



# Jr High

**2 practices a week      60 - 75 minutes**

**Focused with quick transitions - approximately 5-15 minutes on an activity; possibly longer on application**

***30-40% of time should be individual skills; 60-70% focused on small group/units***

**Priorities:**

**Reinforce U12 Priorities**

**Attacking and defending in small groups and units**

**Attacking possession**

**Phases of play**

**Transition to attack and defend**

## **Skills to introduce**

### **Physical Conditioning**

#### **Dribbling Skills**

Advanced Dribbling Techniques

#### **Passing**

Receiving and Controlling - Head

#### **Shooting**

#### **Goalkeeping**

Advanced Techniques - Crosses, punching, etc.

#### **Attacking Principles and Techniques**

#### **Defensive Principles and Techniques**

Defending as a unit and team

#### **Concepts of the Game**