

U12 Training Activities

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Compiled from National Youth License Course

Session One:

1. Sequence Passing. Two Groups/Teams of 5 -7. Number players off 1 to 2 to.... To 1. Player #1 and Player #3 or 4 should have a ball. Pass in sequence. Can have second ball be distinguishable from first ball, then you can ask the players to play that ball (#2) in the air, complete a take over, over lap or a give go give combination.
 - a. Take a ball away from each team and challenge teams to get possession of both balls = a point
 - b. Play with one ball for a possession game.
2. Possession Game. Two teams play possession in half field area. 3 to 5 passes = a point.
3. End Line Game. Teams play to end line. A point can be earned if they dribble and stop ball on end line or pass ball over end line.
 - a. When team scores they keep possession and turn and play in other direction.
 - b. Each team scores only on one end.
 - c. Add gks who can defend whole line.
4. Scrimmage 8 v8

Session Two:

1. Get the Ball Moving. Each player dribbling a ball
 - a. "Taps" players tap their ball X number of times.
 - b. "Up" players pick ball up and toss it, then ask the players to "take the bounce out of it". Control with inside or outside "sweeping" motion over ball.
 - c. "Down" players "hike" ball through their legs, turn & collect with feet ASAP.
 - d. "Tiny" touches, coach calls out a #, players complete # of quick touches.
 - e. Stretch – dynamic; big steps forward, big steps back ward, to the side.
2. Elbow Tag/ Slide Tag. Pair up in a circle, spacing the size of the center circle. One person chases another & tags with a cone. Chased player can reach safety by joining a linked pair. Person on opposite side then must run.

3. Pass and Move. Two Teams, one ball / team. 20 x 20 area.
 - a. “Paint the field”
 - b. “Keep the ball live” players should always “open up” to see the field so they can keep the ball “live”!
 - c. How many times can each member of the team touch the ball in 35 seconds.

4. Play 5 v 5 + 2. Add schemers to allow team in possession more success. Players should “open up” to field to provide support for teammates.

5. Play 6 v 6 no GKs

Other Activities:

- Get a Game Going. When the first players arrive for practice, have them organize a field & just have them play. Add the players as they arrive.
- Cyclone vs. ladder. Group dynamic game. Team A kicks a ball away. Team B collects the ball and forms a line. Team B then passes the ball over head, between legs to the end of their line. Team A consolidates as a group and one player runs around the outside of the group counting how many times they are able to get around before Team B accomplishes their task. Teams switch roles each time. Each lap around cyclone = a point. Play to 10.
- “Bull Dog” or Line passing with a twist! Two lines face each other about 8 to 12 yards apart. One ball, 2 to 4 players/line. Follow pass to the right. Begin with two touch passing. A players’ second touch should be the return pass, regardless of the touch or where the ball goes, both lines adjust their location & distance/spacing to the ball. Ex. – a bad pass means both lines move and adjust so the ball can be passed back, no waiting for the ball to be retrieved! Everybody moves to get behind or in front of the ball.
- Target Game Inside Out. Three teams; two in and one out. Teams on inside play a possession game. Players on the outside of the grid and moving support for the players on the inside. Outside players are allowed one touch passing. Switch roles.
- Counter Goal Game. Set up two wide goals opposite the one goal on a half field. Allow players to find width to get forward.

U12 Considerations:

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| • “US” | Group Activities |
| • More TV, less structured play | Spend more time with friends |
| • Physical changes, beginning of pubescence | Flexibility training |
| • Developing values | Self esteem Influenced by peers |
| • Begin sustain complex coordination skills | Susceptible to peer pressure |
| • Begin to think in Abstract terms | Catch them being GOOD! |