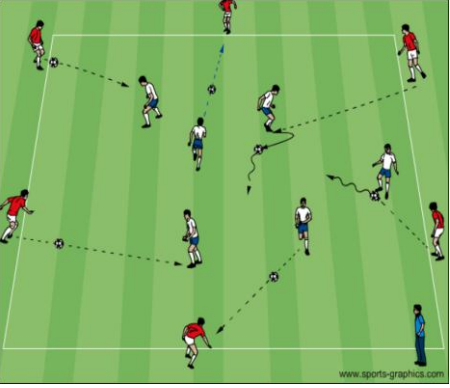
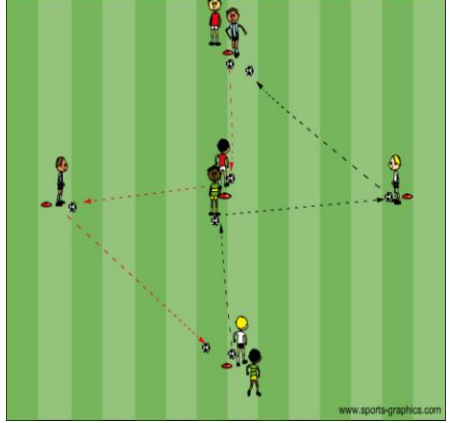
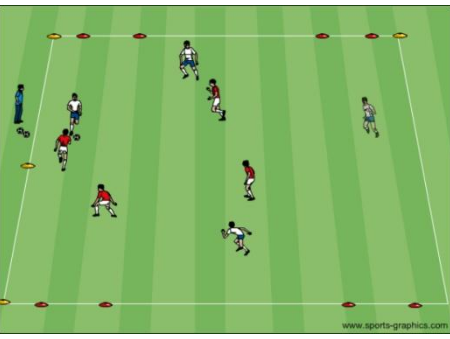


U12 --- Week 1

Topic: Passing and Receiving for Possession

Technical Warm up	Organization	Coaching Pts.
	<p><u>Dutch Square:</u> Half of the players on the inside of the square (with soccer balls), half on the outside. The insiders will pass the soccer ball to the outsiders. The outsiders will pass the ball back with one or two touches to the insiders. The insiders will receive the soccer ball and look for another outsider to pass to. After a few minutes, switch insiders with outsiders. Coach: have players pass and receive with the right and left foot.</p>	<p>Passing:</p> <ul style="list-style-type: none"> • Toe up (inside) or down & turned in (outside) • Placement of non-kicking foot and good balance <p>Receiving:</p> <ul style="list-style-type: none"> • Keep feet moving before ball arrives and go to it • Keep ankle of receiving foot locked and body behind ball <p><i>Time: 15 minutes</i></p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p><u>Diamond:</u> One player at outside cones of the diamond & 2 players back to back at the center cone. The remaining players divide up evenly and fill in behind bottom & top cones. One ball with the first player in each bottom & top cone they start by passing to the player at the center cone. This player turns with the ball (left) & passes to the player on the outside cone who passes to starting cone. Players follow your pass and start at the same time.</p>	<ul style="list-style-type: none"> • Tech of passing and receiving • Middle players check to the ball • Pace and accuracy of the pass • Passes on the ground • First Touch – Directional • Quickly move from cone to cone <p><i>Time: 15 minutes</i></p>
<p>Exp. Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p><u>4v4 or 5v5 to Four Small Goals:</u> In a 30x35 yd. grid with two small 3 feet cone goals on each of the 35 yard lines, near each corner. Each team defends and attacks two goals. If playing with 4 players, the attacking shape should be a diamond. If attacking with five players, the attacking shape should be a 3-2 or 2-1-2.</p>	<ul style="list-style-type: none"> • Possess the ball to look for an opportunity to score • Players in good supporting positions • Decision making: safety versus risk • Communication • Good team shape <p><i>Time: 20 minutes</i></p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6 to 8v8 Scrimmage</p>	<p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<ul style="list-style-type: none"> • All of the above <p><i>Time: 30 minutes</i></p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	