



U12 Session Plan

Season

Topic

PASSING AND COMBINING

Objectives (5 W's)

Where: In the defensive and attacking half of the field
What: Passing, receiving, shooting, penetration, support, mobility
Where: In the defensive and attacking half of the field
Why: To penetrate the opponent's defense and create scoring opportunities

Organization

Duration Intensity

Area: in a 32Wx20L yard field with two small goals on each end-line
 Target team (Red) #'s 7, 8, 9, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups try to score as many goals as they can in either side while completing the following intervals - 1: Every one touches the ball - 2: Complete one Wall Pass through the other team - 3: Complete one Up, Back and Through.

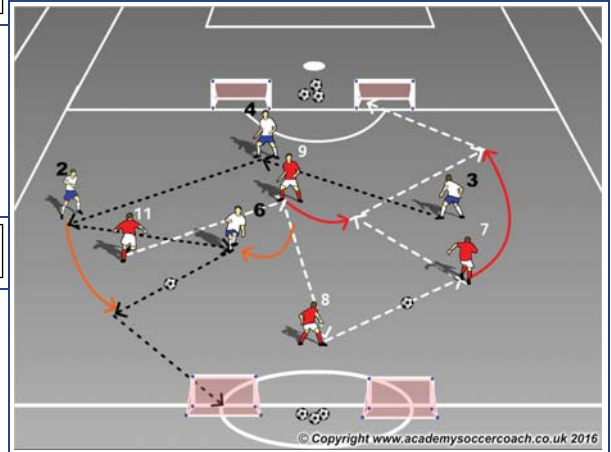
Coaching Points

Activity Time Rest Intervals

What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the center
 Receiving: Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch pushes the ball where you want to go or away from pressure

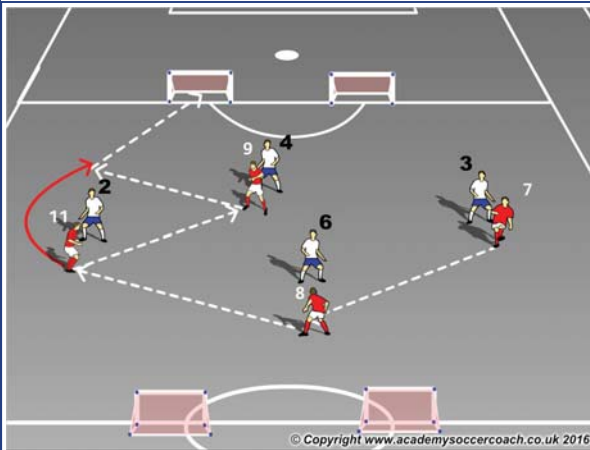
Stage 1

Wall Pass Squares



Stage 2

4v4 - 3+ Passes



Organization

Duration Intensity

Area: in a 32Wx20L yard field with two small goals on each end-line
 Target team: #'s 7, 8, 9, 11 - Opposition team: #'s 2, 3, 4, 6 - Play to score in the opponent's goal.
 When a team makes a wall pass or 3 players make consecutive passes and score the goal is worth 100 points. Play to 300 points. Any other goal is 1 point

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing: Accuracy and pace. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance

Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

Organization

Duration Intensity

Area: in a 47Wx60L yard field with goals
 Target team: #'s 1, 4, 6, 7, 8, 9, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All rules apply.

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing. Receiving. Shooting

Principles of Attack - Penetration: Who? Where? When? Why? Support: Who? Where? When? Why? Mobility: Who? When? Why? Improvisation: When? Why?

Stage 3

7v7 to Goals



Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to combine with each other

Coaching Points

Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play