

TRAINING PLAN U-12 PASSING/RECEIVING

CREATED BY
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AYSO

TECHNICAL WARM-UP

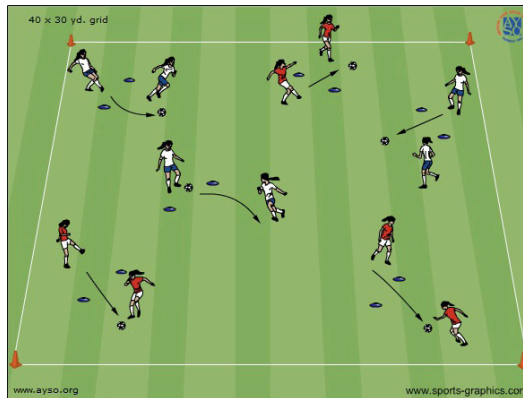


To see this activity in action visit <http://bit.ly/V5Fzyv>

ORGANIZATION/RULES

- 30x40 grid, 12 cones to make 6 gates.
- Players in pairs w/ 1 ball (pair stronger player w/ 1 of lesser skill) pass back & forth through all the gates.
- Do not allow 1 touch back. 2 touches!
- Each player must make 6 passes through the cones.
- Important for receiver not to stand between the cones, they should look to be running onto the end of the pass.
- Use outside of foot for 1st touch.
- Set time challenge and team with best time wins. Repeat twice.

Player leads stretching.



COACHING POINTS

- Quality passing techniques.
- First touch efficiency.
- Preparation.
- Focus.
- Competition.

PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

U-12 TRAINING PLANS | TRAINING PLAN U-12 PASSING/RECEIVING

ACTIVITY I

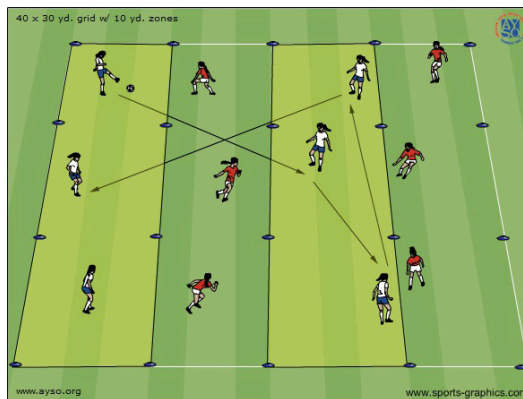
Individual & Pair Work
Competition & Teamwork
2v2 & 3v3



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

ORGANIZATION/RULES

- 20 cones, vests (2 colors), 1 ball. 6v6 in pairs of 3. 40x30 grid / into 4x10 yd. zones.
- 1 team must pass to teammate in other grid to get 1 point (1st team to 5 wins).
- Teams in defending zones try to intercept through balls in their zone. If ball is intercepted that team try to connect balls to teammates in other zone.
- Player may dribble & pass in their zone to create passing lanes.
- Players in receiving zones try to create good passing lanes w/ off ball runs to become a target player.
- Balls must be played on ground.
- > Receivers 1 touch back to original grid.
- > Defender in each zone.
- > Add goals in each end zone.



COACHING POINTS

- Quality passing technique.
- First touch efficiency (away from defender to where they want to play their next move).
- Encourage players to scan area before receiving pass.
- Movement, on and off-ball.
- Encourage creativity and expression!
- Disguise passes.

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ACTIVITY II

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

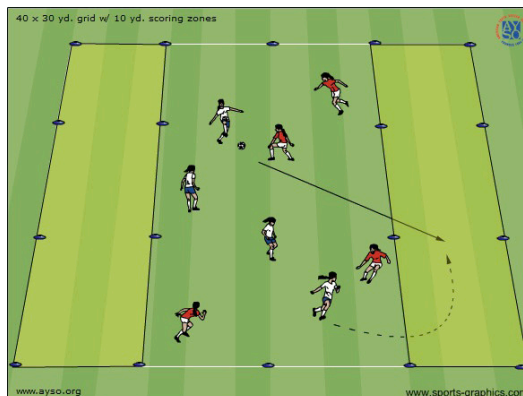
Most Game Aspects



To see this activity in action visit <http://bit.ly/XEsI77>

ORGANIZATION/RULES

- 40x30 grid w/ 2 end zones 10 yards deep.
- 2 teams attack *either* end zone and score by passing the ball successfully into teammate *running* onto the pass in scoring zone.
- 1 point per successful pass to running teammate. 5 points wins.
- Receiving player must run *onto* pass not be stationary in scoring zone.
- Points are scored in either end zone to start.
- > Go directional.
- > Receiver must one touch pass back to a teammate.
- > Initial pass must be 1 touch into scoring zone.
- > Add defender in each end zone.



COACHING POINTS

- Quality passing & first touch efficiency.
- Encourage players to scan area before receiving pass & recognize opportunities to explode into space.
- Encourage players to recognize visual and verbal cues from teammates, i.e., take her on, time, etc.
- Consider balance and shape.
- Movement, on and off-ball.
- Disguise passes.
- Encourage creativity and expression!

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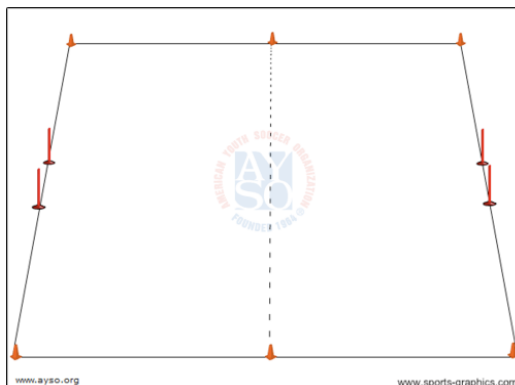
SMALL-SIDED MATCH

Cool Down/Debrief

ORGANIZATION/RULES

- Balanced 6 v 6. 50x40 grid (or half size of field team plays matches on).
- Match like conditions with general rules.

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



COACHING POINTS

- Emphasize quality techniques but let them play.
- Game conditions *should* validate what was covered in training (quality passing/receiving, movement/vision).

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