a few SAQ exercises.

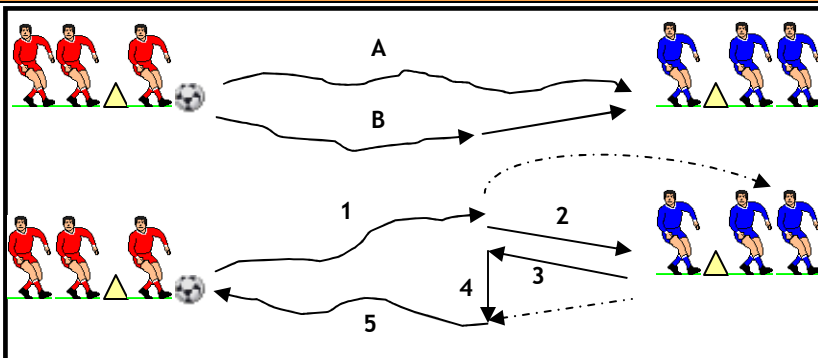
EXERCISES:

- 1) First player run over the cones/ladder one foot in each gap and sprint back & tag the second player. Each player goes through 3 - 4 times
- 2) First player slalom through the cones/ladder and sprint back & tag the second player. Each player goes through 3 - 4 times
- 3) First player runs with the ball to the end of the cone/ladder and turn around and run back with the ball to the line for the second player. Each player goes through 3 - 4 times

ALTERNATIVE EXERCISES:

Alternate it without and with the ball. 3 - 4 without the ball and 3 - 4 with the ball. When using the ball, the first player pass the ball to the end of the cones/ladder, perform the SAQ exercise and collect the ball and run with the ball back for the second player. Only for exercises 1 & 2. Exercise 3 dribble the ball thru the cones.

TECHNIQUE WORK - RUNNING WITH THE BALL TIME: 10 MINUTES



FIELD:

Distance between the two cones - 12m to 15m.

ACTIVITY:

Divide players in groups of 6 with 1 ball per group. Line the players up in 3's on either side as shown in the diagram.

EXERCISES:

- Red player runs with the ball as fast as possible yet keeping control of the ball across to the Blue player.
- Red player run with the ball and $\frac{3}{4}$ way through passes to the Blue player and sequence continues.
- 1st Red player runs with the ball (1) and $\frac{3}{4}$ way through passes the ball to the Blue player (2). The blue player passes the ball back to Red player waiting (3) who then lays the ball off (4) for the Blue player to receive the and run with the ball (5) to the opposite end for 2nd Red player

COACHING POINTS:

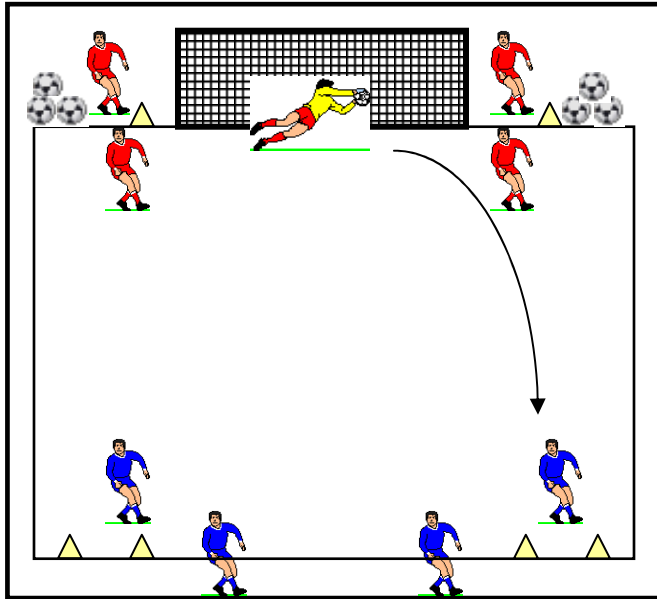
- Run with the ball as fast as possible while keeping close control of the ball
- Use the laces to push the ball forward
- Keep the ball in front of the feet
- Look up while running the ball





SKILL WORK - 2 v 2 + GK

TIME: 15 MINUTES



FIELD:
25m length x 20m wide.

ACTIVITY:

Divide players teams of 4's. To start the 2 v 2, get the GK to throw the ball out to a Blue player. Once the Blue player receives the ball the other Blue player joins in. 2 Red players run in to close down the 2 Blue players. Play 2 v 2 game with the focus on encouraging the players to run with the ball into space and try and shoot at goal. If a Red player manages to intercept the ball, the Red players try to score in either of the small goals. The game continues till the ball goes out of the grid. The Blue team are attackers and Red team defenders for 7.5 minutes before changing roles.

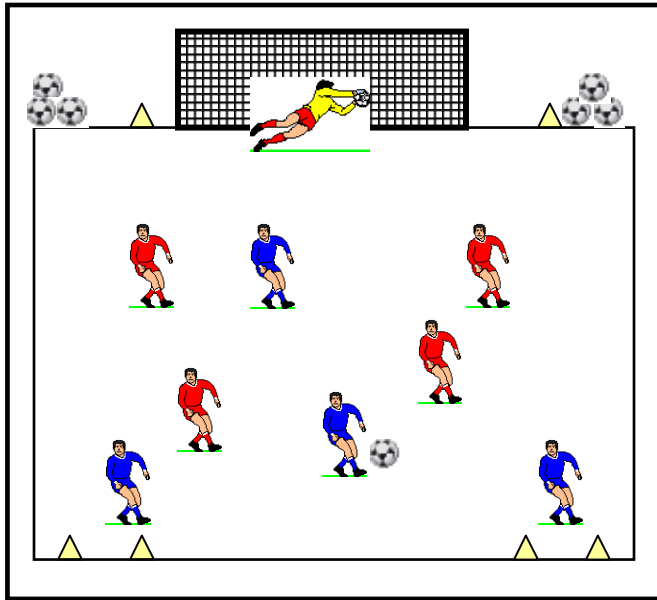
Have two games going at the same time.

COACHING POINTS:

- Encourage the player with the ball to exploit space
- Shoot as often as possible
- Follow up the shots from any rebounds

GAME RELATED: 4 v 4 + GK GAME

TIME: 15 MINUTES



ACTIVITY:

Divide players in teams of 4's. Play a 4 v 4 + GK. Have one team attacking the GK and the other team scoring at the opposite end where there are two small goals. Have two games going at the same time. After 3 minutes change the teams around and make sure every team gets to shot at the GK.

COACHING POINTS:

- Encourage the player with the ball to exploit space
- Shoot as often as possible
- Follow up the shots from any rebounds

FIELD:
25m length x 20m wide.

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learnt.

KEY

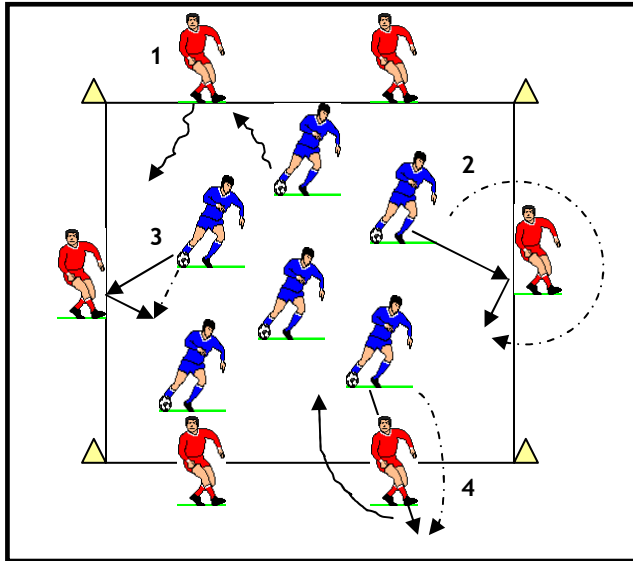
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 12's	SESSION 2	TOPIC: SHOOTING 1	TIME: 1 HOUR	
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WARM - UP **TIME: 10 MINUTES**



FIELD:
20m x 20m grid.

ACTIVITY:

Divide players evenly with a group inside the grid with a ball each and a group other side the grid without a ball.

EXERCISES:

- 1) Blue players dribbling the ball and interchange with the Red players (Work for 2 minutes). Encourage each player to try some tricks while dribbling
- 2) Blue player passes the ball to the Red player and run around the Red player and collect the ball back and find another Red player (Each group works for 1 minute)
- 3) Blue player passes to the Red player and receive it ball and dribble to find another Red player (Each group works for 1 minute)
- 4) Blue player plays the ball through the legs of the Red player and runs around to collect the ball and dribble back into the grid and find another Red player (Each group works for 1 minute)

TECHNIQUE WORK - PASSING IN LINES **TIME: 10 MINUTES**



FIELD:
10m x 10m grid. You can have three or four grids going at one time, depending on number of players.

GOALKEEPER:

Get your GK to alternate receiving the ball with feet and hands. Alternate your GK when passing with feet and hands.

ACTIVITY:

Divide players in group of 4's. Have two players stand on one end and another two on the other end (10m apart). Get the players to pass the ball to each other with players rotating after each pass. Ensure that the players take a touch first before passing the ball to the other end. (As shown in A)

PROGRESSION:

In B - Red player passes the ball to a Blue player who lays (sets) the ball of to the other Blue player who passes the ball to the Red player. Continue the sequence.

PASSING TECHNIQUES:

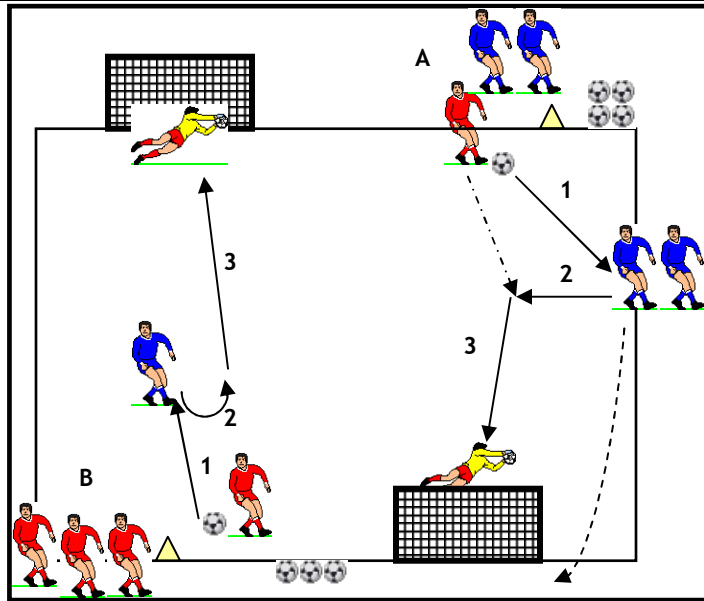
- Use the inside of the foot
- Use the laces (top of the foot)
- Pass with both feet





SHOOTING AT GOAL

TIME: 15 MINUTES



FIELD:
20m distance from goal and start point.

ACTIVITY:

Organize players evenly in two groups. Have one goal at the corner of end of the grid and another on the opposite end (as shown in the diagram).

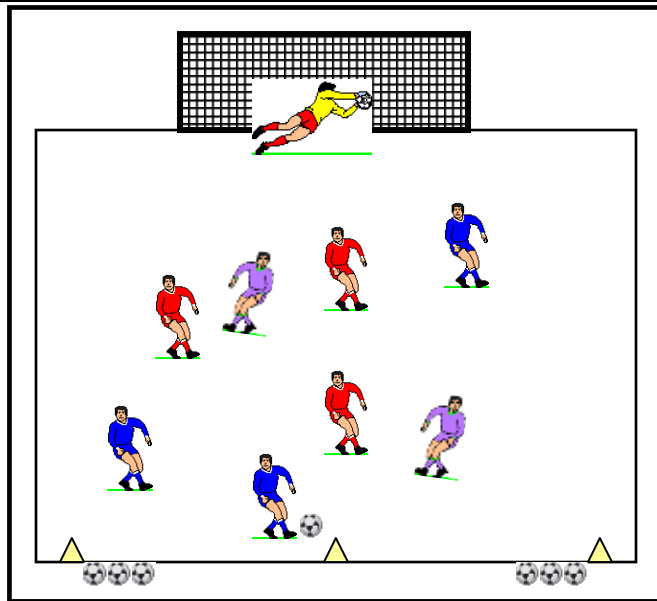
SHOOTING EXERCISES:

- A) Red player passes the ball (1) to a Blue player who lays (sets) the ball (2) back for the Red player who shoots at goal (3). After the shot, the Blue player collects the ball and join group B. Red player now takes Blue player's position.
- B) Red player passes ball to Blue player (1) who turns with the ball (2) and shoots at goal (3). After the shot, Red player collects the ball and going group A. Blue player now takes Red player's position.

COACHING POINTS:

- Use the inside of the foot
- Use the laces (top of the foot)
- Keep head down and eyes on the ball when shooting

GAME RELATED: NUMBERS UP GAME WITH 2 NEUTRAL PLAYER: 3 v 3 + 2 TIME: 15 MINUTES



ACTIVITY:

Divided teams in groups of 4's. Play 3 v 3 with the extra players from each team plays as a neutral players. The 2 neutral players play for the team that has the ball however they cannot shoot at goal. When the defending team intercepts the ball, the team becomes the attacking team. Change the neutral players every 3 minutes.

PROGRESSIONS:

- Team in possession of the ball make 3 passes before they can shoot

COACHING POINTS:

- Encourage the player with the ball to exploit space
- Shoot as often as possible
- Follow up the shots from any rebounds

FIELD:
25m length x 20m wide.

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learn.

KEY

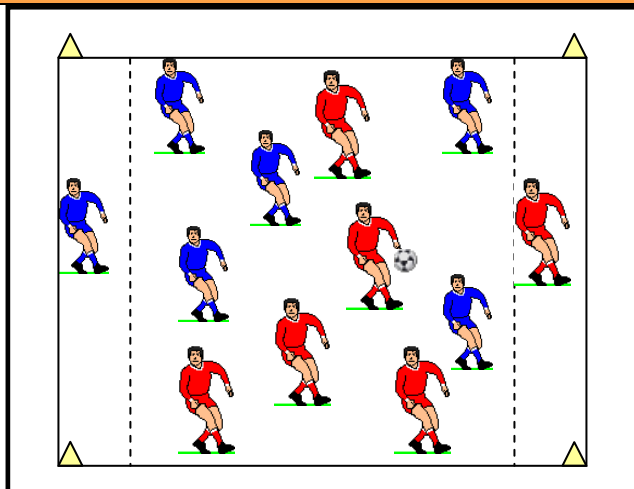
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 12's	SESSION 3	TOPIC: DRIBBLING & TURNS 1	TIME: 1 HOUR	
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WARM - UP - FUN NETBALL GAME **TIME: 10 MINUTES**

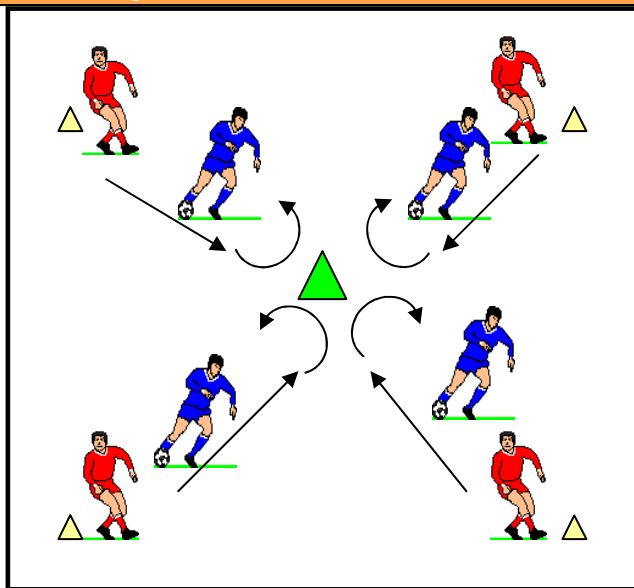


FIELD:
15m x 15m grid + 5m each end for scoring zone.

ACTIVITY:
Divide players in 2 teams. Have one player from each team stand in the scoring zone. Objective of the game is for the Red team to score by passing the ball to the Red player standing in the scoring zone. The game is played using hands. If the ball drops to the ground or gets intercepted by the Blue team they retain possession. Make sure to rotate the players on the other side every 1-2 minutes.

PROGRESSION:
This play the game with the feet. To score a point/goal, the team in possession passes the ball to the player standing in the scoring zone.

TECHNIQUE WORK - IN A GRID **TIME: 10 MINUTES**



- TURNS:**
- Stop the ball and turn
 - Outside Hook - Using the outside of the foot hook the ball and turn
 - Step over and turn - Figure 8

ACTIVITY:
Pair your players with a ball between two. While one player (blue) is working the player (red) rest. Blue player dribbles the ball towards the green cone in the middle of the grid turn and dribble back, stops the ball by the cone for the red player to collect the ball and repeat the exercise.

PROGRESSION:
Dribble the ball to the green cone in the middle of the grid turn and pass the ball to red player and return back to the cone.

FIELD:
12m x 12m grid with the green cone placed middle of the grid. You can have three or four grids going at one time, depending on number of players.

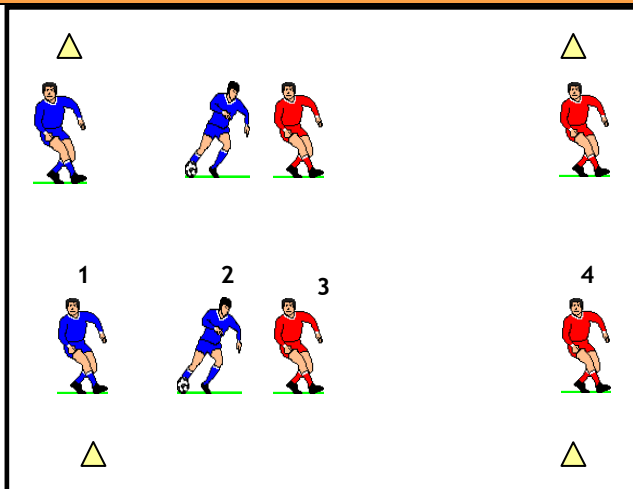
- COACHING POINTS:**
- Before turning have a look over the shoulder
 - After turning accelerate away





SKILL WORK: 1 v 1 & 2 V 2 DRIBBLING

TIME: 15 MINUTES



ACTIVITY:

Have 4 players per group with one ball. Two players stand at the end of either side of the grid line and two players in the middle. The two middle players play 1 v 1. Objective of the activity is for the player in possession to pass the ball from one end to the other end. Player 1 plays ball to player 2 who tries to beat player 3 to pass the ball to player 4. Player 2 can pass back to player 1 to retain possession. If player 1 is successful to get the ball to player 4, the player retains possession. If player 3 intercepts/wins the ball s/he becomes the attacker. Change the players in the middle every 2 minutes.

COACHING POINTS:

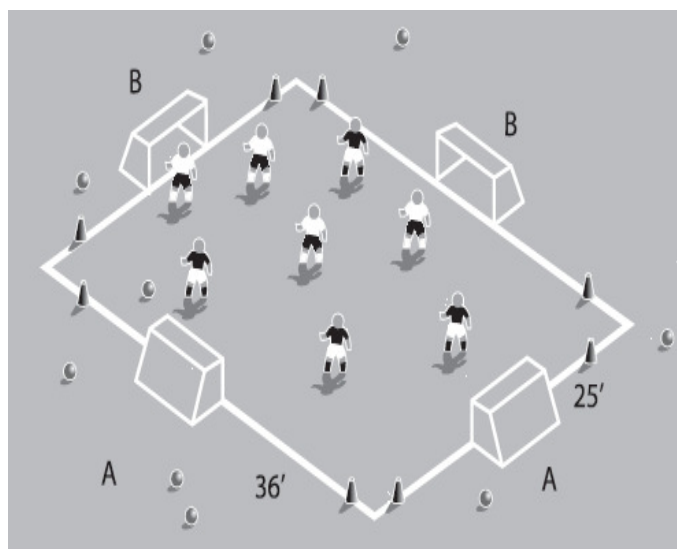
- Encourage the attacker to use their flair to beat the defender
- Encourage the defender to try and win the ball back
- Encourage the attacker to keep possession of the ball
- Encourage the attacker use the turns when receiving the ball to beat the defender

FIELD:

15m x 15m grid. You can have two groups going at the same time.

GAME RELATED: 4 v 4 - FOUR GOAL GAME

TIME: 15 MINUTES



THE GAME:

This game is used for U-10s to get them used to looking both ways.

Set up the field by dividing players into two teams of four players each. Both Teams defend and attack two goals. The object of the game is to score on two small opposite goals. The team that scores more goals wins. The White team scores in the opposite goals (A & B) while defending other goals (A & B). When the ball goes out of play, restart it with the player dribbling in.

FIELD SIZE: 25m x 25m.

COACHING POINTS:

- Keep possession of the ball
- Pass the ball when there is an option
- Looking both ways
- Playing the ball back then forward

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learn.

KEY

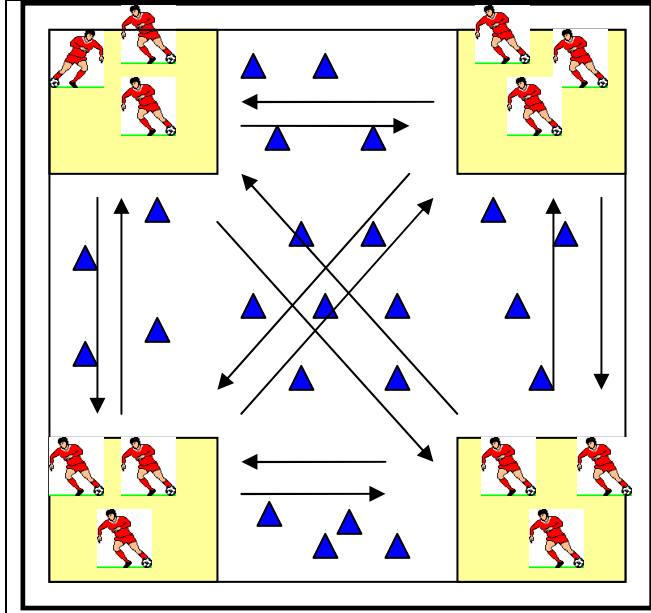
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 12's	SESSION 4	TOPIC: PASSING 2	TIME: 1 HOUR	
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WARM - UP **TIME: 10 MINUTES**



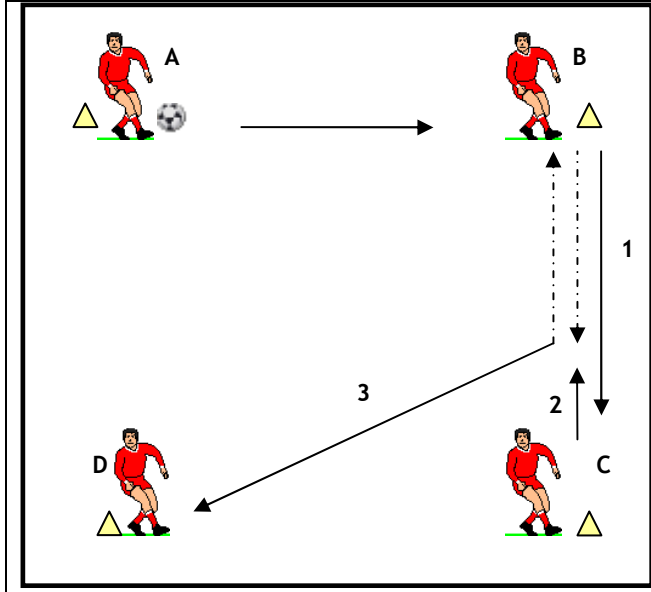
ACTIVITY:
 Divide players in four equal groups. Place each group in one of the four zones. Each player has a ball. Players dribble in their zone practicing their tricks and turns. On the coach's command, all the groups dribble the ball clockwise to the other zone avoiding the cones in the middle grid as fast as possible.

PROGRESSION:
 On coach's command:

- Dribble anti-clockwise
- Dribble diagonally
- Having one ball per group, get them pass the ball around, on the coach's command, players leave the ball in the zone and race each other to the next zone

FIELD:
 The big grid 30m x 30m. The four zones 10m x 10m.

TECHNIQUE WORK - PASSING IN A GRID **TIME: 10 MINUTES**



ACTIVITY:
 Divide players in groups of 4's with 1 ball per group. Pass the ball clockwise. Player A passes the ball to player B who controls the ball first and then passes the ball to player C and the sequence continues.

PROGRESSION:

- Change the direction of the pass - anti-clockwise
- Player B passes to player C, who lays the ball off for player B to pass on to player D. After player B passes the ball to player D, player B returns back to the original cone and the sequence continues.
- Add a second ball (only at the end for a bit of fun and challenge)

COACHING POINTS:

- Quality accurate passing using the inside of the foot with the right weight on the pass
- Receive the ball using the furthers foot from the ball (Eg: When player A passes the ball to player B (clockwise) player B uses left foot to receive the ball)
- Communication - call for the ball

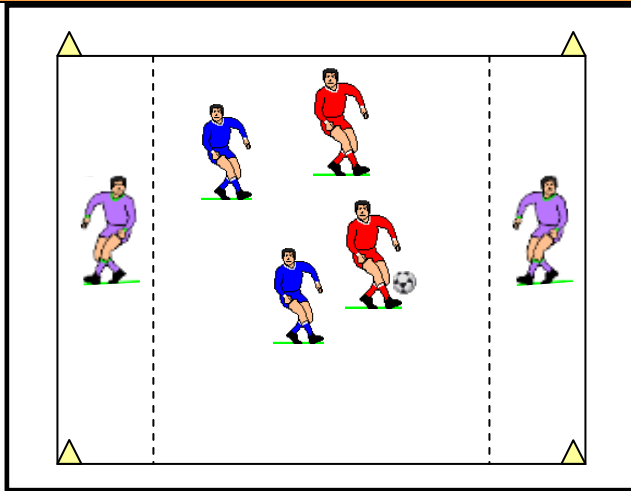
FIELD:
 12m x 12m grid. If the players are skilled 15m x 15m grid.





SKILL: 2 v 2 + 2 NEUTRAL PLAYERS

TIME: 15 MINUTES



FIELD:
20m x 10m grid with 5m at each end zone within the grid

ACTIVITY:

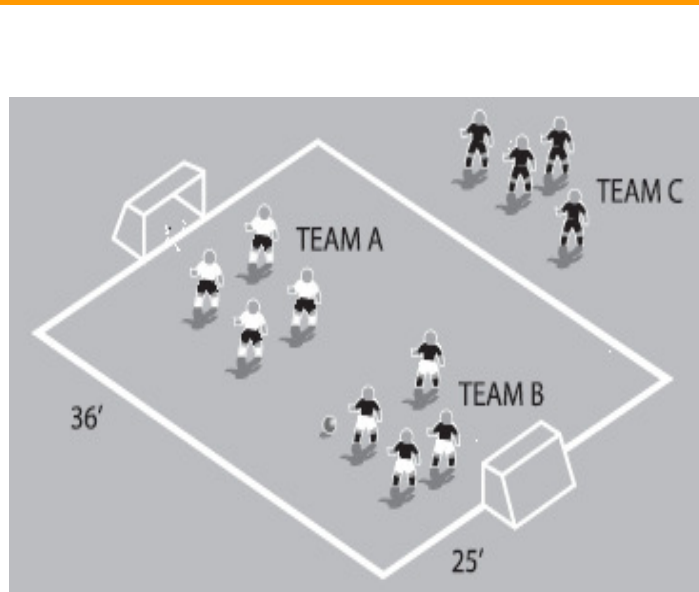
Organize players in pairs. Play 2 v 2 with 2 neutral players in the scoring zone. The objective of the game is to keep possession and getting ball from one zone to the other. (Eg: Red team starts with possession and pass the ball among each other and try and pass the ball to one of the neutral players with the Blue team trying to intercept win the ball. The Red team can use the pass the ball back to the same neutral player to keep possession.

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

GAME RELATED: 4 v 4 - THREE TEAM TRANSITION

TIME: 15 MINUTES



THE GAME:

Set up three teams of four players each. Team A defends one goal, Team B defends the other goal and Team C stands on the sidelines. If Team A scores they'll get a ball out of the goal that they're defending and try to score again. Team B will sprint out, while Team C will replace them. The Team that comes out 5 times loses the game.

If you have GK's have them in goal.

FIELD SIZE:

36m long by 25m wide with two regular size goals on each end of the grid. A good supply of balls inside both goals is also needed.

COACHING POINTS:

- Play the ball quickly
- Early shot
- After turn over, pressure right away and play away from pressure quickly

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learn.

KEY

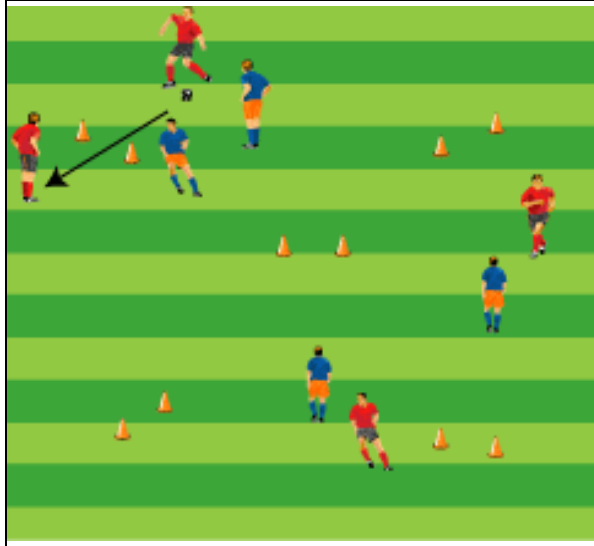
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 12's	SESSION 5	TOPIC: RUNNING WITH THE BALL & PASSING 2	TIME: 1 HOUR	
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WARM - UP **TIME: 10 MINUTES**



ACTIVITY:

To score a goal, a player from one team has to pass the ball through the goal, where a player from his team controls the ball on the other side without any of the opposition touching it first. (You can score in either side of the goal.) You then have to score through a different goal before you can return to that one, unless the opposition intercepts the ball.

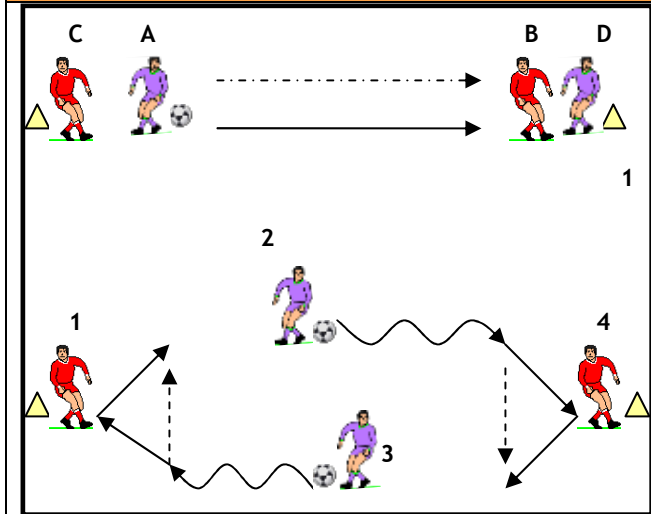
FIELD:

At Coach's discretion, depending on the number of players. 6 v 6 (7 goals; use 1 or 2 balls); 7 v 7 (8 goals; use 2 balls so players are more involved).

COACHING POINTS:

Players need to get their heads up to see the full picture, pass accurately and have good movement off the ball.

TECHNIQUE WORK - PASSING IN A GRID **TIME: 10 MINUTES**



ACTIVITY 1:

Divide players in groups of 4's with 1 ball per group. Player A passes the ball to Player B and follows the pass. Player B takes a touch and then passes the ball onto Player C. Player B follows the pass. Player C takes a touch and passes onto Player D and follows the pass.

PROGRESSION:

- One touch passing

ACTIVITY 2:

Players divided in groups of 4's with two balls per group. Player 2 runs with the ball and passes to Player 4 making a wall pass back to Player 2 and then run with the ball towards Player 1 and play a wall pass with Player 1. Player 3 does this at the same time as Player 2. After 2 minutes rotate the players around.

COACHING POINTS:

- Quality accurate passing using the inside of the foot with the right weight on the pass
- Having a good first touch when receiving the ball

FIELD:

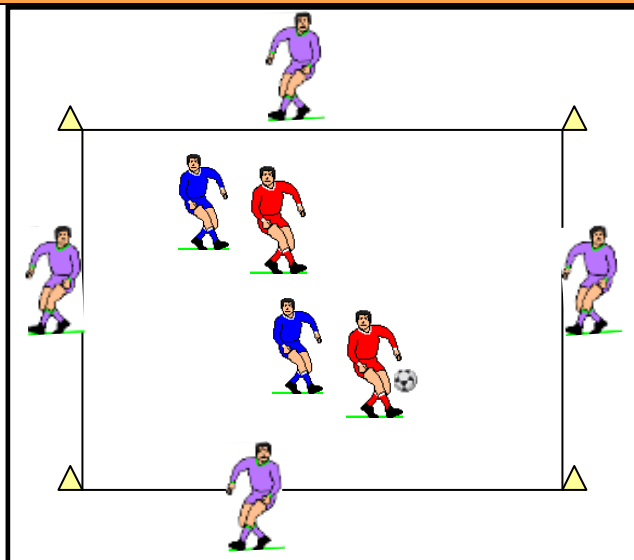
15m x 15m grid.





SKILL: 2 v 2 + 4 NEUTRAL PLAYERS - POSSESSION

TIME: 15 MINUTES



ACTIVITY:

Organize players in pairs. Play 2 v 2 with 4 neutral players on the outside grid. The objective of the game is to keep possession and getting ball. If the defending team intercepts/wins the ball retains possession. Change the players in the middle every 2 - 3 minutes. The neutral players allowed to touches.

PROGRESSION:

The neutral players only allowed one touch

COACHING POINTS:

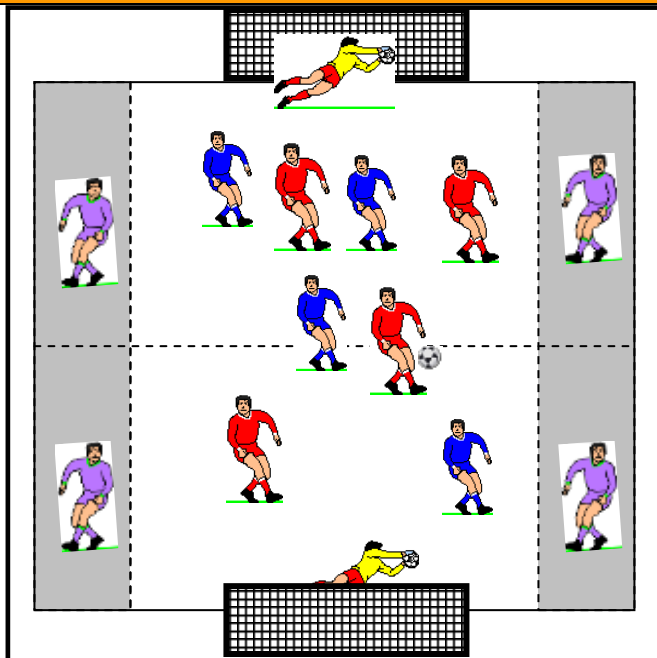
- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

FIELD:

12m x 12m grid

GAME RELATED: 4 v 4 + 4 NEUTRAL PLAYERS GAME

TIME: 15 MINUTES



THE GAME:

Set up three teams of four players each. Red Team plays Blue Team while the Purple Team plays as a neutral team for the attacking team. The Purple team stays in the gray zone. Neutral players are allowed to cross the ball in and move along the zone to support the attacking team.

If you have GK's have them in goal.

FIELD SIZE:

36m long by 25m wide with two goals on each end of the grid. A good supply of balls inside both goals is also needed. Each of the gray zones are 5m in width.

COACHING POINTS:

- Maintain possession
- Early shot
- After turn over, pressure right away and play away from pressure quickly

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learnt.

KEY

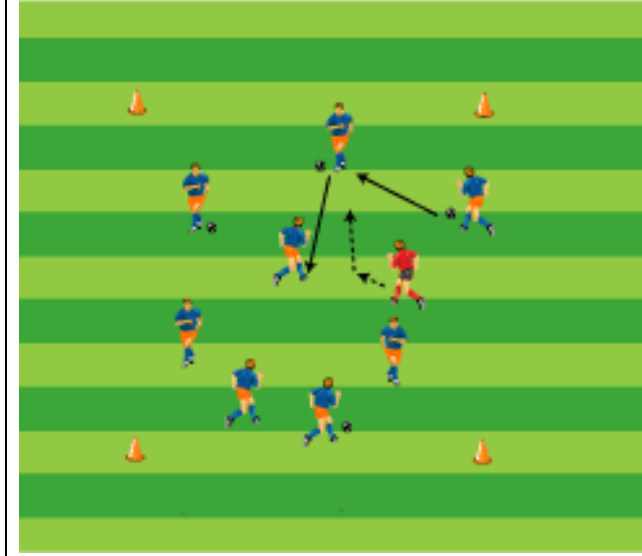
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 12's	SESSION 6	TOPIC: DEFENDING 1	TIME: 1 HOUR	
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WARM - UP - ZORRO **TIME: 10 MINUTES**



ACTIVITY:

Tagging game, the tagger is called "Zorro". The tagger tries to tag as many players as possible and will count every tag. Players without the ball are the only one can be tagged. 10 players - 4 ball; 12 players 5 balls. Players have to help one another. Rotate players every 1 minute.

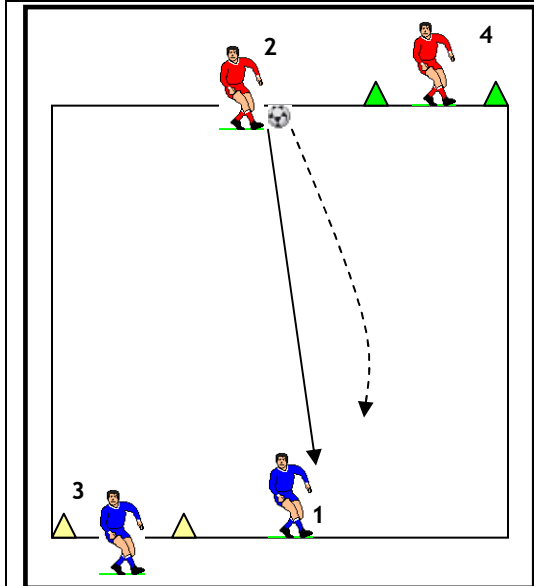
COACHING POINTS:

- The player without the ball has to ask for it
- Call the name of the player you want to receive the ball from, or else you will get more than one balls at one time

FIELD:

Depending on number of players. 10 players - 15m x 15m; 12 players - 20m x 20m.

TECHNIQUE WORK - 1 v 1 DEFENDING **TIME: 10 MINUTES**



ACTIVITY:

Divide players in groups of 4 and pair them up in each group. Have one player from each pair stand behind the goal and the other player facing each other at the end of the grid. Player 2 passes the ball to Player 1. The moment Player 1 receives the ball, Player 2 closes Player 1 down and tries and stop Player 1 from scoring. If Player 2 intercepts the ball then Player 2 tries and score which Player 1 tries and defend.

COACHING POINTS:

- Defender closes the attacker as quick as possible
- Defender slows the attacker down
- Defender makes a curve run to channel the attacker away from the goal
- Defender stays patient till there is an opportunity to win the ball

PROGRESSION:

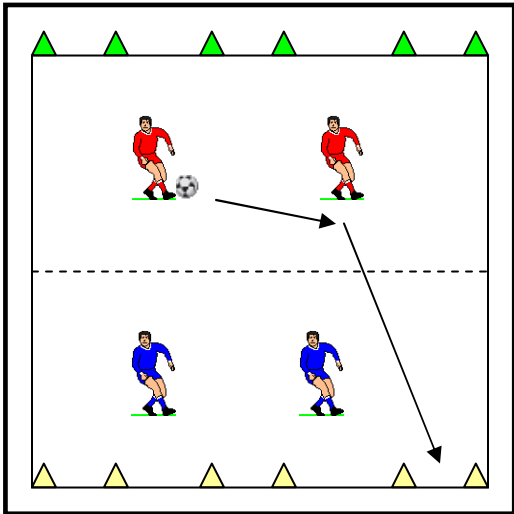
- Player 3 and 4 counts to 5 and joins in the game. Defending team work as a pair to try and win the ball and score.

FIELD:
12m long and 10m wide and 2m wide for the goals.





SKILL WORK - 2 v 2 DEFENDING **TIME: 15 MINUTES**



FIELD:
15m long x 10m wide.

ACTIVITY:

Divide players in groups of 4 and pair them up. Have one pair in one half of the grid and the other pair in the other half. Objective of the game is for the Red team to pass the ball between each other till there is an opportunity to shoot at one of the 3 goals that the Blue team is defending. Blue team works together to cut out any opportunity for the Red team to score. Both teams not allowed to go beyond the halfway line. Two points for the middle goal and one point for the end goals. Keep scores.

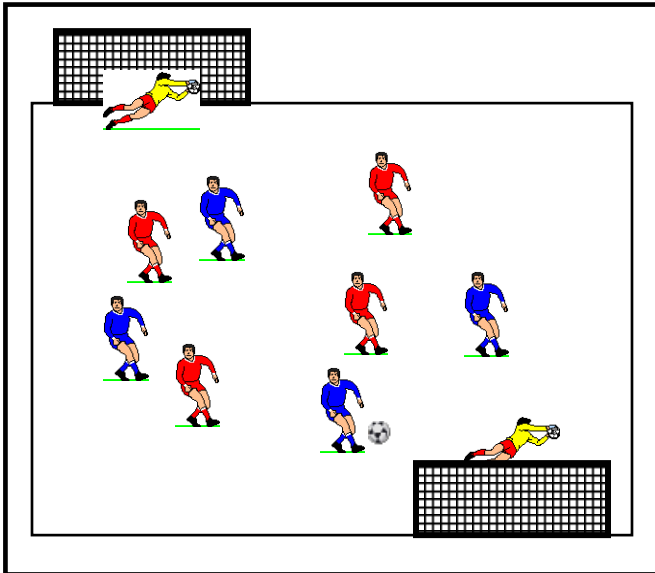
PROGRESSION:

- Two touch
- One touch
- Remove the halfway line and allow free play 2 v 2.

COACHING POINTS:

- Defending team move as a pair side to side to close down the scoring path

GAME RELATED: 4 v 4 + 2 GK GAME **TIME: 15 MINUTES**



ACTIVITY:

Divide players in teams of 4's. Play a 4 v 4 + 2 GK. Encourage the defending team work as a team to win the ball back.

COACHING POINTS:

- Defender closes the attacker as quick as possible
- Defender slows the attacker down
- Defending channel the attacker away from the goal
- Defender stays patient till there is an opportunity to win the ball

FIELD:

25m length x 25m wide.

7 v 7 (INCLUDE GKs) SRIMMAGE GAME **TIME: 10 MINUTES**

Let the players play but rein-force what has learnt.

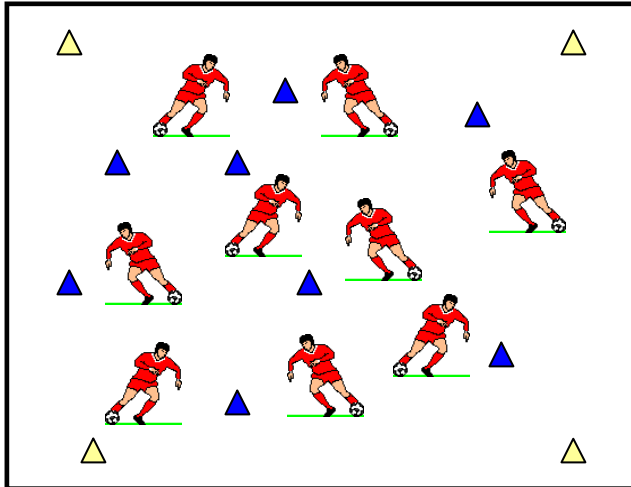
KEY		
→	- - - - - →	↪
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 12's	SESSION 7	TOPIC: RECEIVING & PENETRATING PASS 1	TIME: 1 HOUR	
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WARM - UP **TIME: 10 MINUTES**



FIELD:
20m x 20m grid.

ACTIVITY:

Have all the players with a ball each in the grid. Get the players to dribble around in the grid. Encourage the players to go around the random blue cones that are placed in the grid.

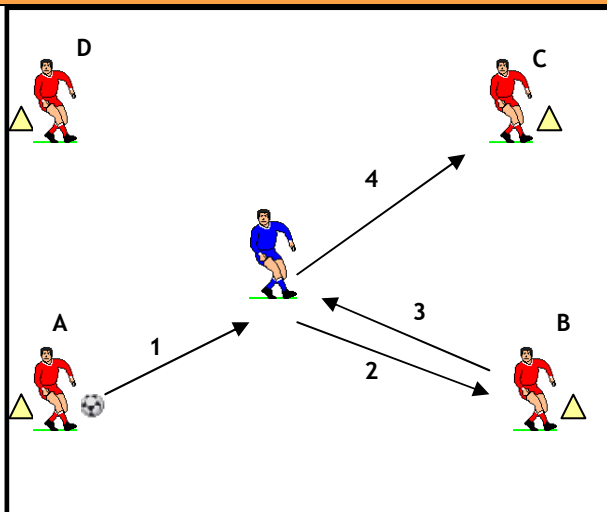
EXERCISES:

- Dribble around the blue cones
- Within 15 seconds try and dribble to all cones
- Change of directions while dribbling
- Stop and juggle the ball for 30 seconds every so often and then continue dribbling

FUN GAME:

- While protecting their own ball, try and kick someone else's ball out of the grid. Once the ball gets kicked, juggle the ball for 10 seconds and join back in.
- Have 2 players without the ball to try and kick the ball of other players out of the grid
- Have 2 players without the ball to try and win the ball off the players with the ball

TECHNIQUE WORK - RECEIVING & PASSING IN A GRID **TIME: 10 MINUTES**



FIELD:
12m x 12m grid.

ACTIVITY 1:

Divide players in groups of 5's with 1 ball per group. Four players standing on each corner or the grid and 1 player in the middle. Player A passes to the Blue player (1). The Blue player takes a touch and then passes to player B (2) who takes a touch and passes it back to the Blue player (3). The Blue player takes a touch before passing to player C (4). Continue the sequence. Change the player in the middle every 2 minutes.

PROGRESSION:

- Change direction (clockwise)
- One touch passing

COACHING POINTS:

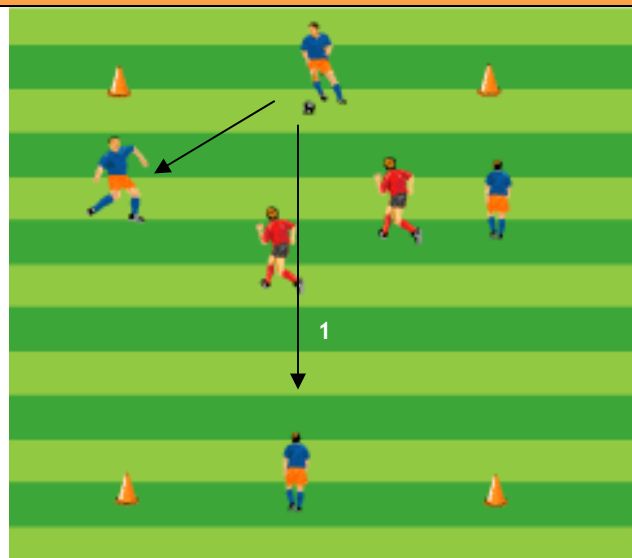
- Quality accurate passing using the inside of the foot with the right weight on the pass
- Having a good first touch when receiving the ball





SKILL: 4 v 2 RECEIVING AND PASSING

TIME: 15 MINUTES



FIELD:
12m x 12m grid

ACTIVITY:

Organize players 4 v 2. Place the 4 attacking players (Blue) along the outside of the grid in each of the four sides. The 4 attacking players pass the ball between each other while the 2 defending players (Red) attempt to intercept the ball if successful, return the ball back to the attacking team. Encourage the attacking players to move along the line. Look to play a penetrating pass (1). Rotate the players every 2 minutes.

PROGRESSION:

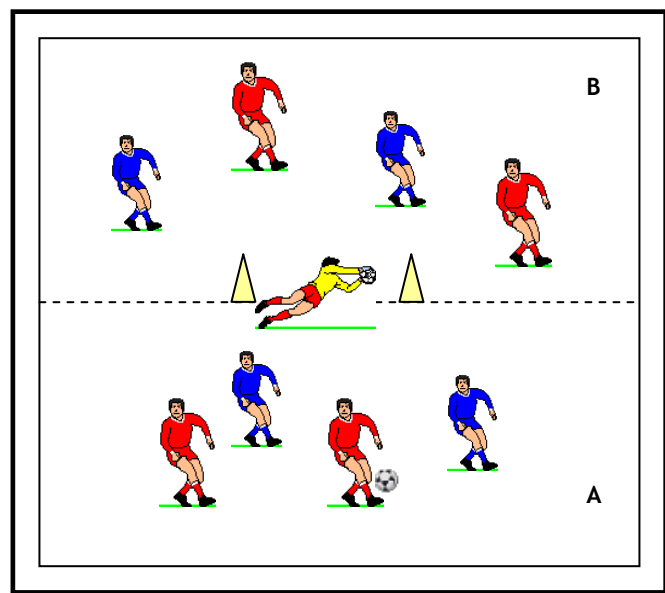
- 3 touch passing
- 2 touch passing

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

GAME RELATED: 4 v 4 v GK GAME

TIME: 15 MINUTES



THE GAME:

Set up two teams of four players and 1 GK in the middle of the grid. Each team can only score on the side of the zone. Red team can only score in zone A and Blue team can only score in zone B.

PROGRESSION:

Before a team can score the entire team must be in the attacking zone.

FIELD SIZE:

25m long by 20m wide with one goal in the middle of the grid.

COACHING POINTS:

- Maintain possession
- Early shot
- After turn over, pressure right away and play away from pressure quickly

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learnt.

KEY

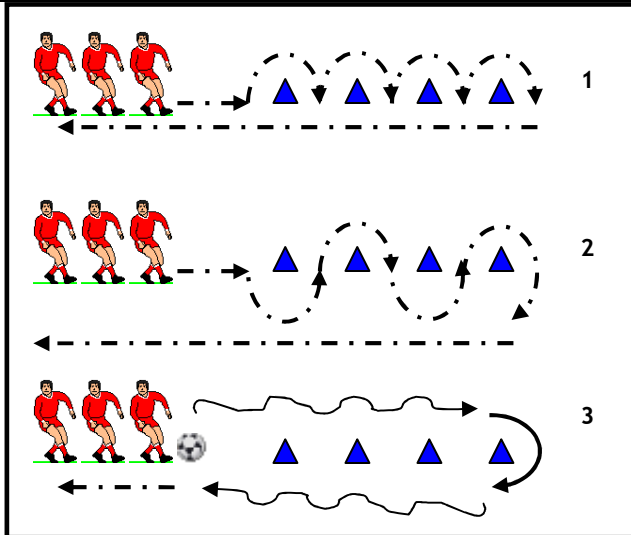
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 12's	SESSION 8	TOPIC: SWITCHING PLAY 1	TIME: 1 HOUR	
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WARM - UP - SPEED AGILITY QUICKNESS (SAQ) TIME: 10 MINUTES



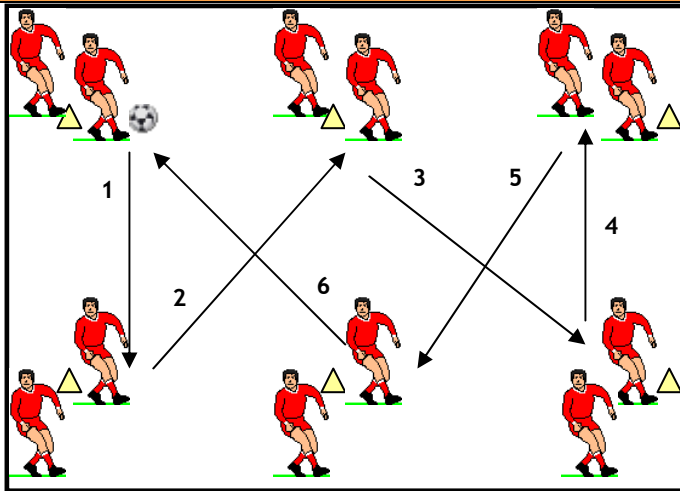
FIELD:
 From starting point to the 1st cone/ladder 3m.
 Distance between cones, two foot length. Use 5 or 6 cones.

ACTIVITY:
 Divide players in groups of 3 or 4. Players go through a few SAQ exercises.

- EXERCISES:**
- 1) First player run over the cones/ladder one foot in each gap and sprint back & tag the second player. Each player goes through 3 - 4 times
 - 2) First player slalom through the cones/ladder and sprint back & tag the second player. Each player goes through 3 - 4 times
 - 3) First player runs with the ball to the end of the cone/ladder and turn around and run back with the ball to the line for the second player. Each player goes through 3 - 4 times

ALTERNATIVE EXERCISES:
 Alternate it without and with the ball. 3 - 4 without the ball and 3 - 4 with the ball. When using the ball, the first player pass the ball to the end of the cones/ladder, perform the SAQ exercise and collect the ball and run with the ball back for the second player. Only for exercises 1 & 2. Exercise 3 dribble the ball thru the cones.

TECHNIQUE WORK - PASSING IN A GRID TIME: 10 MINUTES



- COACHING POINTS:**
- Quality accurate passing using the inside of the foot with the right weight on the pass.
 - Receive the ball using the furthers foot from the ball (Eg: When player A passes the ball to player B (clockwise) player B uses left foot to receive the ball.
 - Communication - call for the ball.
 - Be ready and aware of the next pass.

ACTIVITY:
 Place players equal on the six cones as shown in the diagram. Start initially with players running with the ball as per sequence 1, 2, 3, 4, 5, 6 and continue again so players understand the movement path. After a few goes change it to passing. Similar sequence 1, 2, 3, 4, 5, 6 and continue again. Players follow their pass. When receiving a pass, players to take a touch first and then pass.

- PROGRESSION:**
- Add another ball.
 - Add two balls.

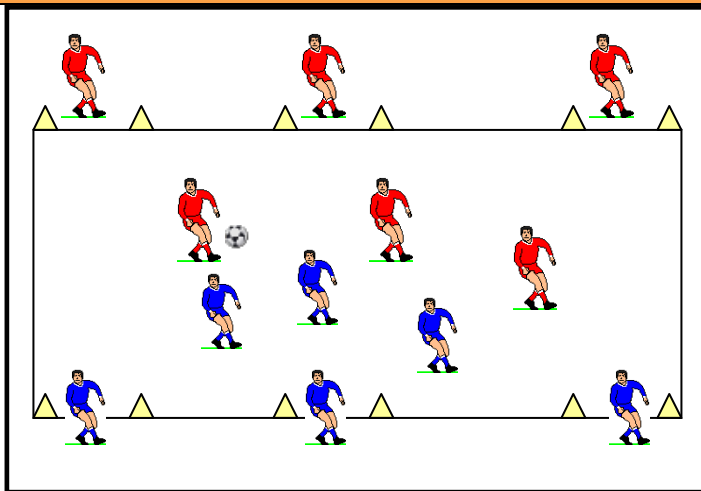
FIELD:
 10m distance between all cones.





SKILL: 3 v 3 SWITCH GAME

TIME: 15 MINUTES



ACTIVITY:

Play 3 v 3 game. Each team defends 3 goals and attacks 3 goals. If Red team scores, the Blue team waiting behind the goals replaces the Blue team that was playing and are attackers, while the Red team now becomes defenders.

COACHING POINTS:

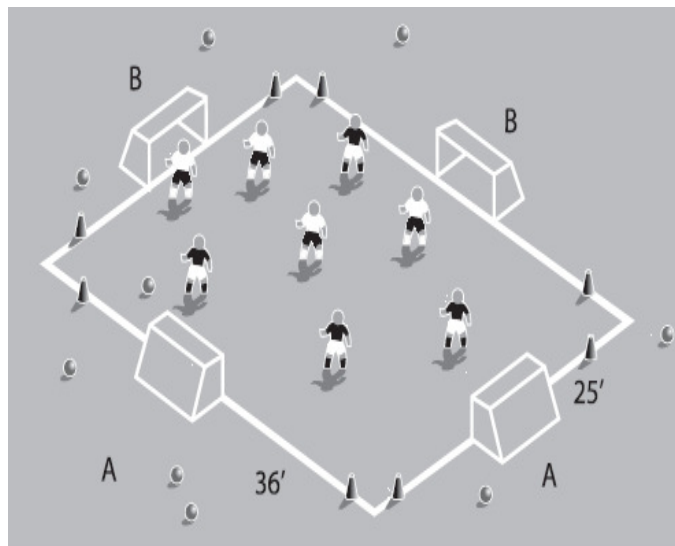
- Exploit space
- Keep possession
- Look to switch the play

FIELD:

15m long x 25m wide. 2m goals.

RELATED GAME: 4 v 4 - FOUR GOAL GAME

TIME: 15 MINUTES



THE GAME:

This game is used for U-10s to get them used to looking both ways.

Set up the field by dividing players into two teams of four players each. Both Teams defend and attack two goals. The object of the game is to score on two small opposite goals. The team that scores more goals wins. The White team scores in the opposite goals (A & B) while defending other goals (A & B). When the ball goes out of play, restart it with the player dribbling in.

FIELD SIZE: 25m x 25m.

COACHING POINTS:

- Keep possession of the ball
- Pass the ball when there is an option
- Looking both ways
- Playing the ball back then forward

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learnt.

KEY

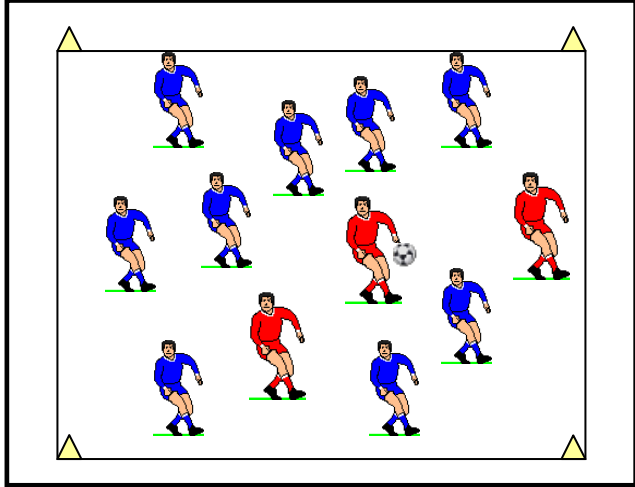
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 12's	SESSION 9	TOPIC: CROSSING 1	TIME: 1 HOUR	
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WARM - UP - FUN TAG GAME **TIME: 10 MINUTES**

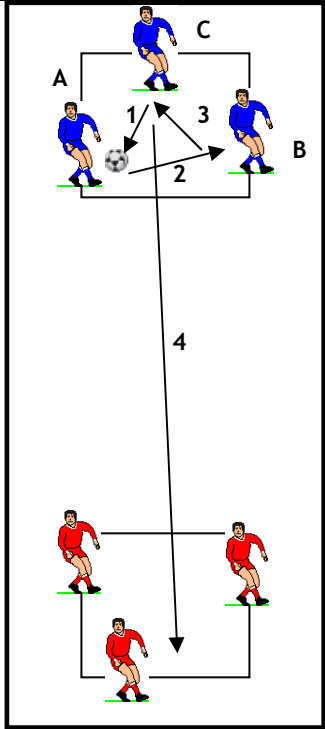


ACTIVITY:
 In a group of 12 have 3 players in a different colour bibs (Red) and with one ball. Objective of the game is for the Red team to tag the Blue team. Only the player with the ball is allowed to tag. Players in the Red team can throw the ball to one another to corner a Blue player to tag. When a Blue Player gets tag, s/he stands like a statue with legs wide apart. For a tag player to get back into the game another Blue player crawls between the tagged player. Rotate players after 2 - 3 minutes.

PROGRESSION:
 Instead of throwing the ball pass the ball with the feet.

FIELD:
 20m x 20m grid.

TECHNIQUE WORK - LONG PASS **TIME: 10 MINUTES**



ACTIVITY:
 Divide players in groups of six with one ball. Place 3 players in one grid and another 3 players the other grid. Player C passes to Player A (1) who then passes to Player B (2). Player B passes then lays-off (sets) the ball (3) for Player C who makes a long pass to the Red team. Players in the Blue team rotate after each long pass. Sequence continues with Red team.

PROGRESSION:
 Play the long ball in the air

FIELD:
 Two 10m x 10m grids. 15m between the two grids.

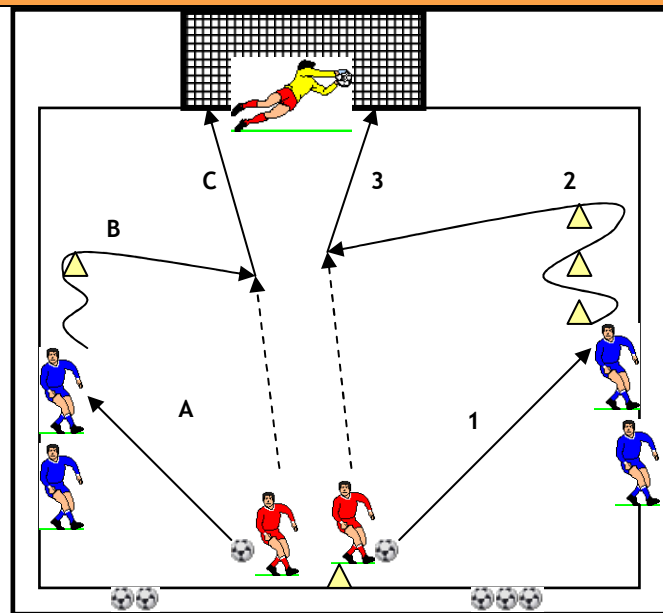
- COACHING POINTS:**
- Nice and light short passes
 - Take the pace of the ball when laying-off (set)
 - Use the roll of the ball to make a long pass





SKILL WORK - CROSSING & FINISHING

TIME: 15 MINUTES



ACTIVITY:

Divide players in 3 groups.

- i) Red Player passes to Blue Player (1) who dribbles thru the cones and crosses the ball (2) to the incoming Red Player who finishes with a shot on goal (3). Players rotate after every move.
- ii) Red Player passes to Blue Player (A) who runs with the ball down the line and crosses the ball (B) to the incoming Red Player who finishes with a shot at goal (C). Players rotate after every move.

COACHING POINTS:

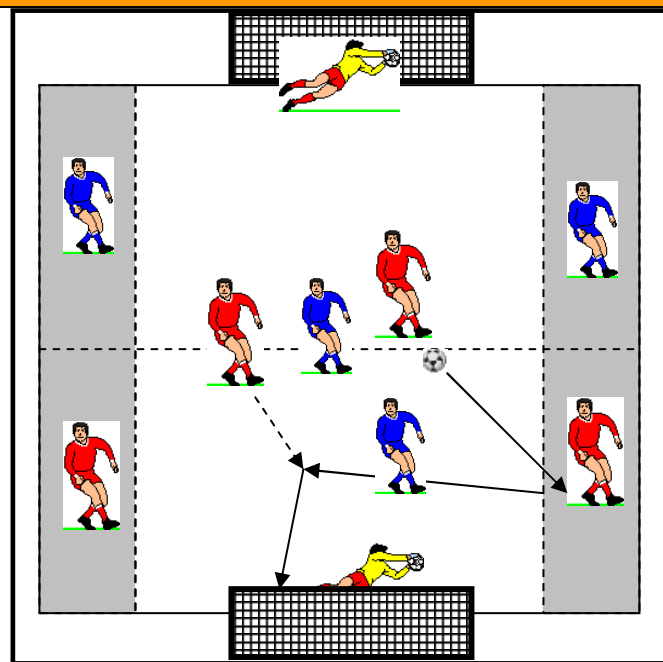
- Timing of the run from the Red Player
- Good cross from the Blue Player into the path of the Red Player away from the GK.

FIELD:

Coach's discretion. From the middle to the wide players 12m - 15m (depending on players ability).

GAME RELATED: 2 v 2 + 4 WINGERS - CROSSING GAME

TIME: 15 MINUTES



THE GAME:

Set up three teams of four players each. Red Team plays Blue Team 2 v 2 + 2 wingers each per team. Wingers for each team are in the attacking half of the field and in the free designated zones. Teams only can score from a cross. Rotate the players every 3 minutes.

If you have GK's have them in goal.

PROGRESSION:

- Limit the wingers to 2 touch
- Limit the wingers to 1 touch

FIELD SIZE:

20m long by 25m wide with two goals on each end of the grid. A good supply of balls inside both goals is also needed. Each of the grey zones are 5m in width.

COACHING POINTS:

- Get the ball wide as quickly as possible
- Communication - call for the ball from the wingers

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learnt.

KEY

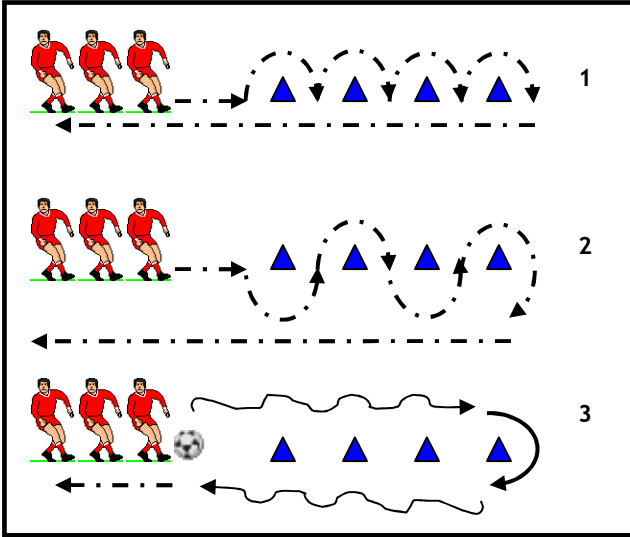
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Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 12's	SESSION 10	TOPIC: SHOOTING 2	TIME: 1 HOUR	
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WARM - UP - SPEED AGILITY QUICKNESS (SAQ)			TIME: 10 MINUTES
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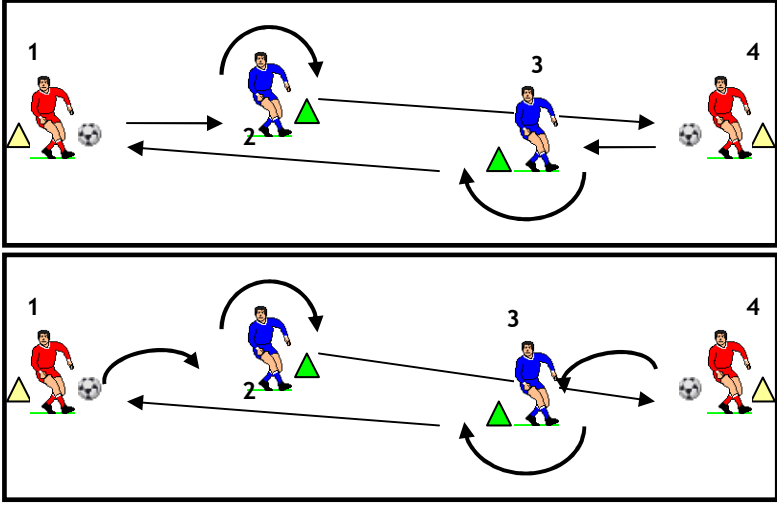
ACTIVITY:
Divide players in groups of 3 or 4. Players go through a few SAQ exercises.

- EXERCISES:**
- 1) First player run over the cones/ladder one foot in each gap and sprint back & tag the second player. Each player goes through 3 - 4 times
 - 2) First player slalom through the cones/ladder and sprint back & tag the second player. Each player goes through 3 - 4 times
 - 3) First player runs with the ball to the end of the cone/ladder and turn around and run back with the ball to the line for the second player. Each player goes through 3 - 4 times

ALTERNATIVE EXERCISES:
Alternate it without and with the ball. 3 - 4 without the ball and 3 - 4 with the ball. When using the ball, the first player pass the ball to the end of the cones/ladder, perform the SAQ exercise and collect the ball and run with the ball back for the second player. Only for exercises 1 & 2. Exercise 3 dribble the ball thru the cones.

FIELD:
From starting point to the 1st cone/ladder 3m. Distance between cones, two foot length. Use 5 or 6 cones.

TECHNIQUE WORK - TURN AND PASS			TIME: 10 MINUTES
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ACTIVITY:
Divide players in groups of 4. Two players with the ball each standing at the end of the cones and two other players in the middle. Player 1 passes the ball to Player 2 who receives, turns and passes the ball to Player 4 using the laces. Player 1 follows the pass and then receive a pass from Player 4, turns and passes to Player 1. As Player 2 is performing the exercise Player 3 is doing the same at the same time. Rotate players after every 2 minutes.

- PROGRESSIONS:**
- The server plays the ball to the thigh for the middle player to control turn and pass
 - Play the ball to the chest

- COACHING POINTS:**
- Use the laces to make the long pass (practice the shooting technique)
 - Keep eyes on the ball, open the face of the foot, strike with the laces

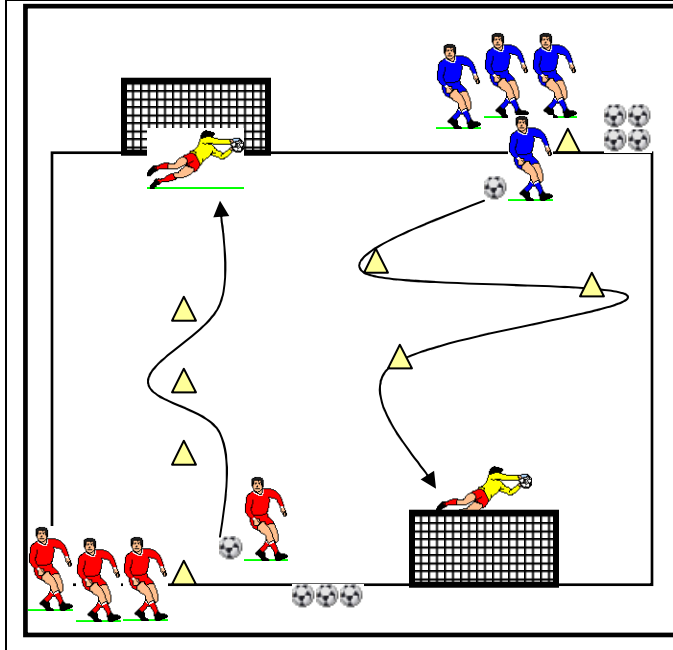
FIELD:
15m between the end cones (yellow cones); 5m between the end cones and middle cones (yellow and green cones).





SHOOTING AT GOAL

TIME: 15 MINUTES



ACTIVITY:

Organize players evenly in two groups. Have one goal at the corner of end of the grid and another on the opposite end (as shown in the diagram).

SHOOTING EXERCISES:

- Red Player dribbles thru the cones and shoot at goal and then join the Blue line.
- Blue Player run with the ball go round the cones and shoot at the end and then join the Red line.

COACHING POINTS:

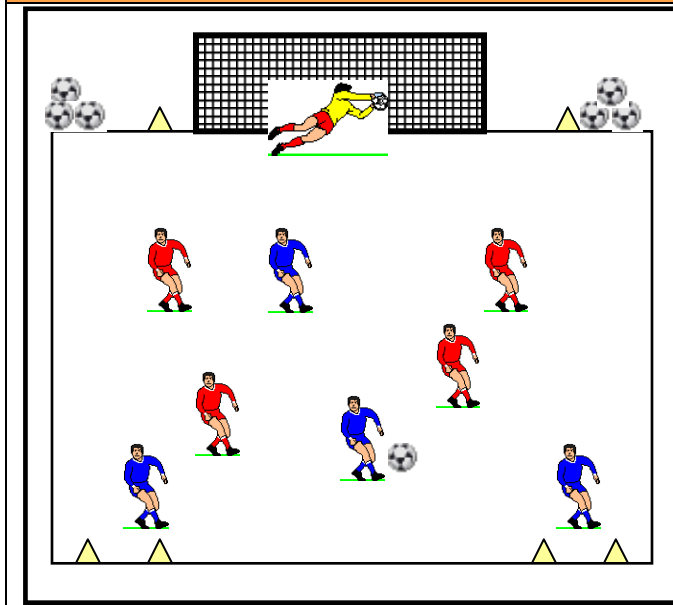
- Use the inside of the foot
- Use the laces (top of the foot)
- Keep head down and eyes on the ball when shooting
- Place shots at the corners of the goal

FIELD:

20m distance from goal and start point.

GAME RELATED: 4 v 4 + GK GAME

TIME: 15 MINUTES



ACTIVITY:

Divide players in teams of 4's. Play a 4 v 4 + GK. Have one team attacking the GK and the other team scoring at the opposite end where there are two small goals. Have two games going at the same time. After 3 minutes change the teams around and make sure every team gets to shoot at the GK.

COACHING POINTS:

- Encourage the player with the ball to exploit space
- Shoot as often as possible
- Follow up the shots from any rebounds

FIELD:

25m length x 20m wide.

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learnt.

KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





AGE GRADE: U12	SESSION 11	TOPIC: TURNING, DRIBBLING & SHOOTING	TIME: 1 HOUR	
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KEY		
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

KEY INFORMATION

Turning, Dribbling and Shooting

Key Factors:

1. Balance
2. Movement
3. Using many surfaces
4. Changing direction
5. Turning with the ball

WARM - UP: ROB THE NEST - 4 CORNER GRID **TIME: 10 MINUTES**

ACTIVITY:
Divide players in four equal groups. Place each group in one of the four zones. Place equal number of balls in the middle of the big grid. On the coach's command, one player from each square run to the middle, collect a ball and dribble the ball back to the square and tag partner to do the same. First team to collect 3 balls wins.

PROGRESSION:

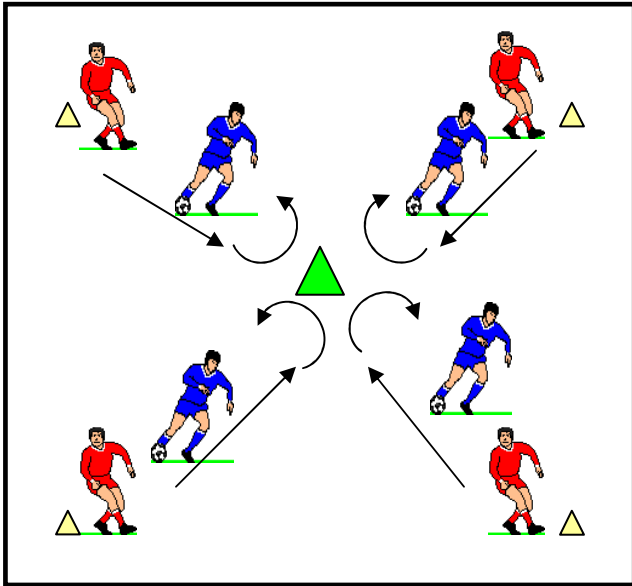
- Dribble the ball back with the only one foot.
- Reduce the balls in the middle and allow the players to steal the ball from another square.
- Place 4 cones in a line, 1m apart from the balls to each cone. Players have to dribble the ball through the cones.

FIELD:
The big grid 30m x 30m. The four zones 10m x 10m.





TECHNIQUE: TURNING IN A GRID TIME: 10 MINUTES



ACTIVITY:
 Pair your players with a ball between two. While one player (blue) is working, the player (red) rest. Blue player dribbles the ball towards the green cone in the middle of the grid turn and dribble back, stops the ball by the cone for the red player to collect the ball and repeat the exercise.

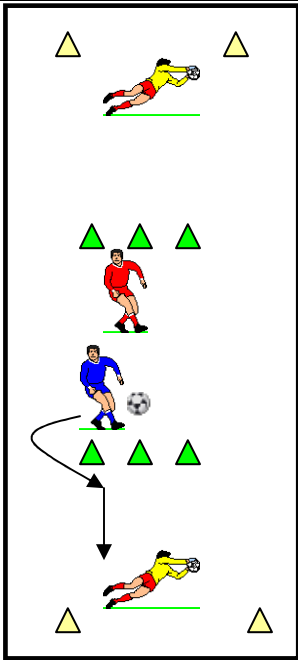
PROGRESSION:
 Dribble the ball to the green cone in the middle of the grid turn and pass the ball to red player and return back to the cone.

FIELD:
 12m x 12m grid with the green cone placed middle of the grid. You can have three or four grids going at one time, depending on number of players.

- URNS:**
- Stop the ball and turn
 - Outside Hook - Using the outside of the foot hook the ball and turn
 - Step over and turn/Figure 8

- COACHING POINTS:**
- Before turning have a look over the shoulder
 - After turning accelerate away

TECHNICAL: TURN & SHOOT 10 MINUTES



ORGANIZATION:
 Two players in the middle zone while two players act as goalkeepers. To start, GK throws the ball to the Red Player who receives and passes to the Blue Player who turns with the ball around the cone and shoot. Roles now reverse with Blue Player receiving and Red Player turning and shooting. Rotate GKS and players in the middle every 3 - 4 minutes. The player turning and shooting always receives the ball with the back to the goal.

Encourage players to receive and turn with both feet.
 Encourage players to try different turns.

- Coach, try to get players to*
- *develop the ability to turn both left and right.*
 - *use both the inside and outside of both feet to control the ball away from the defender*
 - *then quickly get his/her body between the defender and the ball as he/she turns with it.*

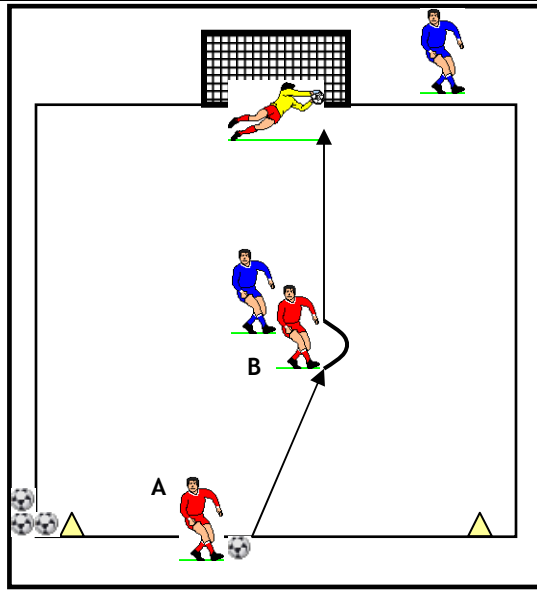
Dropping a shoulder one way but controlling the ball and moving the other way is a good technique to develop.





SKILL: 2 v 1 WITH TARGET PLAYER

TIME: 15 MINUTES



ORGANIZATION:

Play 2 v 1 with a GK. Player A passes the ball into Player B who receives and turns with the ball around the Defender (Blue) and shoot. Initially the defender is passive, just shadows the attacker. Player B may use Player A to play the ball back to keep possession if the opportunity is not there to turn. Player A after serving the ball into Player B must communicate with either 'HOLD' or 'TURN'. After 5 - 6 attempts rotates all players around.

PROGRESSION:

- Defender now can apply pressure to challenge the ball.
- Player A now joins in the attack after passing the ball to Player B making it 2 v 1.
- Play 2 v 2.

COACHING POINTS:

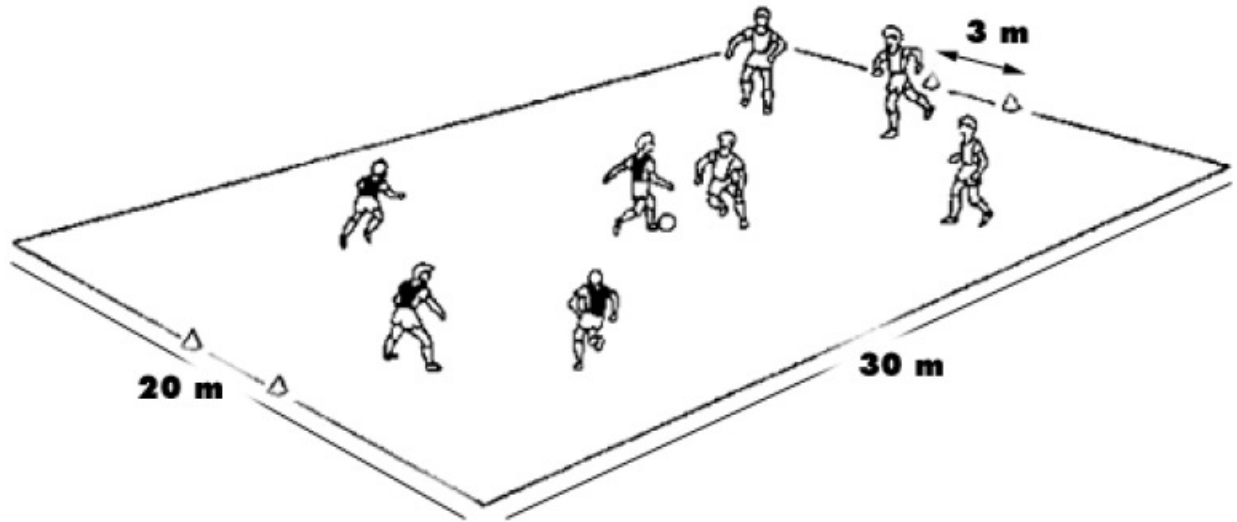
- Encourage players to communicate.
- Encourage Player B to stay close to defender so it is easier to turn with the ball.
- Encourage attacking players to keep possession.

FIELD:

20m distance from goal and start point.

MINI GAME: 4 V 4 (WITH OR WITHOUT GKs)

15 MINUTES



Play a 4 v 4 Mini Game with/out goalkeepers. Rotate goalkeepers every 5 minutes if used.

Encourage players to receive and turn with the ball as much as possible.

