



HUNTINGTON UNITED F.C.
12U TRAINING SESSIONS

Coach – Thank you for your willingness to coach and teach the game of soccer. Your time and contributions to our program make all of this possible and is greatly appreciated by H.U.F.C. players, parents and fans. On the following pages you will find the training sessions that you will use to teach our young players the game. Please follow them and be certain to emphasize the listed coaching points.

In order to make practices run smoothly and be fun, it is important for us to have a basic understanding of the intellectual, emotional and physical developmental stage of the players we are coaching. Here are some typical characteristics of the Under 12 player.

- All children are maturing at different rates and are sensitive to that fact.
- Need to warm-up and stretch as muscle pulls and other nagging injuries tend to become more common.
- Typically understand elemental abstract concepts and hypothetical situations.
- They like to solve problems.
- Peer evaluation is a constant.
- Egos are sensitive.
- Coordination may depend on whether or not they are in a growth spurt.
- Technique still needs to be reinforced constantly.
- Playing too much can lead to overuse injuries.
- Playing too much and not feeling like they have a choice in the matter can lead to burnout and drop-out.
- This is the dawn of tactics!
- Keep asking the players to be creative and to take risks.
- Ask for feedback from them. They will tell you how things are going.
- Try to hand over leadership and ownership of the team to them. They will enjoy leading and it will add to the learning environment.



U12 Session Plan

Season Recreation

Topic Dribbling for Penetration

Objectives (5 W's)

Where: In the attacking half of the field

What: Dribbling, Receiving, Penetration, Improvisation

When: In possession of the ball with space to attack behind the defense

Why: To penetrate the opponent's defense and create goal scoring opportunities

Organization

Duration Intensity

Area: 30Wx40L yard grid divided into 2 x 15 yard wide channels.
 Part 1. A player from each end-line dribbles towards each other in the channel, performs a move to the right side and accelerates past the approaching player and passes to next player (repeat). Same as before now perform a move to the left side.
 Part 2. Play a 1v1 game in the channel to the end-lines.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling, running w/the ball, head up, surface of foot to touch ball forward, distance of dribble touch, acceleration into space behind defender, change of direction and pace, use of turns, moves, feints.
 Attacking Principles - Penetration: Where? When? Why? Improvisation: Where? When? Why?

Stage 1 Dribbling Lanes



Stage 2 4 v 3 to Goal w/Counter Goals



Organization

Duration Intensity

Area: 47Wx40L yard area with a big goal and 2 counter goals
 Target Team (Red): #'s 6, 8, 9, 10 - Opposition Team (White): #'s 1, 4, 5
 Red players alternate dribbling the ball onto the field to start play. Red plays to score on big goal. If White wins the ball they score in the counter goals.
 Goals scored after dribbling by an opponent is 10pts, all other goals are 1pt.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling to penetrate, surface of foot, distance of dribble touch. Receiving the ball to go forward, change of direction and pace, use of turns, moves, feints, acceleration past defender.
 Attacking Principles - Penetration: Who? When? Where? Improvisation: When? Why? Width: Who? Why?

Organization

Duration Intensity

Area: 47Wx60L yard with 2 big goals
 Target Team (Red): #'s 1, 6, 7, 8, 9, 10, 11
 Opposition Team (White): #'s 1, 2, 3, 4, 5, 6, 8
 Each team is trying to score in opponent's goal. All rules apply. Goals scored after dribbling to penetrate by an opponent is 10pts, all other goals are 1pt.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling to penetrate. Receiving to go forward.
 Attacking Principles - Penetration: Who? Where? When? Improvisation: When? Why? Width: Who? Where? Why?

Stage 3 7 v 7 to Goal



Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution of Dribbling to Penetrate a defense, Attacking Principles, 5W's, Speed of Play



U12 Session Plan

Season Recreation

Topic

Dribbling for the #7 & #11

Objectives (5 W's)

Where: In the flanks of the attacking half

What: Dribbling & Running with the ball to Penetrate

When: When in possession of the ball & there is space to attack behind the defense

Why: Create more scoring chances when close to goal

Organization

Duration

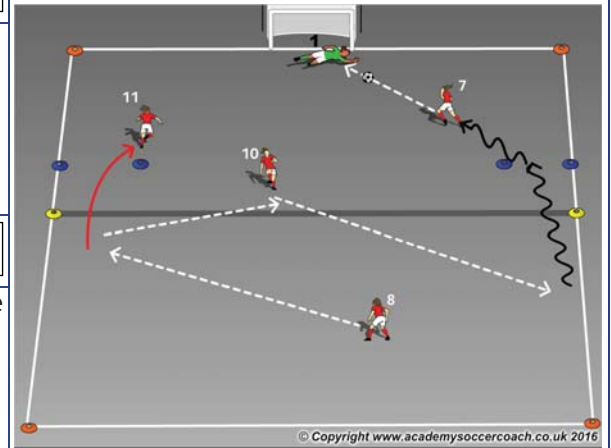
12 mins

Intensity

Medium

Area: 40Wx50L yard field, a 4 yard gate by each sideline in the attacking half, 1 big goal. Target team (Red): #'s 7, 8, 10, 11 – Opposition team (White): #1. Everyone on the red team needs at least 1 touch on the ball. The #7 or #11 have to be the final player to receive the ball. Once he/she receives it, they dribble through their gate toward the goal and strike the ball into the gk's (#1) hands.

Stage 1 4v1 to Goal (Pattern Play)



Coaching Points

Activity Time

3 mins

Rest

1 min

Intervals

3

What? Technique: Dribbling/Running with the ball. Get in line with the flight of the ball. Head Still and eyes on the ball. Receiving. Surface of the foot and the ball to move forward. Preparation touch to play forward (distance). Change of pace.

Stage 2 4v4 to Goal & Counters



Organization

Duration

15 mins

Intensity

Med-High

Area: 40Wx50L yard field with 1 big goal and 2 counters. Target team (Red): #'s 7, 8, 10 & 11 – Opposition team (White): #'s 1, 2, 3 & 6. Red scores in the big goal & White in either counter goal. If a goal is scored or assisted by #'s 7 or 11, the goal is worth 5 points, all other goals, 1 point. Challenge the Red to score 10 points before White scores 5 points.

Coaching Points

Activity Time

4 min

Rest

1 min

Intervals

3

What? Technique - Dribbling to beat an opponent: Different moves to get around an opponent. Accelerate once past the opponent. Receiving: surface of the foot and the ball to move forward. Turning and preparation touch to play forward. Attacking Principles - Penetration What? Where? When? Width: Who? Where? Support: Who? When? Where?

Organization

Duration

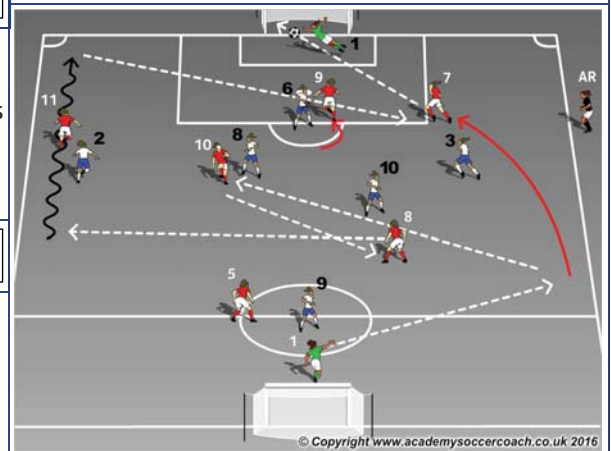
18 mins

Intensity

Low

Area: 47Wx60L yard field, big goal both ends. Target team (Red): #'s 1, 5, 7, 8, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 6, 8, 9, 10. Both teams attack and defend 1 big goal. All rules of soccer apply. Goals or assists by #7 or #11, add bonus (coaches choice).

Stage 3 7v7 to Goal



Coaching Points

Activity Time

8 Mins

Rest

1 min

Intervals

2

What? Technique - Dribbling. Passing. Receiving. Shooting. Attacking Principles - Penetration: Where? When?, Width: Who? Where? Support: Who? When? Where? Mobility: Who? Where? When? Why? Improvisation: When? Why?

Stage 4 - 9v9

Duration

30 mins

Formation

R GK-2-3-3 v W GK-4-3-1

Activity Time

13 mins

Rest

2 mins

Intervals

2

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution, Attacking Principles (5 W's), Speed of play



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.

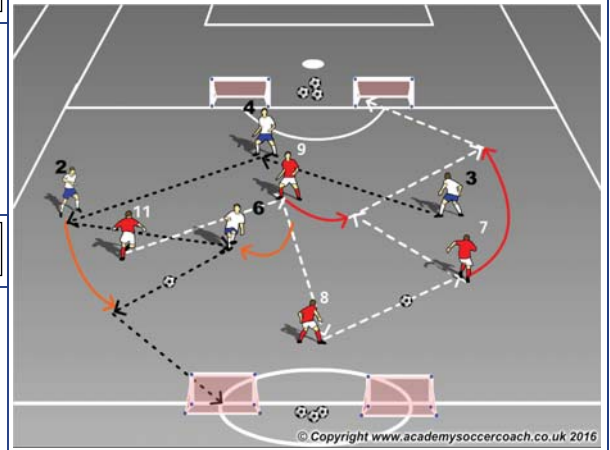
Coaching Points

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

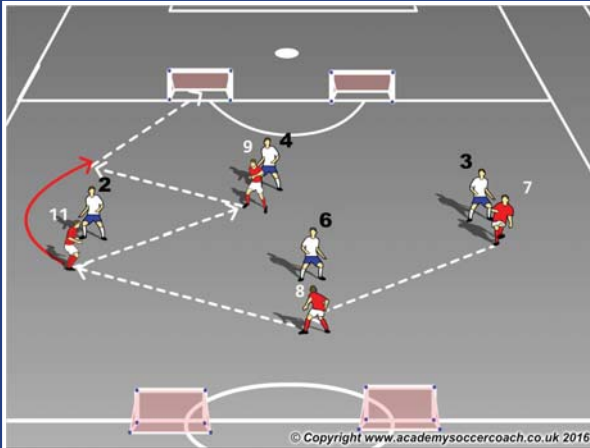
Stage 1

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



U12 Session Plan

Season Recreation

Topic Passing from Wide Areas

Objectives
(5 W's)

Where: Attacking half of the field What: Passing, Receiving, Shooting
When: In possession of the ball when the defense is compact centrally
Why: To penetrate the defense and create scoring opportunities

Organization

Duration 15 mins Intensity High

Area: 47Wx30L yard area outside the penalty area #'s 6, 8, 9, or 10, alternate serving the ball to #'s 2, 3, 7, or 11 who then dribbles down the flank and serves/crosses the ball into #'s 6, 8, 9, or 10 making runs into the box. Service should vary from aerial, to low and driven across the area. Switch sides of the service. Add a chaser to catch the flank server.

Coaching Points

Activity Time 30 sec Rest 30 sec Intervals 15+

What? Technique - Dribbling to set up a pass, prep touch, surface of foot. Passing, surfaces of the foot, types of pass, aerial, lofted, driven, bent.
Attacking Principles - Penetration: Who? When? Width: Where? When? Support: Who? Where? Improvisation: Where? When? Why?

Stage 1 4 v 1 to Goal



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Stage 2 4 v 4 to Goal with Counter Goals



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Organization

Duration 20 mins Intensity Med-High

Area: 47Wx30L yard field with one big goal and 2 counter goals
Target Team (Red): #'s 2, 3, 7, 11 - Opposition Team (White): #'s 1, 2, 3, 4
Red Team plays to score on the big goal. If the White Team wins the ball they score in the counter goals. Offside is applied for the Red Team.
Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts

Coaching Points

Activity Time 4 mins Rest 1 mins Intervals 4

What? Technique - Dribbling to set up a pass. Passing types, aerial, driven, lofted, bent. Receiving, foot/body surface based on type of service from the flank.
Shooting or redirecting service to score.
Attacking Principles - Penetration: Who? When? Width/Support: Who? When? Where? Mobility: Who? When? Improvisation: When? Why?

Organization

Duration 24 mins Intensity Medium

Area: 47Wx60L yard field, big goal on each end-line
Target Team (Red): #'s 1, 2, 3, 4, 7, 9, 11 - Opposition Team (White): #'s 1, 2, 3, 4, 6, 8, 10
Both teams attack and defend a big goal. All rules of the game apply.
Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts

Coaching Points

Activity Time 9 mins Rest 3 mins Intervals 2

What? Technique - Dribbling. Passing from wide positions. Receiving flank service. Shooting.
Attacking Principles - Penetration: Who? When? Width/Support: Who? Where? When? Mobility: Who? When? Where? Why? Improvisation: Who? Where? When? Why?

Stage 3 7 v 7 to Goal



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Stage 4 - 9v9

Duration 30 mins Formation R GK-3-2-3 v W GK-3-3-2

Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution, Roles of #'s 2, 3, 7, & 11, Attacking Principles, 5W's, Speed of Play



U12 Session Plan

Season Recreation

Topic

Individual Attacking of the #9

Objectives
(5 W's)

Who: Forwards **Where:** In the attacking (final) third of the field
What: Dribbling, Passing, Receiving & Shooting to create scoring chances
When: When in possession of the ball and within striking range
Why: Create more scoring chances when within striking range

Organization

Duration Intensity

Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls by the goals. Target team (Red): #'s 7, 8, 9, 11 - Opposition team (White): #'s 7, 8, 9 & 11. Each team has 4 players on the field & 4 on deck. All the players must touch the ball then score. Once goal is scored, exit the field and team on deck enters the field. Play till 1 team scores eight goals before the other team does.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling: running with the ball. Passing: Get in line with the flight of the ball. Head still & eyes on the ball. Receiving: Surface of the foot and the ball to move forward. Turning when back is to goal. Shooting: Head down to watch the ball off your foot. Preparation touch to play forward (distance from body). None kicking foot along side of the ball.

Stage 1 4v0 to Goal



Stage 2 4v4 to Goal



Organization

Duration Intensity

Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls at midfield with the coach. Target team (Red): #'s 7, 8, 9, 11 – Opposition team (White): #'s 7, 8, 9, 11. 4 players on the field and 4 on deck. Play a game for 3 minutes or 2 goals. If a goal is scored, the coach will put a new ball into play Any goal scored by the #9 is worth 3 points and a game winner.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling: To beat an opponent. Running with the ball. Turning to beat an opponent. Passing/Receiving: Head down. Proper surface for a long/short pass. Watch the ball off your foot. Watch the ball onto your foot. Attacking Principles - Penetration: Where? When? Support: Who? Where? When? Support: Who? When? Where?

Organization

Duration Intensity

Area: 47Wx60L yard field, a big goal at 1 end and a small counter at the other. Target team (Red): 4, 6, 7, 8, 9, 10, 11 – Opposition team (White): 1, 5, 6, 7, 8, 9, 11. Red attacks the big goal. If white wins the ball, they attack the small counter goal. Any goal or assist by the Red #9 is worth 5 points.

Coaching Points

Activity Time Rest Intervals

What? Technique: Dribbling. Passing. Receiving. Shooting. Attacking Principles - Penetration: Who? Where? When? Support: Who? When? Where? Mobility-Who? Where? When? Why? Improvisation-Why?

Stage 3 7v7 to Goal and Small Counter Goal



Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution, Attacking Principles (5 W's), Speed of play



U12 Session Plan

Season

Topic GROUP ATTACKING - THROUGH , OVER & AROUND

Objectives
(5 W's)

Where: Attacking half of the field
What: Dribbling, passing, receiving, shooting, penetration, support, mobility/width
When: In possession of the ball in the attacking half
Why: To create more scoring chances around the goal area

Organization

Duration Intensity

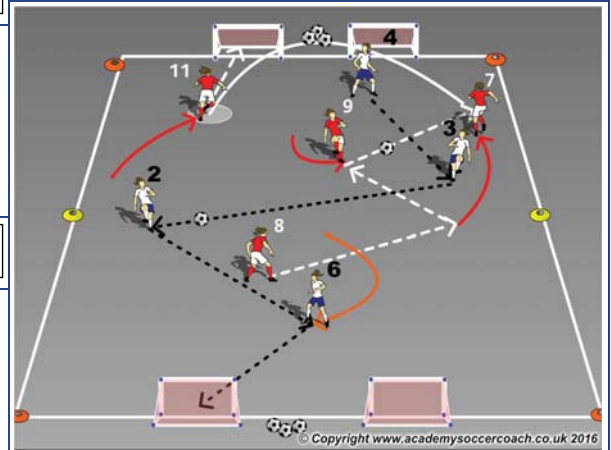
Area: in a 47Wx36L yard field with two goals on each end-line
 Target team(Red) #7, #8, #9, #11 - Opposition team (White): #2, #3, #4, #6. Groups to score as many goals as they can in either side after completing the following tasks ~ 1: Score after completing 2 split passes ~ 2: Score after completing one wall pass in the flanks ~ 3: Score from a lofted ball over the other group.

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing lofted and ground. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance. Dribbling: Running with the ball and to beat an opponent. Shooting: Preparation of the ball, surface of the foot and the ball

Stage 1 Through, Over and Around



Stage 2 4v4 - to 4 Small Goals



Organization

Duration Intensity

Area: in a 47Wx36L yard field with two goals on each end-line.
 Target team (Red): #'s 7, 8, 9, 11- Opposition team (White): #'s 2, 3, 4, 6. Score in either of the opponent's two goals. Any goal scored after a through pass, wall pass or a pass over the defenders is worth 10 points. Play to 30 points or 5 minutes. (whichever comes first)

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. Dribbling to beat an opponent. Shooting: Surface of the foot and the ball.
 Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? ~ Mobility/Width: Who? Where? When?

Organization

Duration Intensity

Area: in a 47Wx60L yard field with big 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. Dribbling to beat an opponent. Shooting.
 Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Mobility/Width: Who? Where? When? Improvisation: When? Where? 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 attack the goal

Coaching Points

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



U12 Session Plan

Season Recreation

Topic

Individual Defending

Objectives (5 W's)

Where: In the defensive half of the field

What: Pressure: Tackling vs Delay: Pressing distance, Cover, Balance

When: When not in possession of the ball and close to your own goal

Why: Stop penetrating players from scoring or creating scoring opportunities

Organization

Duration

15 Min.

Intensity

Med-High

Area: 47Wx40L yard field

Target team (Red): #'s 4, 5, 6, 8 – Opposition team (White): #'s 7, 9, 10, 11

White team passes among themselves, max 3 touches. Red team follows movement of ball between White players & steps to pressure White player w/ the ball, cover behind, & balance. Red doesn't tackle, but can intercept bad touches or passes.

Coaching Points

Activity Time

2 Min.

Rest

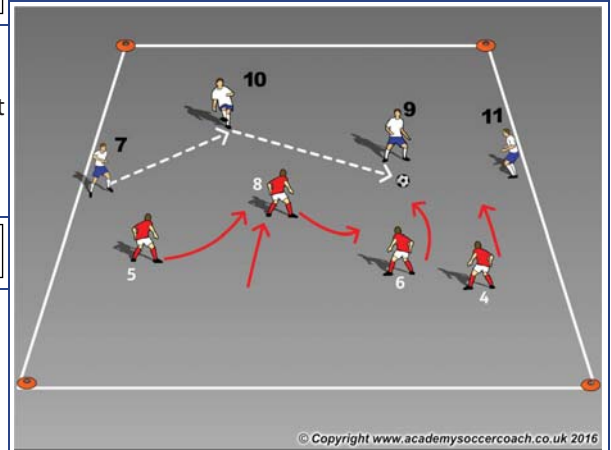
1 Min

Intervals

5

What? Technique: Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position, pressing distance, Defending Principles - Pressure: Who? When?

Stage 1 4v4 Shadow Play



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Stage 2 4v4 to Goal & Counters

Organization

Duration

24 Min

Intensity

Medium



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Area: 47Wx50L yard field, 1 big goal, 3 counters

Target team (Red): #'s 1, 4, 5, 6 – Opposition team (White): # 7, 9, 10, 11

Red defend the big goal and score in either counter goal. White tries to play through the Red.

(limit touches for the White team only if needed)

Coaching Points

Activity Time

5 Min

Rest

1 Min

Intervals

4

What? Technique: Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position, Pressing distance, Tackle, poke or block, vs Delay,

Defending Principles - Pressure: Who? Where? When? Delay: When? Why?

Organization

Duration

24 Min

Intensity

Medium

Area: 47Wx60L yard field, big goal on both ends

Target team (Red): #'s 1, 2, 3, 4, 5, 6, 8 - Opposition team (White): #'s 1, 6, 7, 8, 9, 10, 11

Both teams attack and defend 1 big goal. All rules of soccer apply.

Coaching Points

Activity Time

6 Min

Rest

2 Min.

Intervals

3

What? Technique: Pressing distance, Tackling vs Delay,

Defending Principles: Pressure: Who? Where? When? Delay: Who? Where?, When?

Why Control & Restraint: When? Why?

Stage 3 7v7 to Goal



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Stage 4 - 9v9

Duration

25 Min

Formation

R GK-4-3-1 v W GK-2-3-3

Activity Time

11 Min.

Rest

Intervals

2

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical Execution, Roles and responsibilities of #4 #5, #6, #8. Defending Principles, 5W's, Speed of Play



Functional Session Plan

Season Recreation

Topic Functional Training for the #7 & #11 - Attacking

Objectives (5 W's)

Who: #7 & #11 Wing Forwards
What: Techniques of Passing, Receiving, Dribbling & Shooting
Where: In the wide channels of the attacking half and into the goal
When: Target team has possession and building up in the attacking half
Why: To create scoring chances from wide areas

Organization

Duration Intensity

In a 75W x 60L yard field divided in 1/2 & a goal at 1 end, 3v1 Pattern Play to target (GK) - Both sides of the field work independently #'s 9, 10, 11 play through each other on one side and #'s 7, 9, 10 on the other. #'s 7 or 11 start the play & play finishes after the ball is played into the GK's (#1) hands. Both sides play pattern 1 then both play pattern 2. Coach can add additional patterns.

Stage 1 3v1 Pattern Play to Targets (GK's)



Coaching Points

Activity Time Rest Intervals

What? - Techniques of Passing: Accuracy, Pace and Weight, Surface of the foot and surface of the ball to strike, Position of the non-kicking foot, Head still eyes on the ball. - Receiving: Body position, foot and ball surface. - Running with the ball: Surface of foot and surface of ball to strike, Eyes looking up for space then down when contacting the ball.

Stage 2 5v4 to Goal & 2 Counters



Organization

Duration Intensity

In a 75W x 60L yard field with goal at one end & 2 counter goals at the other, play a 5v4 game. Blue (target team) #'s 7, 8, 9, 10 & 11 attack the big goal - Red (opposition team) #'s 1, 2, 3 & 4 attack the either of the 2 counter goals. The coach starts play by serving the ball into the blue team. 20 points for any goal scored or assisted by #7 or 11. All other goals, 1 point.

Coaching Points

Activity Time Rest Intervals

What? - Techniques of: Passing, Receiving, Running with the Ball & Dribbling to Beat an Opponent.
 Attacking Principles of #7 & 11 - Width: Where? When? Why? - Penetration: Where? When? Why? - Mobility: When? Where? Why?

Organization

Duration Intensity

In a 75W x 90L yard field with a regular goal at each end
 9v8 - Target team (Blue): #'s 1, 4, 5, 6, 7, 8, 9, 10 & 11 - Opposition team (Red): #'s 1, 2, 3, 4, 6, 8, 9 & 10 - Add incentives as needed for build up to goals which go through the Blue #7 or 11. Laws of the game apply.

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing: Accuracy, Weight, Pace - Types of Service: Driven, Lofted, Early or Late. Receiving Surface selection of the body and ball, Body Shape and Preparation touch. Finishing - Surface Selection of the Body and the Ball.
 Attacking Principles of #7 & 11 - Width: Where? When? Why? - Penetration: Where? When? Why? - Mobility: When? Where? Why? - Support: When? Where?

Stage 3 9v8 to Goal



Stage 4 - 11v11

Duration Formation

Activity Time Rest Intervals

Organization

In a 75W x 112L yard field. Play 11 v 11 all FIFA Laws Apply

Coaching Points

Techniques of the #7 & 11, Attacking Principles of the #7 & 11, Speed of Play and Execution.



Functional Session Plan

Season Recreation

Topic Functional Training of the #4 and #5 - Defensively

Objectives (5 W's)

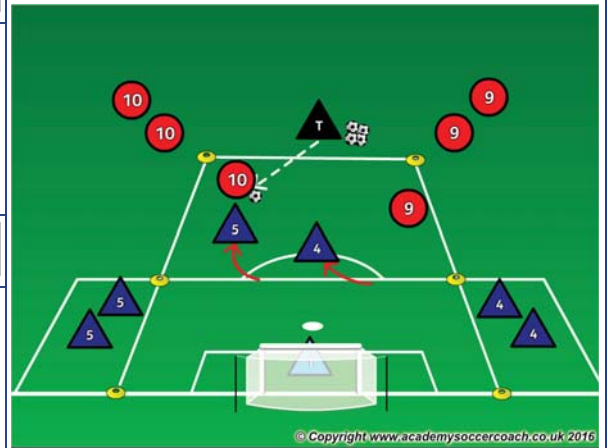
Who: The #4 Right Central Defender and #5 Left Central Defender
What: Individual Defending Techniques and Principles of Defense
Where: Defensive third of the field
When: The opponent is attacking down the central channel
Why: To delay or deny penetration and win the ball back

Organization

Duration Intensity

In a 20W x 30L yard grid with a Regular goal and a target player
 3v2+Server/Target Player - Target player will pass the ball either Red player. The closest central defender (Blue#5 or Blue#4) will Pressure the receiver, the other will Cover without losing sight of the other red attacker. Red team scores in the big goal, the Blue team scores by passing to the Target player.

Stage 1 3v2 To Goal and a /Target Player



Coaching Points

Activity Time Rest Intervals

What? Techniques of: Angle, Speed and Distance of Approach, Footwork, Eyes on the Ball, Body Shape and Types of Tackle - Poke or Block?

Defending Principle - Pressure: Who? Where? When? Why? - Delay: When? Why? - Cover: Who? Where? When? Why?

Stage 2 5 v 5 to Regular Goal & Counter Goals



Organization

Duration Intensity

In a 75W x 50L yard field a regular goal and 2 small counter goals
 Play a 5 v 5 Game - Target team (Blue): #1, #2, #3, #4, and #5 - Defends the regular goal - Opposition team (Red): #7, #8, #9, #10 and #11 - Defends the counter goals on the mid-line .
 Any interceptions or tackles by the #4 or #5 wipes out the opponents goals to zero.

Coaching Points

Activity Time Rest Intervals

What? Techniques of: Angle Speed and Distance of Approach/Recovery, Angle and distance of Covering player/s, Interceptions, Types of Tackle.
 Defending Principles of the #4 and #5: Pressure - Who? When? Where? Why? - Delay: Where? When? Why? - Control and Restraint: When? Where? Why? - Cover: Who? When? Where? Why?

Organization

Duration Intensity

In a 75W x 90L yard field with regular goals
 7 v 7 game - Target team (Blue): #1, #2, #3, #4, #5, #6, and #9 - Opposition team (Red): #1, #6, #7, #8, #9, #10 and #11- Goals scored after the #4 and #5 win the ball and pass to #6 or #9 for a counter attack are worth 100 points.
 Play to 300 or 10 Minutes.

Stage 3 7 v 7 (3/4 Field) Game



Coaching Points

Activity Time Rest Intervals

What? Techniques of: Individual defending

Defending Principles of the #4 and #5: Pressure - Who? When? Where? Why? - Delay: When? Why? - Control and Restraint: When? Where? Why? - Cover: Who? When? Where? Why? - Balance: When? Where? Why?

Stage 4 - 11v11

Duration Formation Activity Time Rest Intervals

Organization

In a 75W x 112L yard field. Play 11 v 11 all FIFA Laws Apply

Coaching Points

Defending Techniques of the #4 and #5, Defending Principles of the #4 and #5 Speed of play, Execution.



Interactive Session Plan™

Season Recreation Team/Age Group U14/U16 Week _____

Topic Improve the team's ability to recover the ball in the attacking half

Objectives 5W's

To work effectively to regain possession of the ball in the attacking half
 WHO: #6, #7, #8, #9, #10 & #11 with #4 and #5 - WHAT: Establishing a line of confrontation, Positioning and starting position of the forward line and support from behind from the midfield line -
 WHERE: The attacking half, the opponent's defensive half, wide and central positions - WHEN: The ball has been lost, cues such as a bad touch, a bad pass, numerical superiority or the opponent is facing his goalkeeper - WHY: To win possession of the ball sooner rather than later to create scoring chances because of the opponent's inferior skill, or there's an attacking numerical advantage



1. WARM UP

Duration:	16	Intensity:	High	Intervals:	4	Activity Time:	3	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75WX70L yard field with a goal and a small counter goal
 6v7 to 1 Goal and a Small Counter Goal - Target team (Red): #6, #7, #8, #9, #10, #11 -
 Opposition team (White): #1, #4, #5, #6, #8, #9, #10. Teach the Red team how to read the cues given by the red to intercept passes. White is limited to 3 touches. Red will play the ball into the white GK if they win possession.
 Coach serves the ball to the White team to start.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block?
- Principles of Defense- Pressure: Who? When? Why? - Delay: When?where? Why?Cover: Who?, Where? When? Why?



2. SMALL SIDED ACTIVITY

Duration:	21	Intensity:	Med	Intervals:	3	Activity Time:	6	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75WX70L yard field with a goal and a small counter goal
 7v8 to 1 Goal and a Small Counter Goal - Target Team (Red): #4, #6, #7, #8, #9, #10, #11
 Opposition team (White): #1, #2, #3, #4, #6, #8, #9, #10. The Red team tries to win the ball back from the white team and score. White scores by playing the ball through the small counter goal.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? Communication - What does the Covering players TELL to the pressuring/delaying defender?, Heading
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why? - Balance: Who? Where? When? Why? - Compactness: Where? When? Why?



3. EXPANDED ACTIVITY

Duration:	22	Intensity:	Med	Intervals:	2	Activity Time:	8	Recovery Time:	3
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 3/4 of a field with goals
 9v9 to 2 Goals - Target team (Red) formation: 1-2-3-3 (#1, #4, #5, #6, #7, #8, #9, #10, #11)
 Opposition team (White) formation: 1-3-3-2 (#1, #2, #3, #4, #6, #7, #8, #9, #10).
 Play to score in the opponent's goal.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block?, Heading
- Defending Principles - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why? - Balance: Who? Where? When? Why? - Compactness: Where? When? Why? - Control and Restraint: Where? When? Why?

4. GAME	11v11	Duration:	28	Intensity:	Med	Activity Time:	11	Intervals:	2	Recovery Time:	3
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ORGANIZATION In a full field (75Wx112L) play 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3, Opposition Team plays 1-4-3-3

COACHING POINTS / KEY CONCEPTS Technical execution, Defending Principles, 5W's and Speed of play



Interactive Session Plan™

Season _____ Recreation _____ Team/Age _____ 14/16 _____ Week _____

Topic Group Transition from Attack to Defense

Objectives 5W's

To get behind the ball as quickly as possible to deny penetration
 WHO: #11, #9, #7, #10, #8, #6, #4 and #5 - WHAT: Immediate pressure, angle of approach, where and how fast to recover, tackle vs delay, Cover, Balance, Compactness, Concentration and Restraint -
 WHERE: In Central channels and flank areas of the attacking and defending halves - WHEN: Immediately after the loss of possession - WHY: To prevent opponents from playing forward, apply defensive pressure and to deny width in the attack



1. WARM UP

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: In a 30Wx35L yard field with a small goal on each end line
 3v3 to Small Goals - Target team (Red): #10, #8, #6 - Opposition team (White): #10, #8, #6. When a team loses possession they must try to get behind the ball before the attacking team scores. 100 pts. to the attacking team if they score before all the defending players get behind the ball.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed of Approach/Recovery, Angle of Approach/Recovery, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block?
 Recognition of the Loss of Possession - Transition Moment *****isn't this a TACTIC****
- Principles of Defense - Pressure: Who? When? Where? Why? - Delay: When? Where? Why?
 Cover: Who? Where? When? Why?



2. SMALL SIDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: From the top of one penalty area to top of the other penalty area with a goal at each end
 7v7 to 2 Goals: - Target team (Red): #1, #6, #7, #8, #9, #10, #11 - Opposition team (White): #1, #6, #7, #8, #9, #10, #11. The target red team will get back after losing possession of the ball and try to stop the white team's penetration

COACHING POINTS / KEY CONCEPTS

- What? Technique - Angle, Speed and Distance of Approach/Recovery, Footwork, Body Shape and Types of Tackles - Poke or Block? - Recognition of the Loss of Possession
- Principles of Defense - Pressure: Who? When? Where? Why? - Delay: When? Where? Why?
 Cover: Who? Where? When? Why? - Compactness: Where? When? Why?



3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 3/4 of a field with a goal at each end
 9v9 to 2 Goals - Target team (Red) formation: 1-1-3-3 (#1, #4, #5, #6, #7, #8, #9, #10, #11) - Opposition team (White) formation: 1-2-3-2 (#1, #4, #5, #6, #7, #8, #9, #10, #11). The red team will get back after losing possession of the ball and try to stop the white team's penetration

COACHING POINTS / KEY CONCEPTS

- What? Technique - Angle, Speed, Distance of Approach/Recovery, Footwork and Body Shape. Types of Tackles - Poke or Block? - Recognition of the moment of transition
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? Why? - Cover: Who? Where? When? Why? - Balance: Who? Where? When? - Compactness: Where? When? Why?

4. GAME **11v11** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION In a full field (75Wx112L) play 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3, Opponent plays 1-3-4-3

COACHING POINTS / KEY CONCEPTS Technical execution, Defending Principles, 5W's and Speed of play



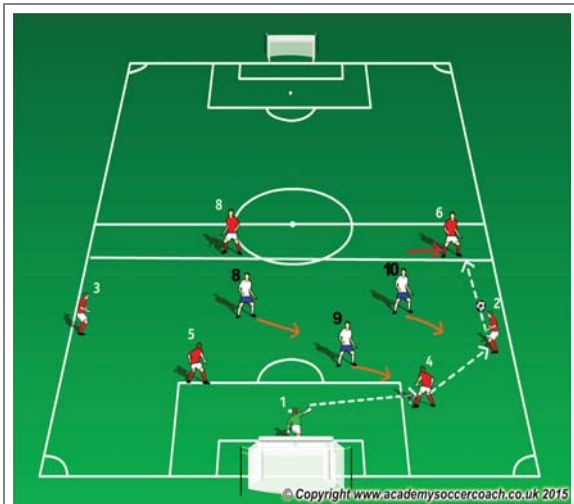
Interactive Session Plan™

Season _____ Recreation _____ Team/Age Group _____ Week _____

Topic To Improve the Team's Ability to Transition to Attack in the Defensive Half

Objectives 5W's

Improve the ability of the #1, #2, #3, #4, #5 to play out of the defensive half after winning possession of the ball.
 WHO: #1, #2, #3, #4, #5 with #6, #8 and #10 - WHAT: GK distribution to the backs and midfielders, Dribbling, Passing, Receiving, Width, Mobility, Support, Penetration - WHERE: The defensive half, WHEN: After gaining possession from the opponent, a GK save - WHY: To safely keep possession in the defensive half after winning the ball and transition that possession into an attack, especially when under the pressure of the opponent



1. WARM UP

Duration: 18 Min Intensity: Med Intervals: 3 Activity Time: 4 Min Recovery Time: 2 Min

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75W x 45L yard field with 1 goal and 2 targets
 5v3 to Goal and 2 Targets-Target team (Red): #1, #2, #3, #4, #5 - Opposition team (White): #8, #9, #10 - Targets: (Red) #6 and #8. After regaining the ball the Red team will transition to the attack by getting wider and try to pass to either of the target players to score. Ball starts with the White team.

COACHING POINTS / KEY CONCEPTS

What? Technique - Passing - Pace, Accuracy, Timing - Receiving - Surface selection, distance and angle of first touch - Dribbling - speed, surface, position of ball, shielding, turning

Principles of Attack - Width: Where? When? Why? - Support: Who? Where? When? Why? - Penetration: What? Where? When? Why?



2. SMALL SIDED ACTIVITY

Duration: 21 Min Intensity: Med Intervals: 3 Activity Time: 5 Min Recovery Time: 2 Min

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75W x 60L yard field with a regular goal and 2 targets
 7v5 to Goal and 2 Targets - Target team (Red): #1, #2, #3, #4, #5, #6, #8 - Opposition Team (White): #7, #8, #9, #10, #11. After regaining the ball the Red team quickly transition into the attack and try to score by passing to either of the target players.

COACHING POINTS / KEY CONCEPTS

What? Technique - Passing, Receiving and Dribbling - Tackling to win possession

Principles of Attack - Width: Where? When? Why? - Mobility: Who? Where? When? Why? - Penetration: What? Where? When? Why? - Support: Who? Where? When? Why? - Maintaining Possession/Playing out of Pressure - When to pass, when to dribble?



3. EXPANDED ACTIVITY

Duration: 24 Min Intensity: Med Intervals: 3 Activity Time: 6 Min Recovery Time: 2 Min

ORGANIZATION - (Physical Environment / Equipment / Players)

75W x 90L yard field to regular goals
 10v9 to Regular Goals - Target team formation 1-4-1-4 (#1, #2, #3, #4, #5, #6, #7, #8, #10 and #11) - Opposition team formation: 1-2-3-3 (#2, #3, #6, #7, #8, #9, #10, #11). Play the game to score in the opponents goal.

COACHING POINTS / KEY CONCEPTS

What? Techniques of: Passing, Receiving and Dribbling

Principles of Attack - Penetration: What? When? Where? Why? - Mobility: Who? When? Where? Why? - Support: Who? Where? When? Why? - Width: Where? When? Why? Recognition of Transition moment - Maintaining Possession - Risk v Reward

4. GAME **11v11** Duration: 36 Min Intensity: Low Activity Time: 15 Min Intervals: 2 Recovery Time: 3 Min

ORGANIZATION In full field (75Wx112L) play 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3 Opposition plays 1-3-4-3

COACHING POINTS / KEY CONCEPTS Recognition of Transition, Speed of Play, Maintain Possession, Risk v Reward