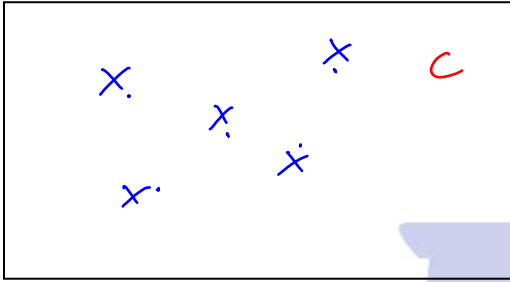


ALABAMA YOUTH SOCCER ASSOCIATION

U12 – WEEK 1

Warm-up: *Knee tag*



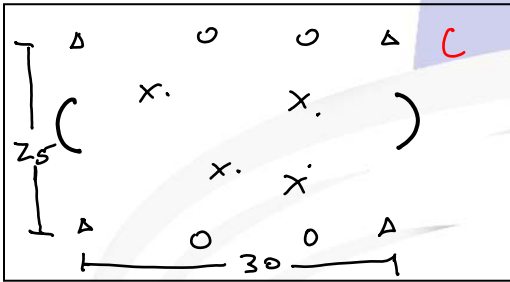
Description:

- ›Every player has a ball
- ›Players collect points by touching other players on the knee
- ›Can't touch same player twice in a row

Coaching Points:

- Forces players to stay low
- Increases peripheral vision
- Head must be in swivel
- Use every surface of feet
- Change pace

Activity #1: *Team Knockout to Goal*



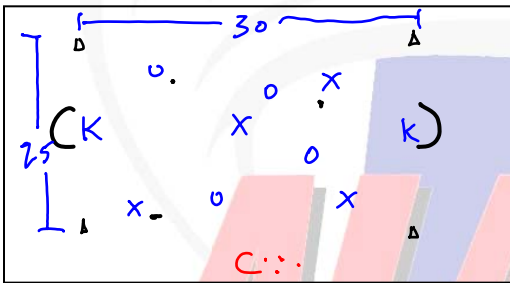
Description:

- ›Two teams
- ›One team has balls other team is on outside of space
- ›Players on outside try to win ball and score
- ›Players who lose the ball try to get ball back and keep it
- ›Balls are out of play when they are out of bounds or in goal
- ›Combine with other players to defend or score

Coaching Points:

- Improves communication
- Direct play versus maintaining possession

Activity #2: *Balls Galore*



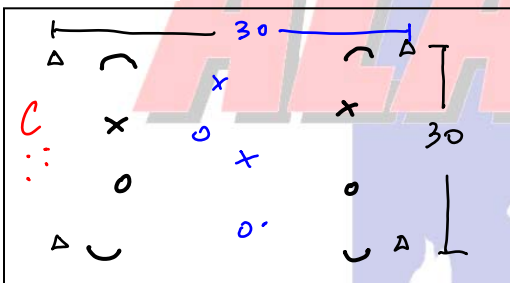
Description:

- ›Two teams play to goal
- ›Play with multiple balls on the field
- ›Try to keep 3 or 4 balls on the field
- ›When coach runs out of balls stop to collect

Coaching Points:

- Variety of challenges 1v1, 2v2, 3v3
- Leaders develop
- Increases player awareness

Activity #3: *4v4 to 4 small Goals*



Description:

- ›Two teams each attack two opposite goals
- ›Players must dribble over goal to score

Coaching Points:

- Change the point of attack
- Attacking shape – 1st A, 2nd A, Support
- ›Defensive shape – 1st D, 2nd D, and Balance

Match Conditions:

- ›Play to goals
- ›No subs if possible
- ›No games bigger than 8v8
- ›Play short games and mix teams after each H₂O break

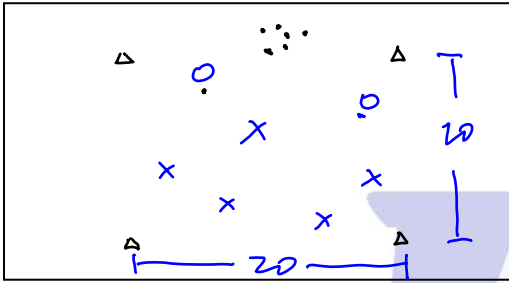
Cool-Down:

- ›Body Motion Activities
 - Kart Wheels
 - Tumbles
 - Skipping
 - Duck walk
 - Frankenstein Walk

ALABAMA YOUTH SOCCER ASSOCIATION

U12 – WEEK 2

Warm-up: Pac Boy/Girl



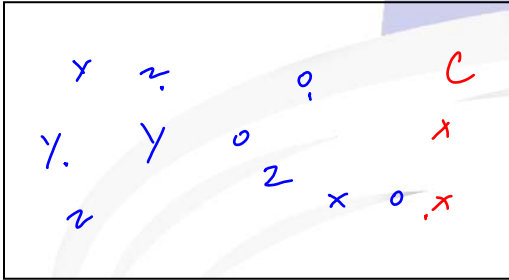
Description:

- › Select one or two players to be Pac Boy/Girl
- › Other players run freely in space
- › Pac People try to pass and hit other players below the knee
- › If a player is hit they grab a ball and become Pac Person too
- › Play continues until everyone has been hit

Coaching Points:

- Awareness
- Quick preparation and pass
- Improves agility
- Requires changes of pace

Activity #1: Short, Short, Long



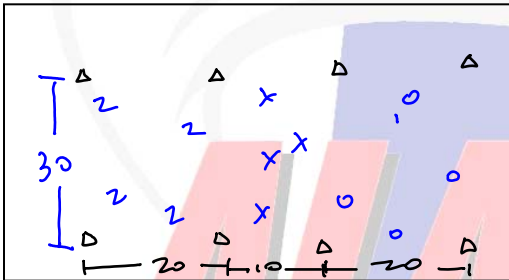
Description:

- › Groups of 5 to 6
- › Players are trying to hit short, short, long for a point
- › Teams try to keep score when they accomplish sequence
- › Use whole space and teams should mingle between one another
- › Can transition to teams doing sequence then going to end line in a game

Coaching Points:

- Tempo
- Improving striking a longer ball and setting up bigger switch
- Basic pattern of play

Activity #2: Team in the Middle



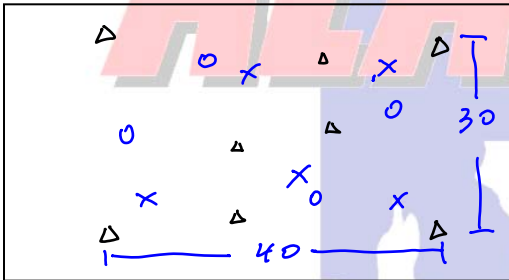
Description:

- › Three teams
- › One team in each zone
- › Teams on ends get points for passing through middle zone to other side
- › Can transition to middle team sending player in end zone to defend
- › Switch team in middle when ball goes out of play in end zone or middle team gets possession
- › Play to 10 keep running score

Coaching Points:

- Encourages maintaining possession
- Improves players' longer passing
- Encourages seeing longer passes to maintain possession

Activity #3: The Crossing Game



Description:

- › Two teams
- › Put two goals in the middle of the field staggered
- › Players can score on both sides of goals

Coaching Points:

- Improves transition
- Works on finishing
- Improves player mobility

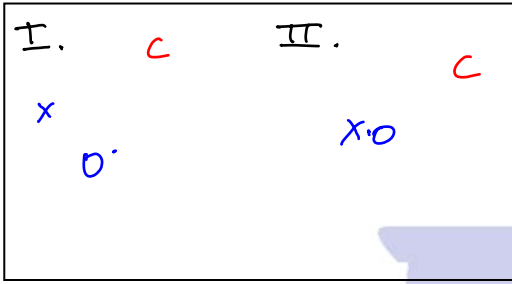
- Match Conditions:**
- › Play to goals
 - › No subs if possible
 - › 8v8
 - › Play short games and mix teams after each H₂O break

- Cool-Down:**
- › Tree Ball
 - Players partner up
 - Start 30yds away – One player begins by passing ball at tree
 - Player that hits ball tree gets point – other player gets one chance to hit tree off of rebound
 - Scoring player knocks ball away and start again

ALABAMA YOUTH SOCCER ASSOCIATION

U12 – WEEK 3

Warm-up: Balls Away & Ball Wrestling



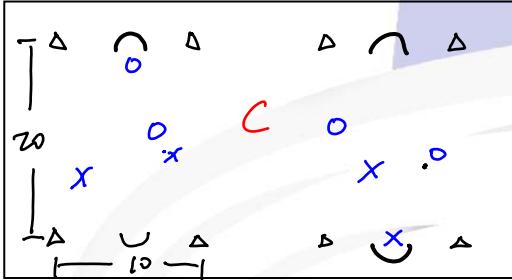
Description:

- I. Balls Away
 - ›Players partner up
 - ›One player throws or kicks ball into air the other player must bring it under control in four bounces
 - ›Play games to 5
- II. Ball Wrestling
 - ›Players partner up
 - ›Each player has both hands on ball arms extended
 - ›On your command players try to pull balls in

Coaching Points:

- Encourages bringing ball under control quickly
- Improves dealing with balls out of the air
- Improves upper body strength
- Builds camaraderie

Activity #1: 2v1 to Goal



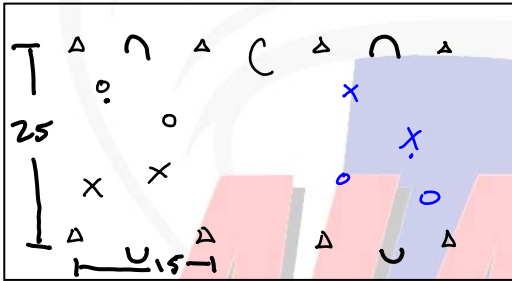
Description:

- ›Groups of 4
- ›Make enough grids so everyone is playing
- ›If goal is scored or ball goes out of bounds switch who attacks and who defends
- ›Team attacking always has two players
- ›Team defending has one defending and one keeper
- ›Short rounds and switch who teams play often

Coaching Points:

- Encourages combination play wall passes, overlap, and takeovers
- Teaches player off the ball to initiate combination
- Teaches player on ball to make decisions
- Players must be mobile

Activity #2: 2v2



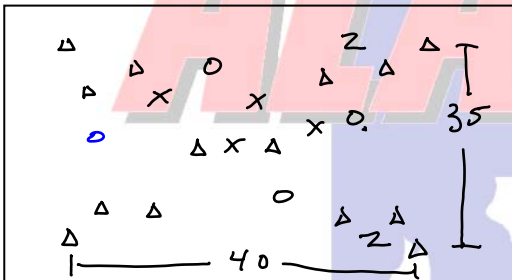
Description:

- ›Players need to partner up
- ›Make enough grids so everyone is playing
- ›Go to goal
- ›Players have to dribble thru goal to score
- ›Play quick rounds and switch who teams play often

Coaching Points:

- Demands that players attack and defend
- Can players isolate one defender?
- Can teams take advantage of transition?

Activity #3: 5 Goal – 4v4+2



Description:

- ›Two teams of 4 +2 players are always on the attacking team
- ›Teams score by passing through goal to teammate
- ›Can progress to first touch after goal is one touch

Coaching Points:

- Receive with a “picture” of the field
- Where are the open goals?
- Players need to adjust body shape to relative to field often
- Be mobile

Match Conditions:

- ›Play to goals
- ›No games bigger then 8v8
- ›No subs if possible
- ›Play short games and mix teams after each H₂O break

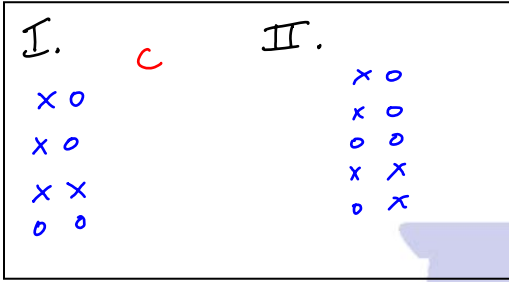
Cool-Down:

- ›Dynamic Passing
 - Two lines of player 10 to 12 yards a part
 - Once a player plays the ball they go to the end of their line
 - Players must maintain straight line as players play one touch passing
 - Entire line must mirror the shifting of the player receiving the ball

ALABAMA YOUTH SOCCER ASSOCIATION

U12 – WEEK 4

Warm-up: *Toe Fencing & Human Springs*



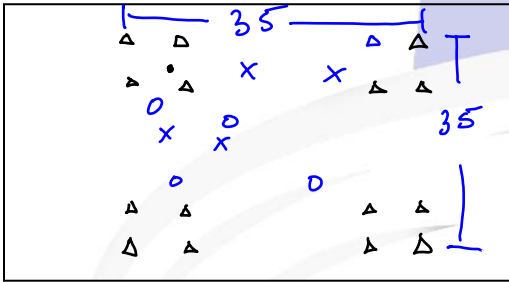
Description:

- I. Toe Fencing
 - › Players partner up and put hands shoulders
 - › Players try to touch the others toes › Keep score
- II. Human Springs
 - › Partners facing one another with palms facing each other
 - › Both players lean in and then push off palms
 - › Repeat until players get rhythm and then start to take a step back – try to meet in the middle
 - › Go until players fall down

Coaching Points:

- Increases foot quickness
- Promotes Cooperation and trust

Activity #1: *4 Square Passing*



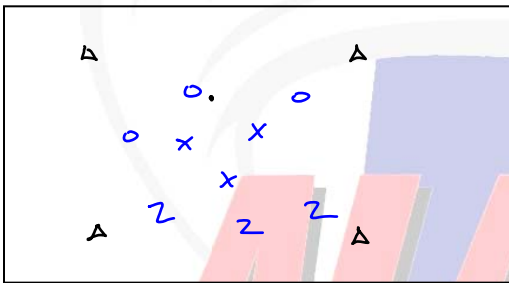
Description:

- › Two teams
- › Teams score by passing ball to teammate running into one of the four squares
- › Can't defend players in the squares
- › Players can pass or dribble out of square

Coaching Points:

- Movement
- Players must be mobile
- Change the point of attack often to keep defending team off balance

Activity #2: *3v3+3*



Description:

- › 3 Teams – One team starts as defenders other two play together
- › Team that loses ball becomes defending team
- › Teams need to call out who is defending
- › To score teams on offense must complete six passes for a point if team changes count goes back to zero

Coaching Points:

- Defending team needs to hunt as a group
- In transition players need to communicate changes
- Quick transition from defending to attacking

Activity #3: *6v6 Team Touch*



Description:

- › Two teams of six – play to goals
- › Before team can score all six players must touch the ball
- › Progress to restarting count on each change of possession

Coaching Points:

- Players must seek out the ball and get involved
- Communicate attacking needs
- Get big when attacking and be compact when defending

Match Conditions:

- › Play to goals
- › No subs if possible
- › No games bigger than 8v8
- › Play short games and mix teams after each H₂O break

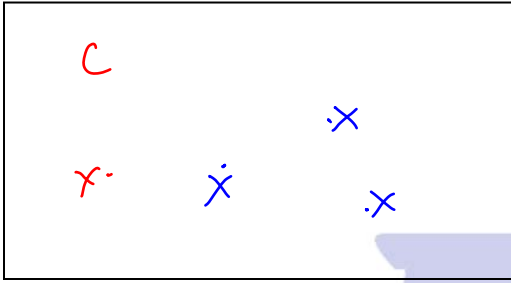
Cool-Down:

- › Trust Fall
 - Players need to partner up
 - One player stands behind the other
 - Player in front closes eyes and stiffens body
 - Player in back tells front player to fall backwards and catches them under the arm pits
 - Gradually increase distance of fall
 - Switch who is falling

ALABAMA YOUTH SOCCER ASSOCIATION

U12 – WEEK 6

Warm-up: *Basic Catching*



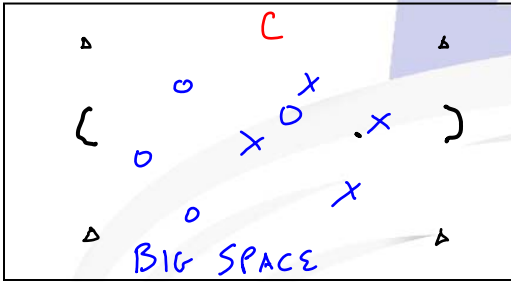
Description:

- ›Every player has a ball
- ›Players need to move around space bouncing ball w/both hands
- ›Players need to make high bounce and catch high progress to catching someone else's high ball
- ›Roll ball thru legs back to front and scoop up progress to bowling to another keeper and scooping
- ›Coach then calls out high or low and players react to command

Coaching Points:

- Hands need to be behind ball in a W shape
- Players need to be square to ball and catch in the center of their body
- On high balls players need to drive one knee off ground for protection and power
- Arms should always be slightly bent

Activity #1: *Team Handball*



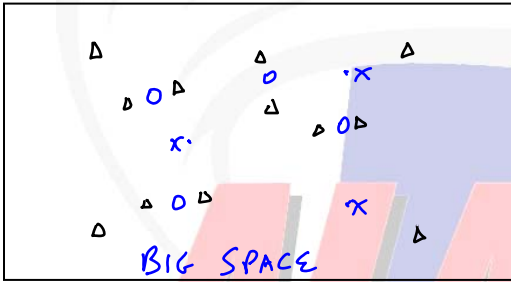
Description:

- ›Two teams play to goal or end line
- ›Players play with hands, when ball hits ground change possession
- ›If using goals score goals by punching it into net
- ›Players can volley, punt, or throw
- ›Defend ball traveling in air more then actual player
- ›Catches must be with two hands or could be a punch to keep it going

Coaching Points:

- Repetition of catching
- Punching-both hand together w/second knuckles touching
- Arms should always have a slight bend
- Footwork to catch ball in center of body as often as possible

Activity #2: *Lotsa Lotsa*



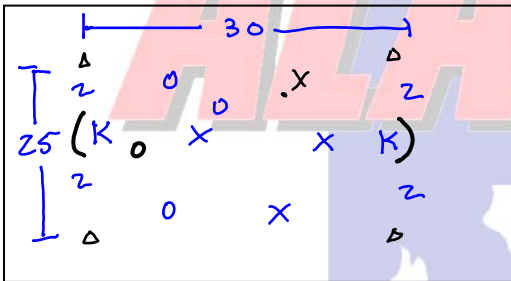
Description:

- ›Two teams
- ›Make multiple cone goals so each player has a goal to be a keeper in
- ›One team tries to score as many goals as possible the other makes saves
- ›Ball has to be on ground to score
- ›Teams add up scores
- ›Play rounds

Coaching Points:

- Review shot preparation
- Improves quicker preparation and quality of strike
- Keepers need to be very aware
- Footwork

Activity #3: *Bread and Butter*



Description:

- ›3 Teams
- ›Two teams on the field other team spread out around field
- ›Team that scores turns and attacks other goal
- ›Team scored on or knocking ball out of bounds is off and other team on
- ›Switch keepers on every goal

Coaching Points:

- Improves dealing with transition
- Requires communicating and working as a team
- Encourages attacking

Match Conditions:

- ›Play to goals
- ›No games bigger then 8v8
- ›No subs if possible
- ›Play short games and mix teams after each H₂O break

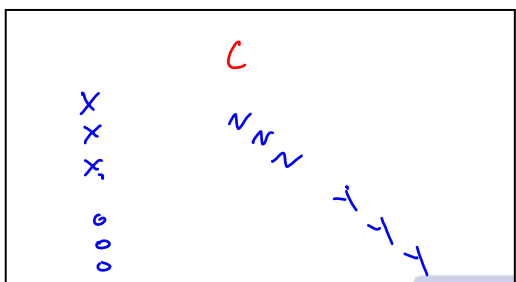
Cool-Down:

- ›Volley and catch
 - Players partner up
 - Players start 5yds apart and gradually back up as the volley and catch cleanly
 - If ball hits ground players step back towards one another

ALABAMA YOUTH SOCCER ASSOCIATION

U12 – WEEK 7

Warm-up: *Dynamic Passing*



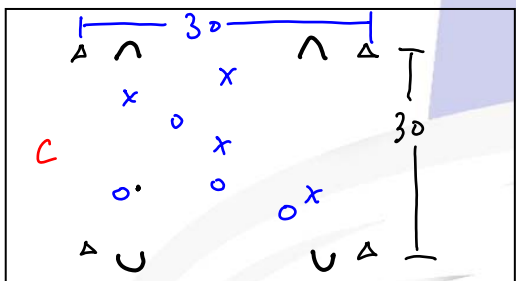
Description:

- ›Teams of 3 or 4 – Need even numbers
- ›Two lines 10 to 12yds apart
- ›Line needs to straight behind receiving and passing player at all times so players need to be on the move
- ›After player receives or passes they need to move to the end of their line
- ›Passes 2-touch to 1 touch, can also have ball in hands

Coaching Points:

- Focus on being a part of a team
- Be quick to make adjustments
- Pass with pace
- Constant adjustments and movement

Activity #1: *4v4 to 4 small goals*



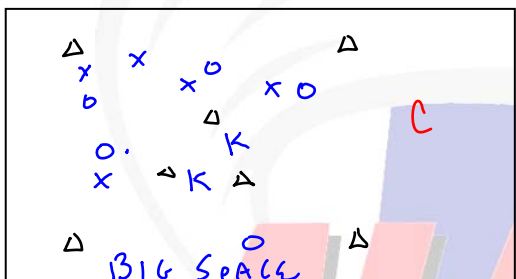
Description:

- ›Two teams
- ›Each team defends two goals and attacks two goals
- ›If you use GKs make goals bigger and demand that they be a part of play
- ›Switch GKs often

Coaching Points:

- Encourages changing the point of attack
- Helps attacking team be big to maximize number of goals available
- Can teams find numbers up situations, 1v0, 2v1, 3v2 etc.

Activity #2: *Triangle Goal Game*



Description:

- ›Make triangle goal in center of the field and have two goalies (switch often)
- ›Make two teams
- ›Teams can attack any of the goals but each keeper is assigned to a team
- ›After keeper catches they toss ball out to both teams
- ›Ball can't hit the ground

Coaching Points:

- Works on changing the point of attack
- Improves flexibility in play as players have to be mobile
- Pushes keepers to be aware and works on reactions

Activity #3: *8v8 Dual Sided Goal*



Description:

- ›Set up goal in middle of space
- ›2 Teams they can score on either side of goal
- ›Save made keeper releases ball high to either side of grid

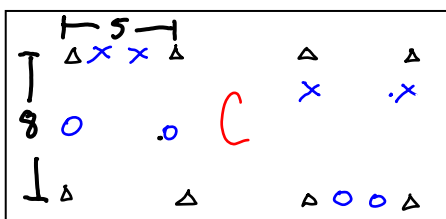
Coaching Points:

- Encourages changing the point of attack
- Players need to communicate and be mobile
- Make field big when attacking and compact when defending

Match Conditions:

- ›Play to goals
- ›No subs if possible
- ›8v8
- ›Play short games and mix teams after each H₂O break

Cool-Down:



›Heading Game

- Set up enough 5ydx8yd grids for everyone to play
- Players partner up, two teams on each field
- Player tosses ball to teammates to head back and work way down the grid
- Head ball over end-line and below shoulder height to score
- Team defending goal line can't use hands and must stay on line
- If ball hits ground there is a change of possession, other team begins possession were ball lands