

TRAINING PLAN U-12 CONTROL

TECHNICAL WARM-UP

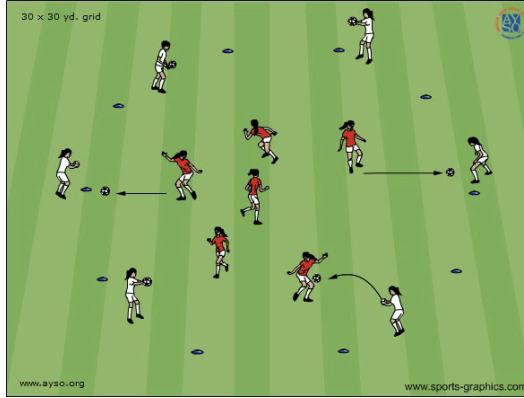


To see this activity in action visit <http://bit.ly/10zU5op>

ORGANIZATION/RULES

- 30x30 grid w/ inner circle, 6 players inside circle, 6 outside w/ ball as servers.
- Inside players move to any server, who calls "foot" or "thigh." Inside player controls ball in 1 and passes back to server with 2nd touch.
- Receiver *moves* onto free server (rotate servers frequently).
- > Easy under-hand lobbs to start. Vary height of serve. Throw-in.
- > Increase/decrease circle size.
- > Left, right foot control, pass, etc.
- > Coach walks through circle as *passive* defender.

Player leads stretching.



COACHING POINTS

- Get in line with flight of ball.
- Bring surface up to meet ball.
- At moment of impact, withdraw surface to cushion first touch (like catching an egg).
- Be on toes to react to falling ball.
- Direct touch to space (where you want to go).
- Get comfortable and familiar with ball.
- Spatial awareness.

- PSYCHOSOCIAL
 PHYSICAL
 TECHNICAL
 TACTICAL

U-12 TRAINING PLANS | TRAINING PLAN U-12 CONTROL

ACTIVITY I

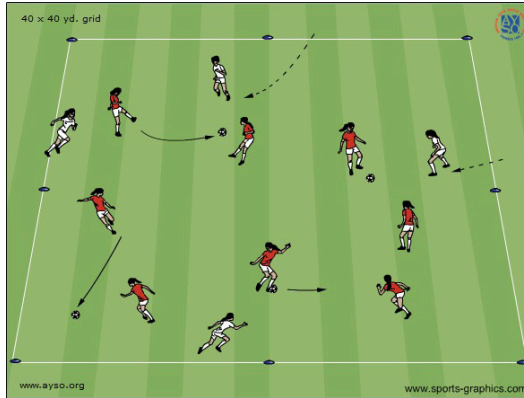
Individual & Pair Work
 Competition & Teamwork
 2v2 & 3v3



To see this activity in action visit <http://bit.ly/XEtYqX>

ORGANIZATION/RULES

- 40x40 yard playing area.
- 8 attackers inside; 4 defenders on outer grid (vary split as needed).
- Attackers have 3-4 balls between them and must pass and move keeping ball under control.
- On coach command, defenders enter the grid and firstly offer *passive* pressure on attackers, who must maintain composure and control of ball.
- Passive progresses to full pressure. Defenders can dispossess attackers until all balls are cleared.
- Switch roles.



COACHING POINTS

- Quality control, passing and movement.
- Direct touch to space (away from defender).
- Fake defender w/ body movement "prior" to receiving ball.
- Creativity to beat defenders.

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ACTIVITY II

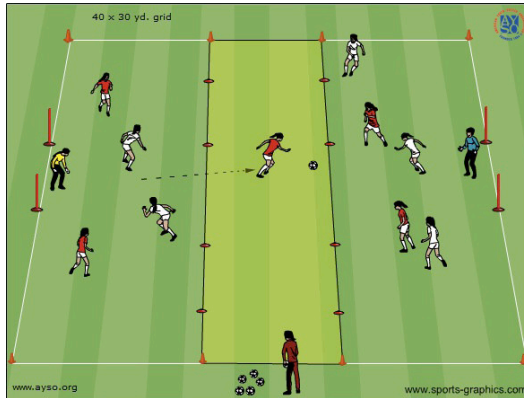
Opposition (attack & defense)
 Directional Play (w/goals or targets)
 Expanded Num. (3v3 to 6v6)
 Most Game Aspects



To see this activity in action visit <http://bit.ly/UR3Y9w>

ORGANIZATION/RULES

- 40x30 field w/ goals & GKs. Mark center channel, splitting area into thirds. 3v2 in end zones plus GK (can be used as a player to switch possession in the zone).
- Teams must make 3 passes in their defensive zone *before* player w/ ball is allowed to enter center channel.
- Player w/ ball dribbles across center channel into attacking third to create 3 v3 (+ GK).
- Only the ball carrier can enter this area & increase numbers in final third.
- > One defender and two attackers can enter center channel creating 2v1. This affects decision making to either pass (combination play) or run w/ ball into the attacking third.



COACHING POINTS

- Quality dribbling technique w/ positive attitude to beat the defenders with a move (confidence).
- Quality first touch efficiency to maintain control in tight spaces.
- Maximize use of space and teammates.
- Protect the ball from defender either during the move or after you have beaten them (shielding).

- PSYCHOSOCIAL
 PHYSICAL
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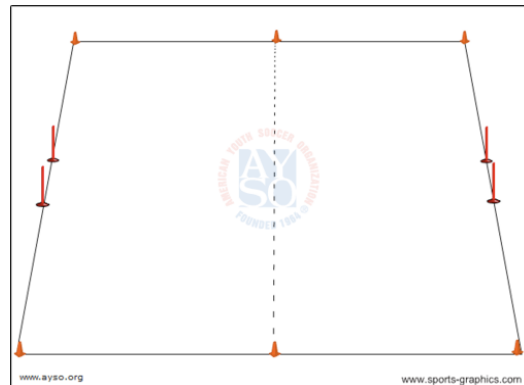
SMALL-SIDED MATCH

Cool Down/Debrief

ORGANIZATION/RULES

- Balanced 6 v 6 match.
- Match like conditions with general rules.

Player leads static stretching, *brief* review on lesson and any announcements.



COACHING POINTS

- Emphasize quality control techniques and first touch efficiency but let them play.

- PSYCHOSOCIAL
 PHYSICAL
 TECHNICAL
 TACTICAL