

AYSO 12U - Safety Zones

Written by American Youth Soccer Organization

Set Up



10 mins



9 players



6 balls



3 bibs



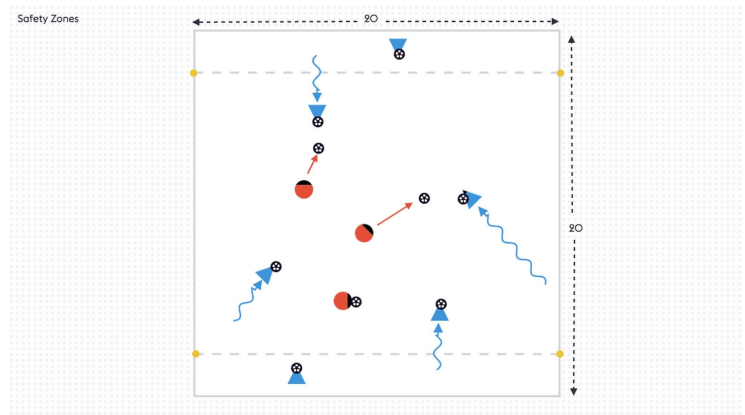
10 cones



20x20 area

Key Coaching Points (dribbling)

- Use all major surfaces of both feet.
- Knees slightly bent and body leaning slightly over the ball for balance.
- Players should play with their head up, enabling them to see the field as well as the ball by utilizing peripheral vision as their ability progresses.
- Ball should be kept close using soft touches (never more than a step or two away).
- Players should attempt to touch the ball every other step (or so).



Practice Animation

Set Up

Mark 20 x 40 grid with a five yard "Safe Zone" at each end of the grid. Place three players in the center of the grid with a ball at their feet. All remaining players, each with a ball, are located in one of the "Safe Zones".

How the game is played

Players in the Safe Zone try to dribble the length of the grid to the other Safe Zone. Players in the center try to prevent dribblers from reaching the other Safe Zone by hitting their ball with a passed ball. After a player's ball is hit or knocked out of the grid, they now play in the center as shooters. Players dribble between Safe Zones until one player remains. The last player remaining wins.

Key Coaching Points (passing)

- Place support foot next to ball (toe should not be past ball) pointed in general direction of target.
- Lock ankle with toe pointed slightly up.
- Inside of foot should face the general direction of target.
- Keep eyes on ball.
- Move leg straight forward toward target, ankle locked and toe up.
- Strike at the center of the ball with the inside of the foot.
- Sole of foot should be off the ground with toe pointed slightly up, and perpendicular to ball (form T or L with feet).
- Strike through center of ball and follow through in direction of pass.

Make it more challenging:

- Players in center use left/right foot to pass.
- Dribblers have to perform a fake or feint in central area before reaching the Safe Zone.

AYSO 12U - Chance Of Glory

Written by American Youth Soccer Organization

Set Up



10 mins



8 players



8 balls



4 bibs



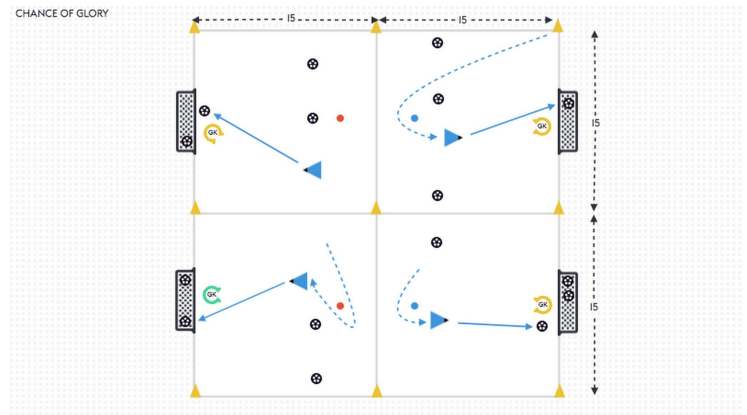
10 cones



30x30 area

Key Coaching Points (instep kick)

- Body should be over the ball (forward). Eyes on ball.
- Support foot next to ball pointed in general direction of target.
- Lock ankle back down, toes pointed down.
- Strike the center of the ball on the instep (laces of the shoes).
- Follow through move leg straight through toward target.



Practice Animation

Set Up

Mark 15 x 15 yard grid (use multiple grids as shown to involve all players) with an eight yard wide goal on one end line. Place 1 disc cone approximately 14 yards from center of goal (set up is to mirror penalty area). Place 4 balls in a line approximately 12 yards from goal (1 wide left, 1 wide right and 1 either side of center). 1 goalkeeper and 1 striker per grid.

How the game is played

Striker starts on outer corner cone on goal line. On coach's call, striker sprints to the 14 yard marker, cuts around the cone and strikes one of the four balls (any order) first time on goal using either instep drive or inside of foot push pass/ strike to "place" the ball passed the goalkeeper into the goal. After the shot, the striker cuts sharply and sprints back around the 14 yard cone to approach and strike the next ball. Repeat until all balls have been shot at goal.

Key Coaching Points (inside of the foot push pass)

- Place support foot next to ball (toe should not be past ball) pointed in general direction of target.
- Lock ankle with toe pointed slightly up.
- Inside of foot should face the general direction of target
- Keep eyes on ball.
- Move leg straightforward toward target, ankle locked toe up.
- Strike at the center of the ball with the inside of the foot.
- Sole of foot should be off the ground with toe pointed slightly up, perpendicular to ball (form T or L w/ feet).
- Strike through center of ball and follow through in direction of pass.

Key Coaching Points (general)

- Use peripheral vision to consider goalkeeper position.
- #9 Tip: The goal never moves!
- Accuracy over power.
- Composure at point of strike. Focus.
- Maintain strikers intensity and speed.

Make it more challenging:

- Left foot, right foot shots. Two touch.
- Goalkeeper and striker switch.
- Strikers progress through each grid to face new goalkeeper.
- Keep scores (goal is to score a hat-trick from four shots).

- Balls can start with goalkeeper (or coach) who serves a rolling ball (from front or side) for the striker to run onto and strike.
- Add time challenge.
- Add more balls.

AYSO 12U - Center Goal

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Set Up



10 mins



12 players



1 ball



6 bibs



10 cones



40x35 area

Key Coaching Points

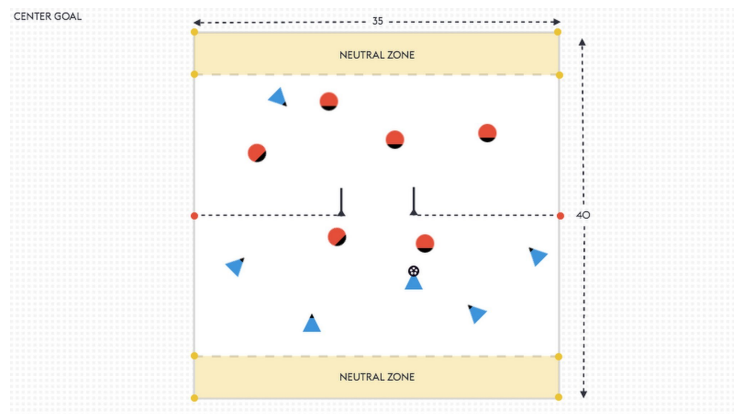
- Attacking with numbers up, look at team shape, spacing of players, width, movement.
- Defending with numbers down, encourage pressure on the ball (key to other defenders actions).
- Communication on both sides of the ball.
- Transition from attacking to defending and vice-versa.

Practice Animation

Set Up

Scrimmage vests, spare balls. Mark 40 x 35 playing area. Six vs.

six. Use tall cones/flags to mark a center goal (ten yards wide) on the half way line. Mark two neutral end zones on either end-line of area.



How the game is played

One team attacks with six players against five with the extra defender becoming goalkeeper (can't use hands to start). The attacking team looks to score through the center goal and if successful, play to the opposite neutral zone, reorganize and then turn and attack in the other direction. If the defenders win the ball, they play back to their GK who then carries the ball back to the opposite end and joins with the others to attack six vs. five.

Make it more challenging:

- Condition scorers touch and shooting (one touch, two touch, left foot, right foot).
- Permit goalkeeper to use hands

AYSO 12U - Small Sided Game

Written by American Youth Soccer Organization

Set Up



15 mins



8 players



1 ball



8 bibs



12 cones



30x20 area

Coaching Points

- Emphasize quality dribbling technique but let them play.

Set Up

Small-sided match with general rules. To score, players must dribble the ball through goal and stop ball with foot. Add additional goals on either sideline.

