

TRAINING PLAN U-12 PASSING/RECEIVING

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TECHNICAL WARM-UP

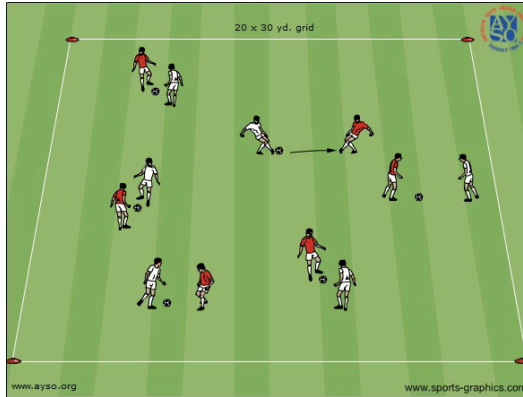


To see this activity in action visit <http://bit.ly/S4yvDI>

ORGANIZATION/RULES

- 20x30 grid, players in pairs w/ 1 ball.
- Players pass back & forth for 60 seconds mandatory 2 touch.
- Ball can't rest. Points scored when partner makes mistake (bad pass or 3 touches).
- > On whistle, change partners (frequently, to get players moving).
- > Use outside of foot for 1st touch.
- > Use 1 touch.
- > Left or right.

Player leads multi-directional jogging and stretching.



COACHING POINTS

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

PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

ACTIVITY I

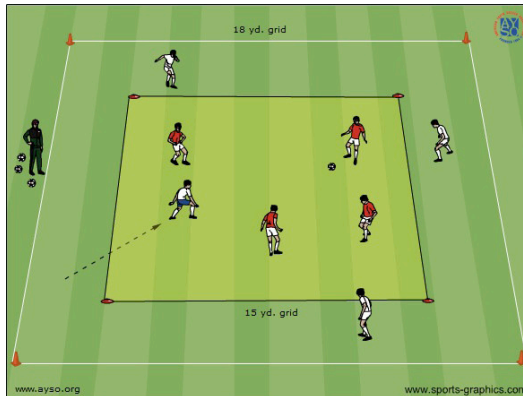
Individual & Pair Work
Competition & Teamwork
2v2 & 3v3



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

ORGANIZATION/RULES

- 15 yd. square within an 18 yd. square. 2 teams of 4, 1 ball.
- Team A (passing team) play inside smaller square.
- Team B (defenders) wait outside playing area in larger square.
- 2 min. game begins as 1 defender enters inner square to gain possession from passing team.
- After 30 seconds, 2nd defender is added to create 4v2. After another 30 seconds a 3rd defender is added and finally a 4th making it 4v4.
- Coach serves balls (at stoppages).
- Most passes (2 mins.) wins.
- Swap roles & rotate 3rd team.



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.
- Encourage creativity and expression!
- Disguise passes.

PSYCHOSOCIAL
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ACTIVITY II

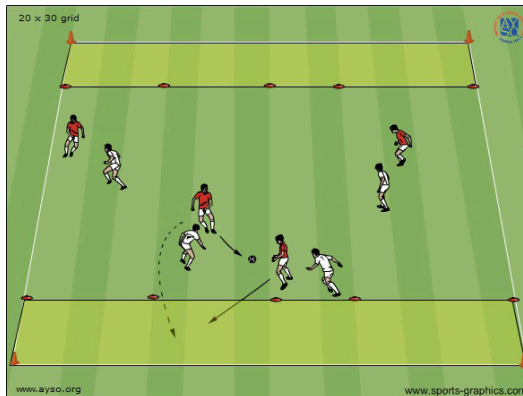
Opposition (attack & defense)
Directional Play (w/goals or targets)
Expanded Num. (3v3 to 6v6)
Most Game Aspects



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

ORGANIZATION/RULES

- 20x30 grid w/ 2 end zones 5 yds. deep.
- 2 teams attack either end zone.
- Teams score by passing the ball successfully into opponents end zone to a free teammate (who must control ball).
- Opponents defend their end zone.
- Keep score.
- > Only 1 player can make the run into end zone to receive the scoring pass.
- > Scoring pass must be with L or R foot.
- > Limit scoring player's touch to control (2 or 1).



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 cues, i.e., 1 v 1 opportunity, space in front of dribbler, etc.
- Encourage players to recognize verbal cues from teammates, i.e., take him on, time, etc.
- Consider balance and shape.
- Encourage creativity and expression!

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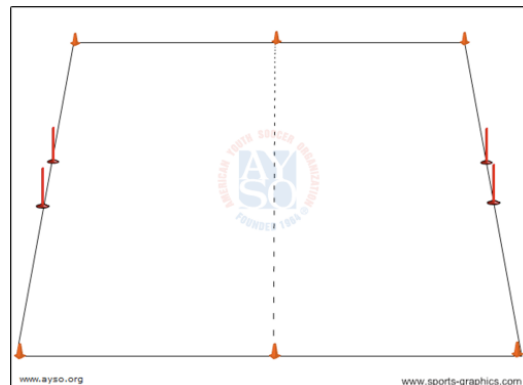
SMALL-SIDED MATCH

Cool Down/Debrief

ORGANIZATION/RULES

- Small sided match with goalkeepers and general rules.
- > 5 consecutive passes = 2 goals.
- > Two touch w/ one touch to score (using instep drive or side foot pass).
- > All attacking team players must be in opponents half to score.

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



COACHING POINTS

- Emphasize quality techniques but let them play.

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