

SEACOAST



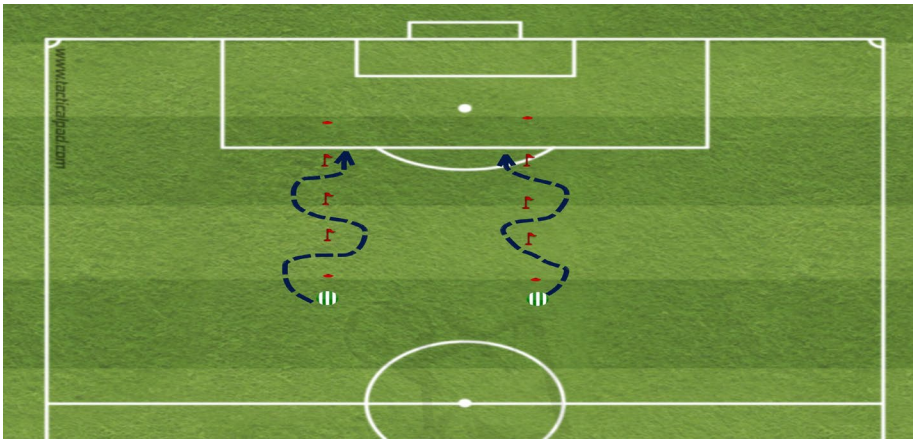
COMMUNITY PARTNERSHIPS

U11-U12 AGE GROUPS



LESSON PLANS

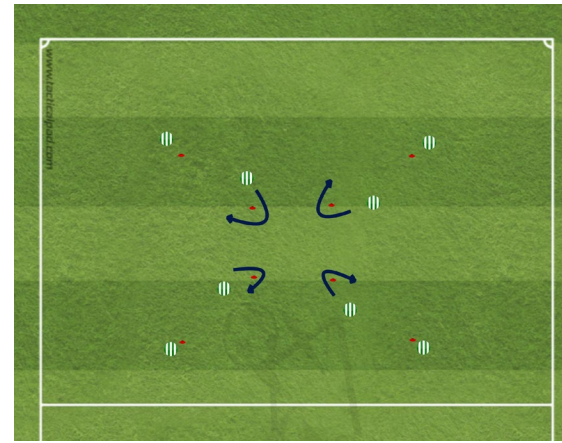
U11- U12 | WEEK 1 | Dribbling



Dynamic Warm Up and Fast Feet.

WARM UP

DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE



-Short controlled touches of the ball.

-Head up to find areas to attack and areas to remain under control.

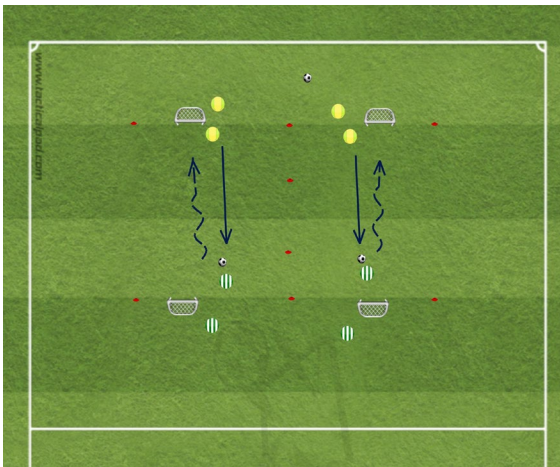
-Group on each outer square corner.

-Player must dribble to inner cone, shape, tight controlled turn around the cone and back to starting position.

-Different ranges of movement to be performed. Using multiple areas of both feet.

- Change motion and 4/5 times.

-On the way back can a skill be performed.



- Encourage players to attack at speed and drive towards goal.
- Head up, find defender look at opportunities to beat the defender.

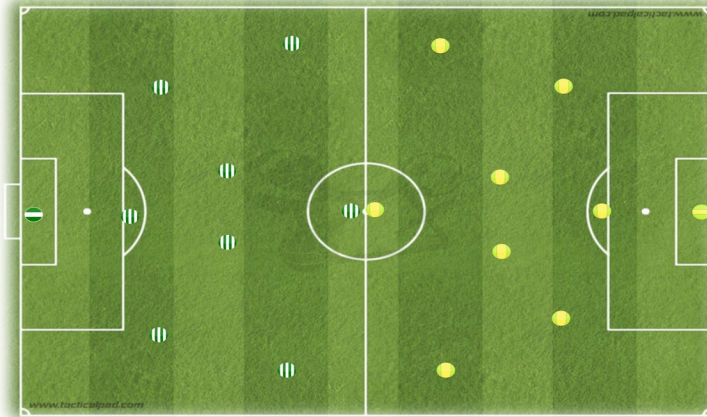
-Group Split into four team. Each team starting next to a goal.

-One team play's a pass to the opposite team. They become the defender and the player with the ball the attacker.

-Attacker can run at speed to beat the defender looking to create an opportunity to beat the defender.

-Can the defender score once beat the defender.

-Repeat 9 to 10 times, switch sides.



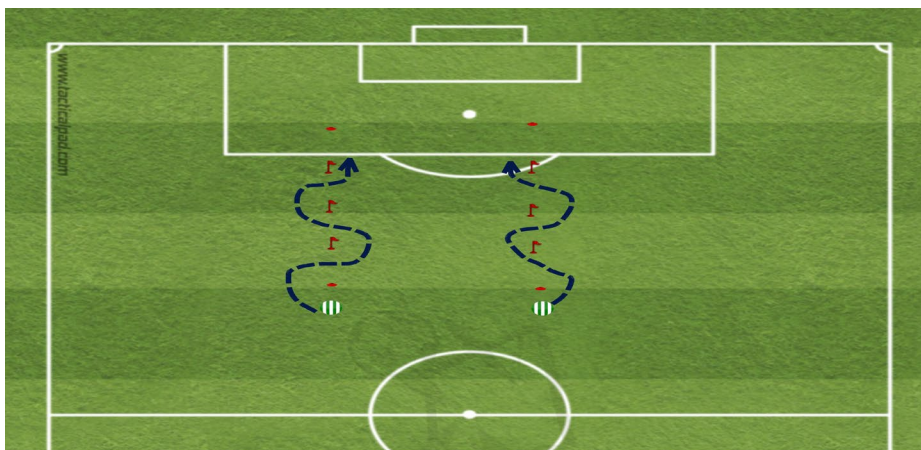
-Encourage players to beat a defender in one v one situations.

-Renforce players to take space when available.

SCRIMMAGE

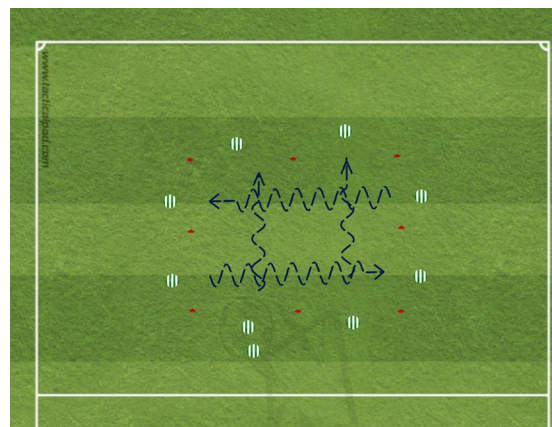
SMALL SIDED TO ENABLE MORE TOUCHES ON THE BALL.

U11-12 | WEEK 1 Part 2 | Dribbling

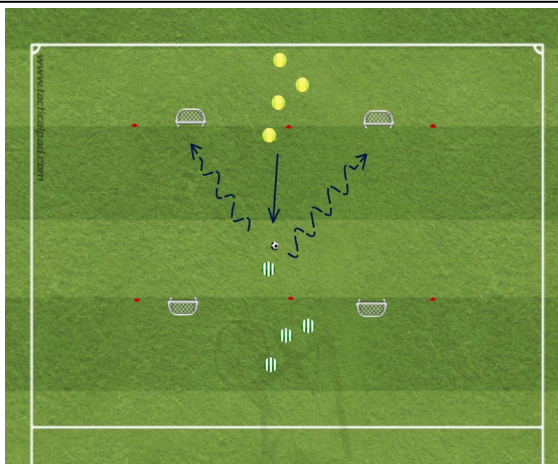


Dynamic Warm Up and Fast Feet.

WARM UP
DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE



- Eight different sections.
- Players must dribble inside each of their own section across the grid.
- Must change speed, and direction to avoid the traffic in the middle.
- Head up to find open gaps and space, as well as other players.
- Each station can use a different part of their foot, or different skill type(Toe Taps, Sole Roll, Inside Outside)



- Encourage players to attack at speed and drive towards goal.
- Head up, find defender look at opportunities to beat the defender.

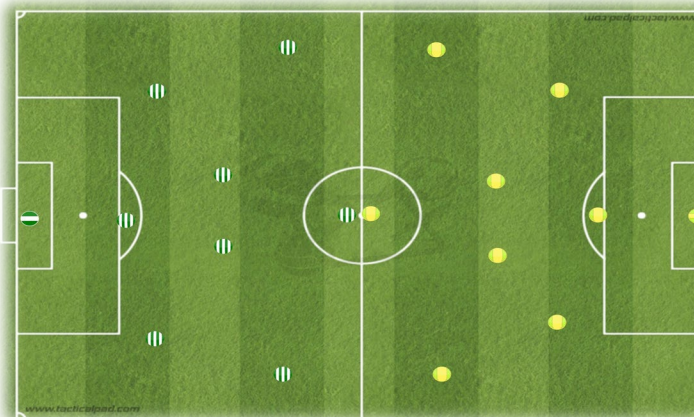
-Group Split into two teams. Each team starting in the middle of two goals.

-One team play's a pass to the opposite team. They become the defender and the player with the ball the attacker.

-Attacker can run at speed to beat the defender looking to create an opportunity to beat the defender.

- Can the attacker beat the defender on either side and score.

-Progress to 2v2.



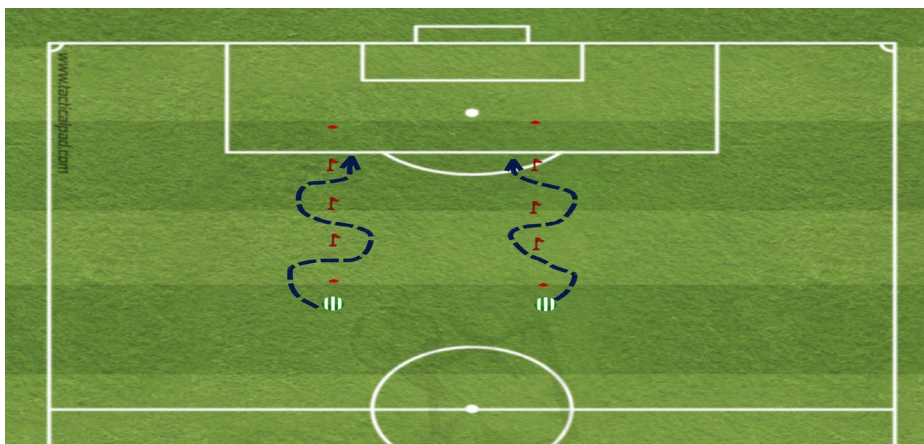
-Encourage players to beat a defender in one v one situations.

-Reinforce players to take space when available.

SCRIMMAGE
SMALL SIDED TO ENABLE MORE TOUCHES ON THE BALL.



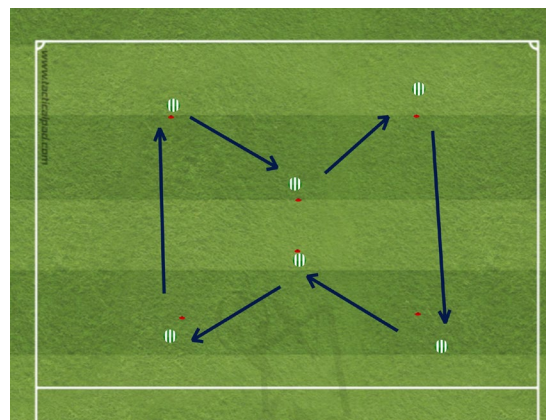
U11-12 | WEEK 2 | PASSING & MOVING



Dynamic Warm Up and Fast Feet.

WARM UP

DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE



- Open hips when receiving on back foot.
- Head up to find next pass.
- Check away from defender to create space for yourself.

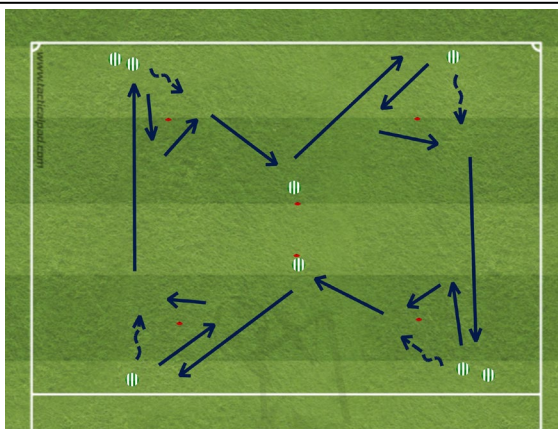
- Start with a player on each of the cones.

- Soccer Ball played into the middle player who receives on their back foot to switch and play to player on opposite side.

- Players on outer cones open hip to play across.

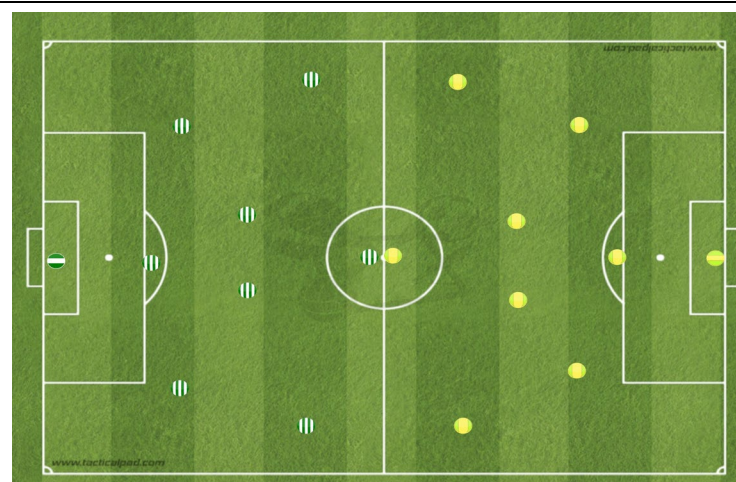
- Quick sharp play, touch in the direction you want to play.

- Change direction so back foot changes. Involve second soccer ball for intensity.



- Encourage speed of play.
- First pass quick into feet, second pass in front of player to be able to move onto the pass.

- Same drill as before.
- Now a give and go is made around the outside cones.
- Encourage one touch for the give and go.
- As soon as the pass is played movement behind the cone to receive the ball back.
- Communicate to let player know give and go.



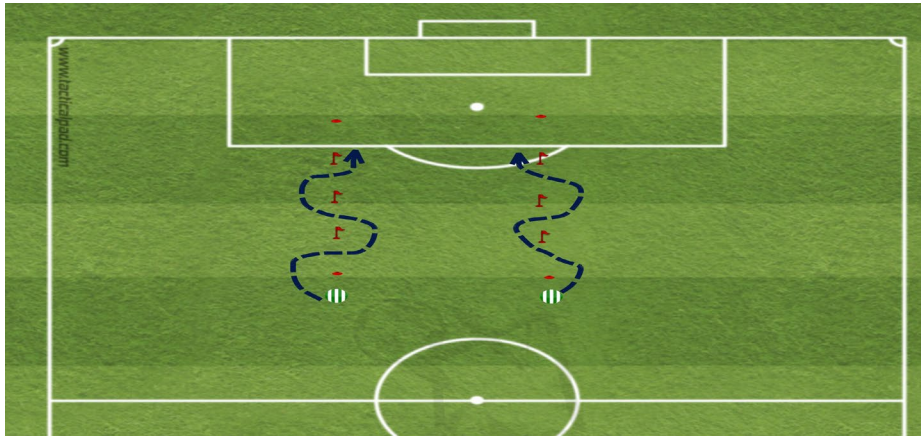
- Encourage players to use the full space provided so that they can focus on the passing & moving techniques they just learnt.
- Be positive, don't stop and start with coaching points, let them play & be positive.

SCRIMMAGE

SMALL SIDED TO ENABLE MORE TOUCHES ON THE BALL.



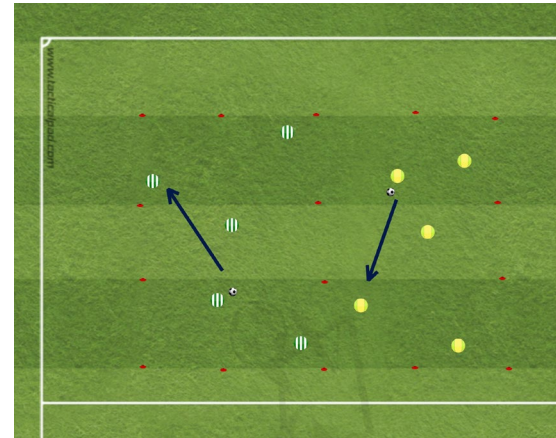
U11-12 | WEEK 2 Part 2 | PASSING & MOVING



Dynamic Warm Up and Fast Feet.

WARM UP

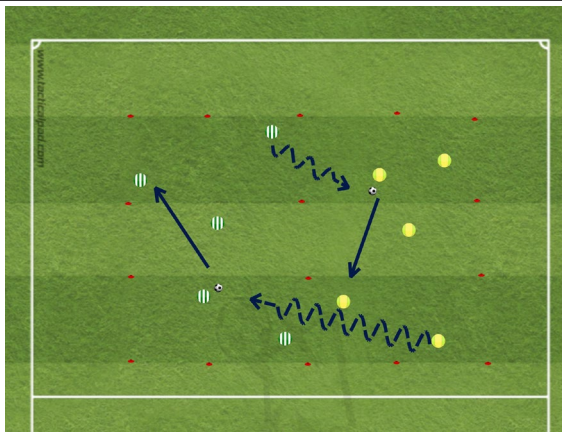
DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE



- Move into new space after making pass.
- Players remain on balls of their feet.
- Players should control ball in the direction they wish to go next.

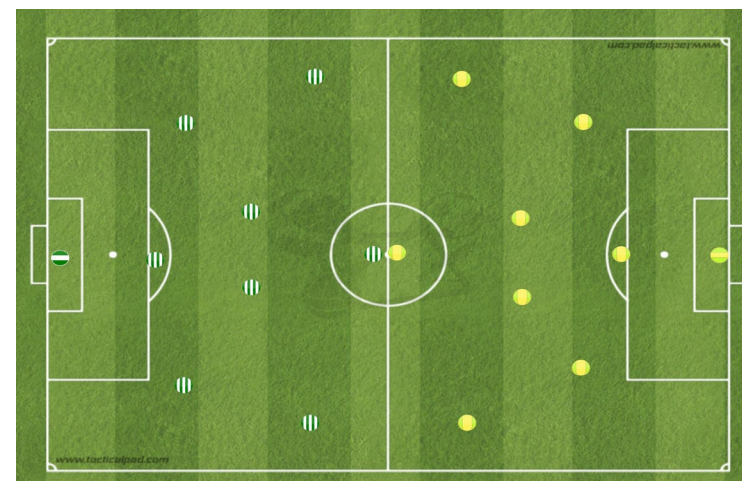
- Split into two groups.
- Each group passes the soccer ball in their area, with movement off of the ball.
- Keep the ball moving and inside their area.
- To encourage movement off of the ball, once a ball is passed can they run around a cone and look to receive another pass.

-Increase intensity, put a second soccer ball in the area.



- Players should make their area as big as possible when number is called.
- The bigger the space the harder it is for the defender to retrieve the ball.
- Players should look to control before passing.

- Players will be assigned a number for each team.
- Coach calls a number, the players whose number is called will leave their area and become a defender in the opposing team's area.
- Defender will then try to win the soccer ball as the opposing team tries to keep it away from them.
- If defender wins the ball they pass it back and try to win it again. Defenders will go back to the area when coach calls them back.



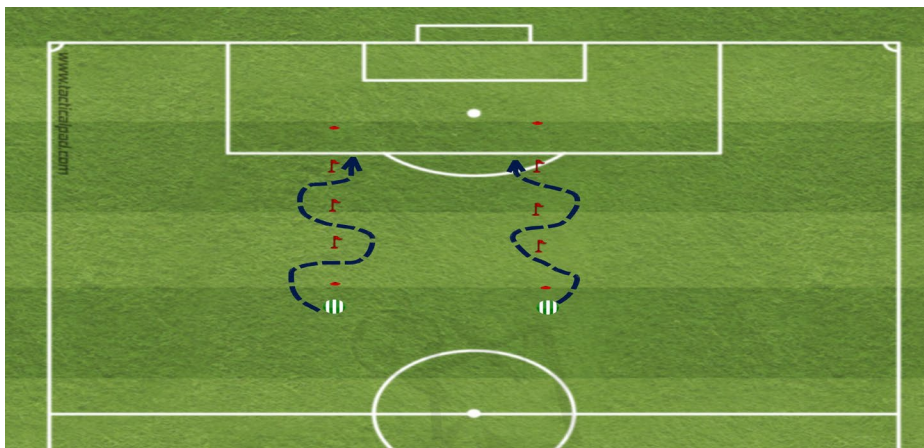
- Encourage players to use the full space provided so that they can focus on the passing & moving techniques they just learnt.
- Be positive, don't stop and start with coaching points, let them play & be positive.

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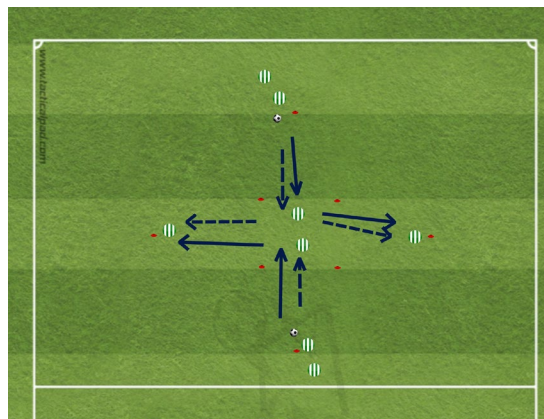
U11-12 | WEEK 3 | PASSING & MOVING



Dynamic Warm Up and Fast Feet .

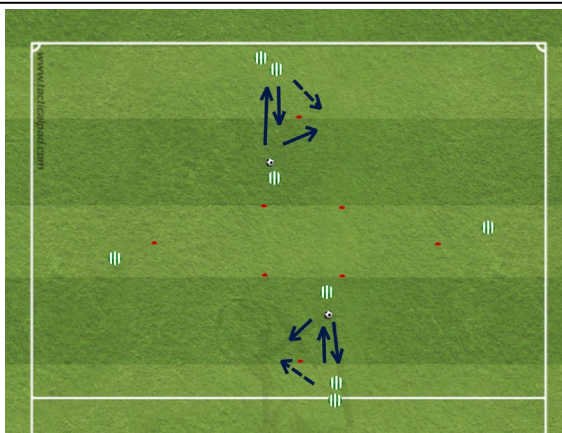
WARM UP

DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE



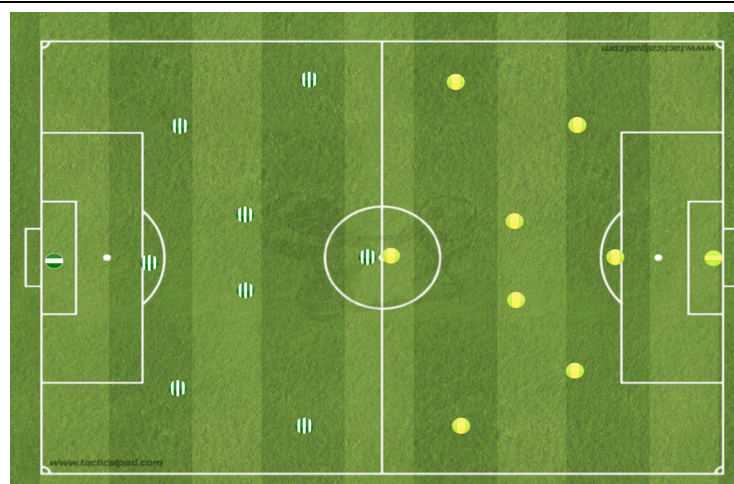
- Start with two central players who will be receiving the ball.
- Players on the outside feed the ball into the middle player who turns out and play out.
- Once the ball is played the player now fills the central position to receive the next pass.

- Open hips when receiving on back foot.
- Head up to find next pass.
- Concentrate on the weight on pass.
- Movement off ball to receive.



- Encourage speed of play.
- Know the weight of each pass
- First pass quick into feet, second pass in front of player to be able to move onto the pass.

- Same drill as before.
- Now a give and go is made around the outside cones.
- Can the middle player create an angle once they have played the ball out.
- To increase the tempo players on the outside are encouraged to use one touch for the give and go.
- Communicate to let player know give and go.

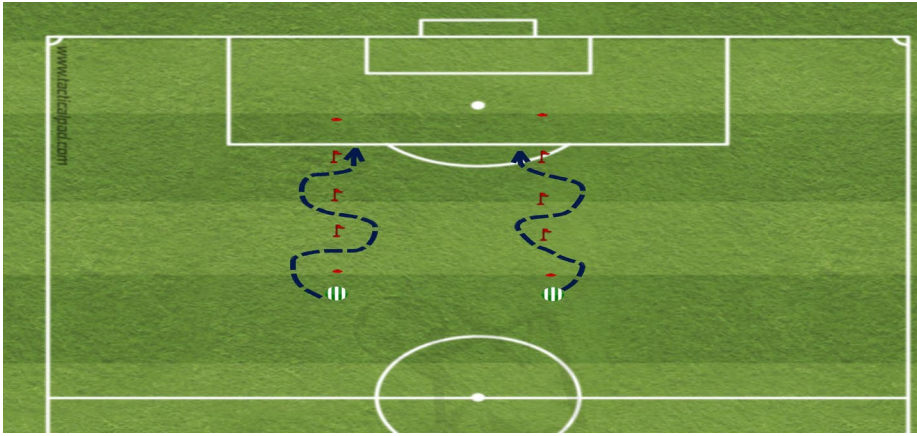


- Encourage players to use the full space provided so that they can focus on the passing & moving techniques they just learnt.
- Be positive, don't stop and start with coaching points, let them play & be positive.

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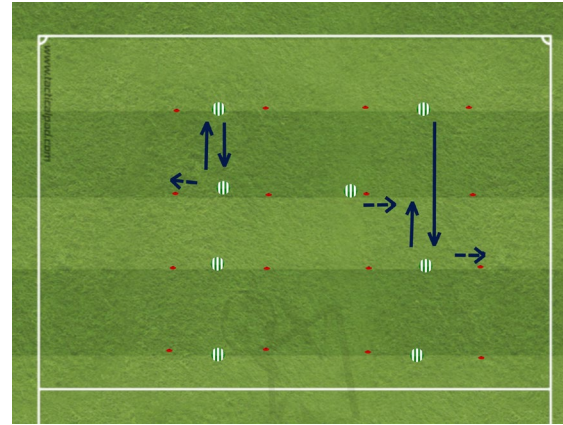
SMALL SIDED TO ENABLE MORE TOUCHES ON THE BALL.

U11-12 | WEEK 3 Part 2 | PASSING & MOVING



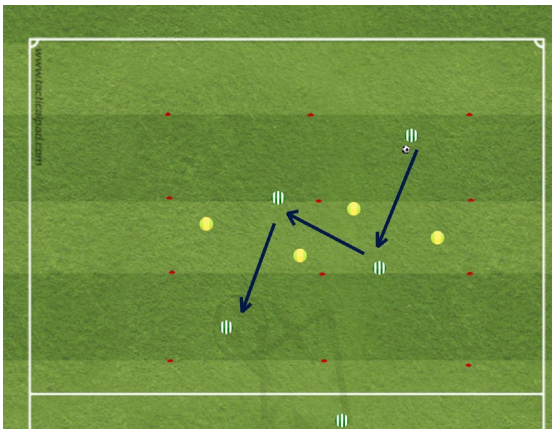
Dynamic Warm Up and Fast Feet.

WARM UP
DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE



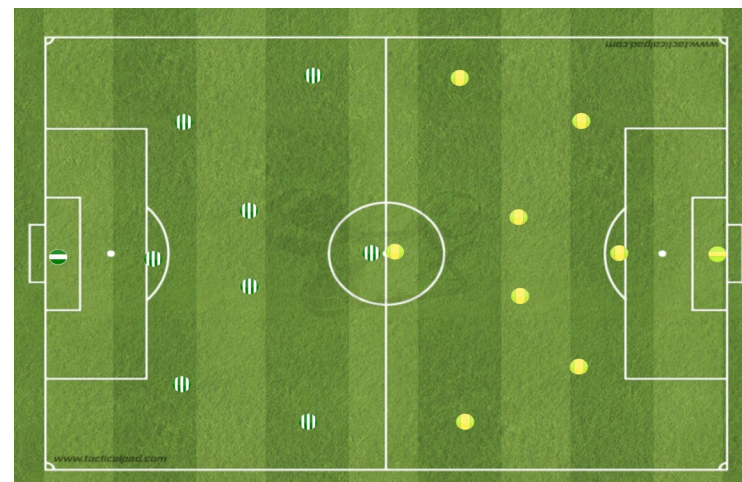
-Start with two touches, build to one to increase tempo.
-Quick movement wide to create channel.
-Weight and accuracy of pass is key.

-Players start in the middle of each set of cones.
-Short pass is made, then passed back to the player. Once the second pass has been made, player to move wide and open hips, to create channel of long pass.
-Long pass now made to the next player, who then plays short pass to returning player who created space for the pass.
- The movement is the same up and down the channel.
-End players stay central.
-Players rotate so all get an opportunity in the middle, at opening up and create the channel as well as angle.



-Central players look to receive the ball, to open up and play forward. Or drop the ball off back to play forward.
-Central players must stay busy looking to receive the pass as well as create space.

- Players are split into two teams.
- Once team will remain in the middle second the other split over the three sections with two players on the middle.
- Can the outside team keep possession of the ball, while playing through all three zones.
- Defending team cannot tackle, but can intercept the pass.
- Team switch if the ball is intercepted.

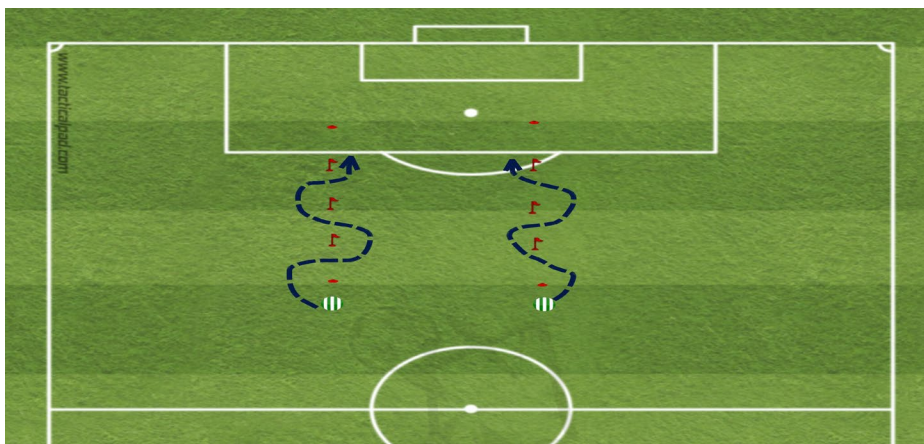


- Encourage players to use the full space provided so that they can focus on the passing & moving techniques they just learnt.
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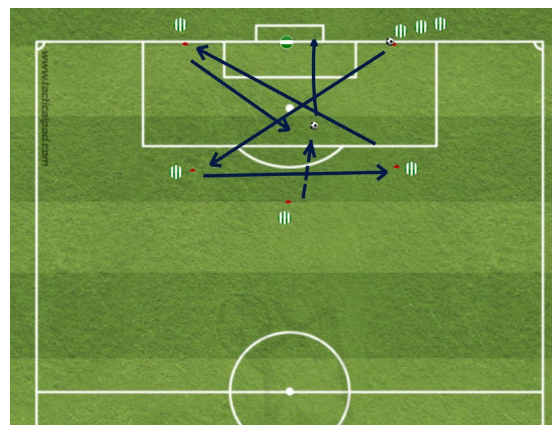
U11-12 | WEEK 4 | Finishing



Dynamic Warm Up and Fast Feet.

WARM UP

DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE



- Quality of first pass. Leading pass, so attacker can step in to strike the ball.
- Attacker must step to the ball and meet it.
- Strike with laces, head over the ball follow through with the strike.

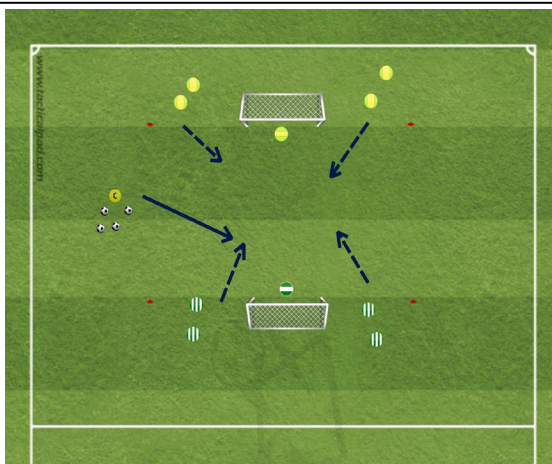
-Each Player Stands on a Cone, the remaining player's then stand behind the first player with the ball.

-Simple passing sequence where players follow their pass.

- Four total passes with the fourth being played in front of the fifth player to strike on goal.

-Next ball is played after the shot has been taken.

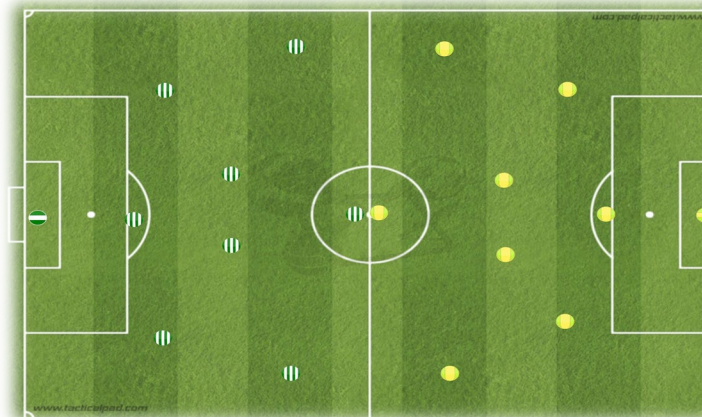
- Speed up the passing sequence to add some traffic, making pass and run more precise.



- Attackers should be their toes ready to attack the ball once entered.
- Can players be aggressive to goal, look to strike first. Can they create a shooting opportunity first, if not then pass.

- Group Split into two teams. Two groups either side of each goal.
- A ball is played in to the middle of the area by the coach.
- Star with 2v1 for one team. The team of two will be the attacking team and encourage to take a strike, when they have site of goal. If no site of goal can they find a pass for their teammate to then strike on goal.

- Ball is dead after a strike on goal or ball goes out of play.
- Progress to 2v2.



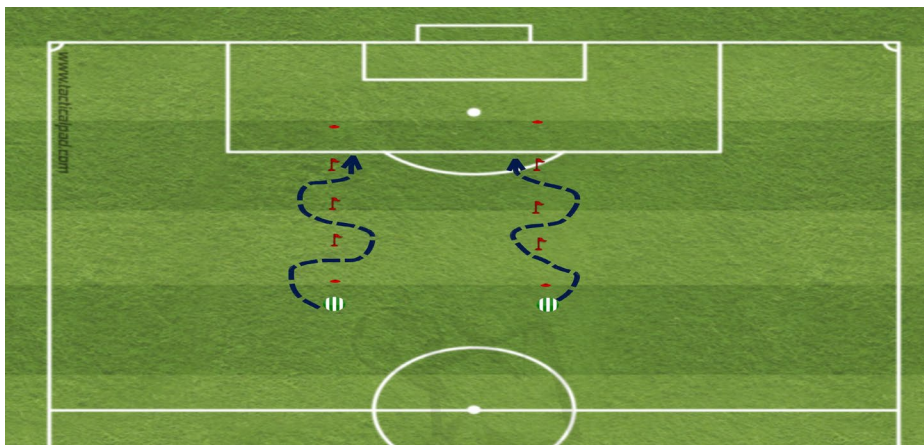
- Encourage players to beat a defender in one v one situations.
- Reinforce players to take space when available.

SCRIMMAGE

SMALL SIDED TO ENABLE MORE TOUCHES ON THE BALL.

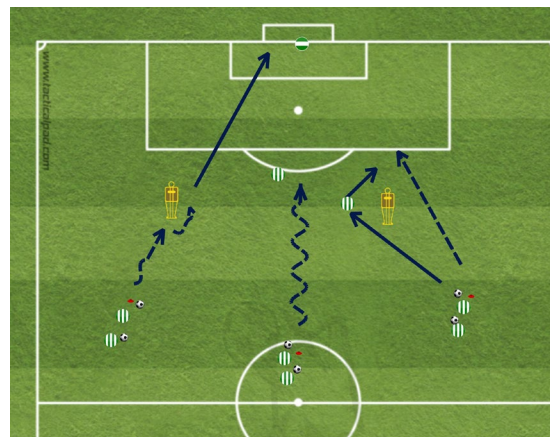


U11-12 | WEEK 4 Part 2 | Finishing



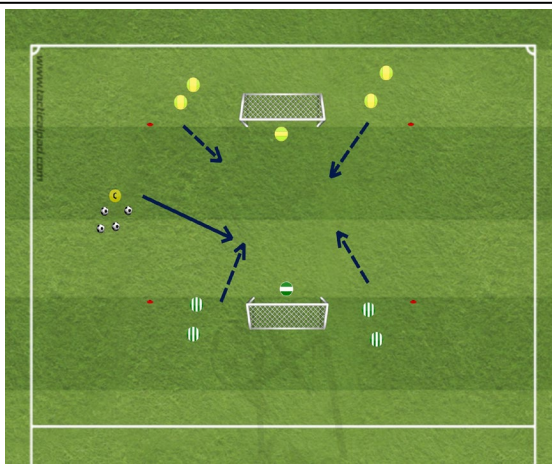
Dynamic Warm Up and Fast Feet.

WARM UP
DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE



-Speed of play, can the attackers look to run at speed at the defender. As soon as defender is beat can they strike.

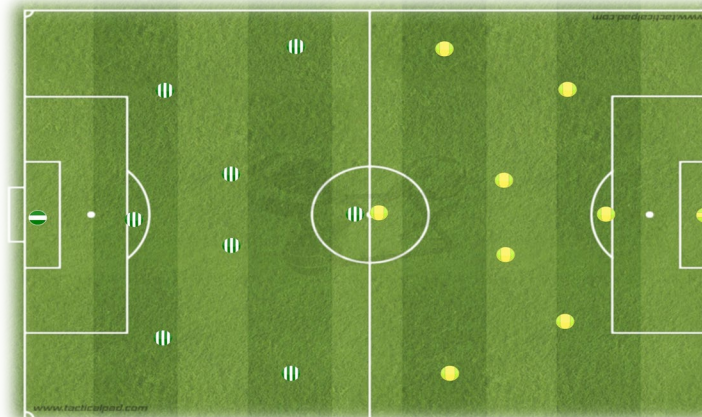
-Group Split into three separate sections.
 - First section attack Mannequin/Cone perform skill move around then strike on goal.
 -As soon as player one take a strike, player two sets off from the middle section. Player one acts as a defender for a 1v1 situation.
 -Once player two has had a strike at goal, they look to receive the soccer ball from player three for a give and around a cone, for player three to strike on goal.



-Attackers should be their toes ready to attack the ball once entered.
 -Can players be aggressive to goal, look to strike first. Can they create a shooting opportunity first, if not then pass.

-Group Split into two teams. Two groups either side of each goal.
 -A ball is played in to the middle of the area by the coach.
 -Star with 2v1 for one team. The team of two will be the attacking team and encourage to take a strike, when the have site of goal. If no site of goal can they find a pass for their teammate to then strike on goal.

-Ball is dead after a strike on goal or ball goes out of play.
 -Progress to 2v2.

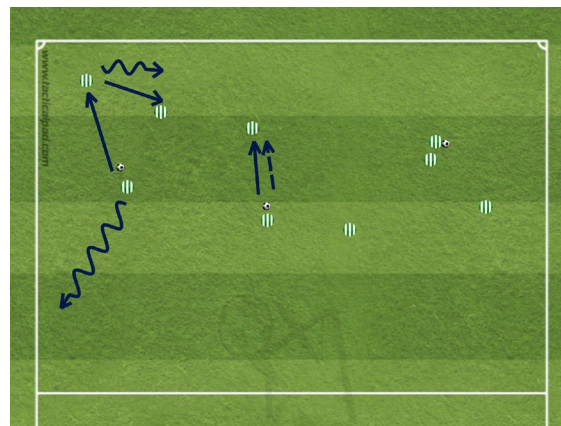
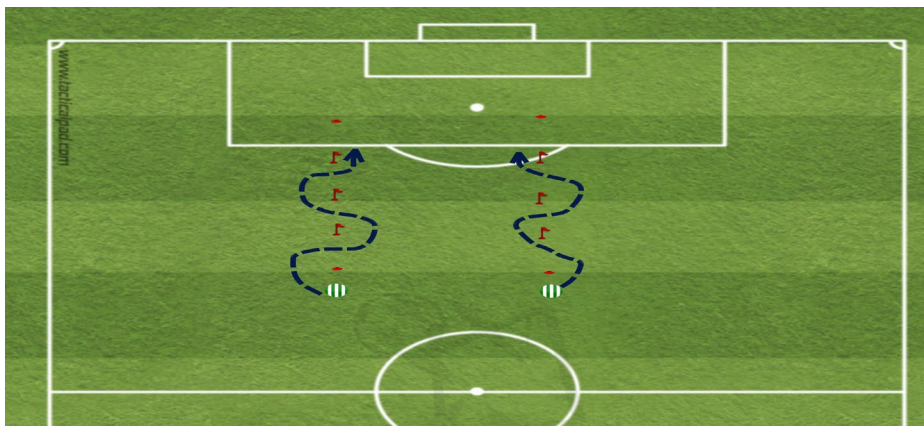


-Encourage players to beat a defender in one v one situations.
 -Reinforce players to take space when available.

SCRIMMAGE
SMALL SIDED TO ENABLE MORE TOUCHES ON THE BALL.



U11-12 | WEEK 5 | Defending

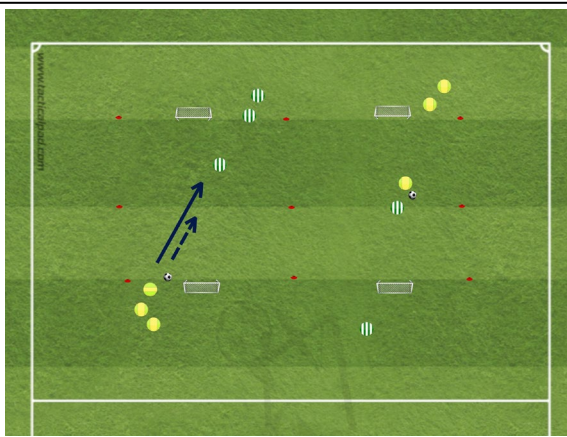


- Players are split into groups of three.
- Groups pass and move around the area. On the fifth pass the player receiving the ball stops the ball.
- Player who passed the ball becomes the first defender applying pressure to the player with the ball.
- Can the defending player get come side on to force the attacker on way with their body shape.
- Pause in correct position for 5 seconds then repeat passing and moving.

Dynamic Warm Up and Fast Feet.

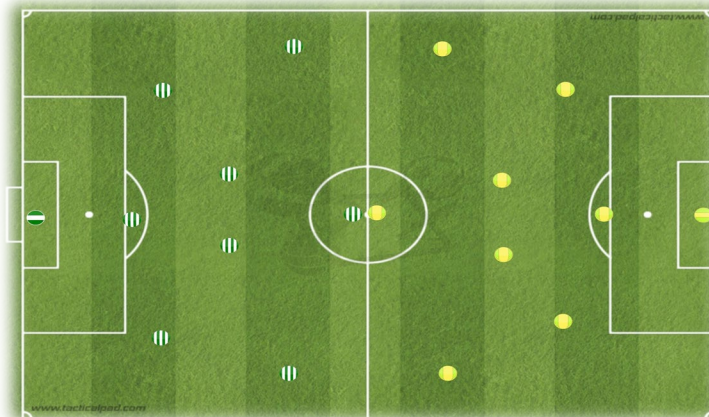
WARM UP
DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE

- Can defender apply quick pressure to the ball.
- Approaching defender small footsteps to slow down pace.
- Approach with body on an angle to force attacker one way.



- Split into two teams and organize into two or four lines.
- One team will play the ball to the opposition team. They now become the defender.
- Player who receives the ball will play as an attacker trying to score. Defender attempts to win the ball and then become the attacker.
- Defender can force attacker into tight areas and out of bounds.
- Once the play is over the next player in line will play the next ball.

- Defenders sprint to apply pressure as early as possible. When closing the attacker defender slows and shuffles bank on the angle. Can challenge for the ball when attacker makes mistake losses possession.

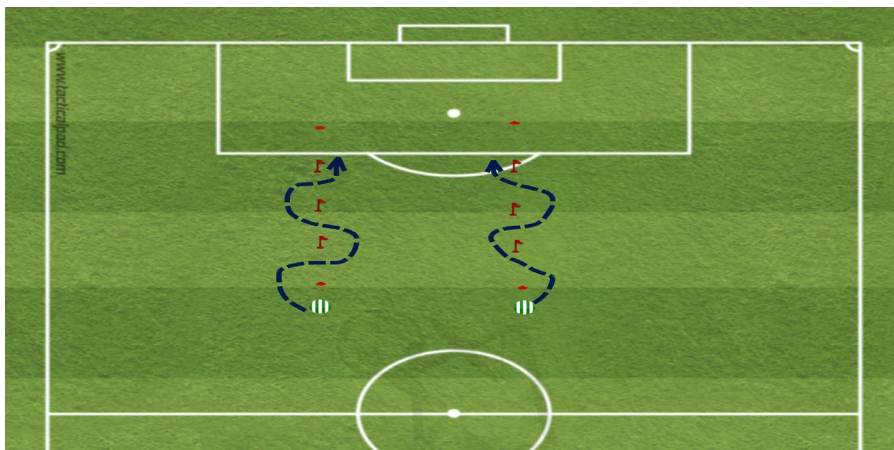


- Player closest to the ball becomes the first defender applying the pressure.
- Can the apply pressure early to cause mistake from attacker.

SCRIMMAGE
SMALL SIDED TO ENABLE MORE TOUCHES ON THE BALL.

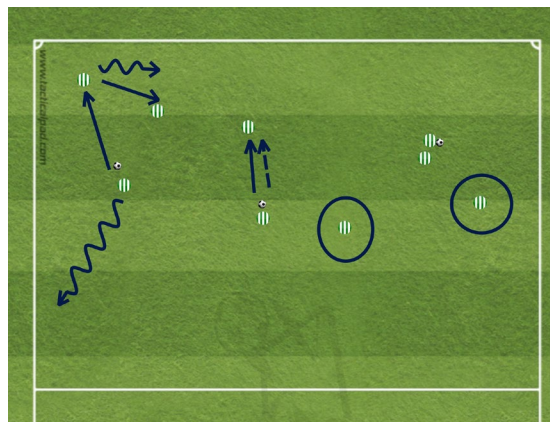


U11-12 | WEEK 5 Part 2 | Defending



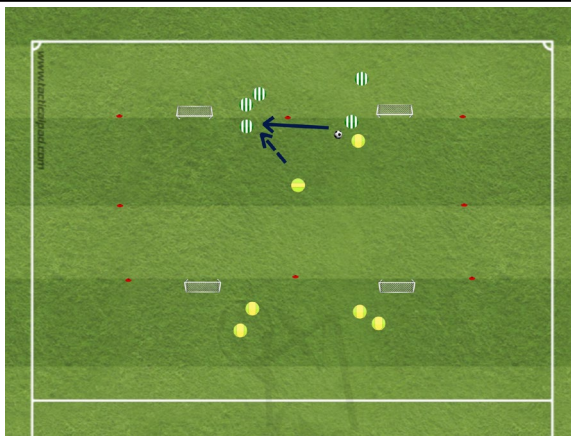
Dynamic Warm Up and Fast Feet.

WARM UP
DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE



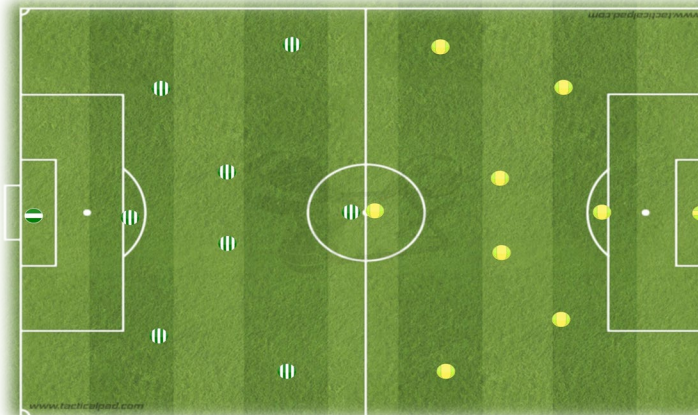
- Can defender apply quick pressure to the ball.
- Approach with body on an angle to force attacker one way.
- Second defender move to position the side of which first defender is forcing the attacker to.

- Players are split into groups of three.
- Groups pass and move around the area. On the fifth pass the player receiving the ball stops the ball.
- Player who passed the ball becomes the first defender applying pressure to the player with the ball.
- Third player now becomes second defender (Cover)
- Second defender positions themselves at an angle behind the first defender, not allowing the pass forward.



- Defenders sprint to apply pressure as early as possible. When closing the attacker defender slows and shuffles bank on the angle. Can challenge for the ball when attacker makes mistake losses possession.

- Split into two teams and organize into two or four lines.
- One team will play the ball to the opposition team. They now become the defender.
- Player who receives the ball will play as an attacker trying to score. Defender attempts to win the ball and then become the attacker.
- Defender can force attacker into tight areas and out of bounds, or into second defender.
- Once the play is over the next player in line will play the next ball.
- If ball passed across. Second defender now pressure the ball and roles are switched.

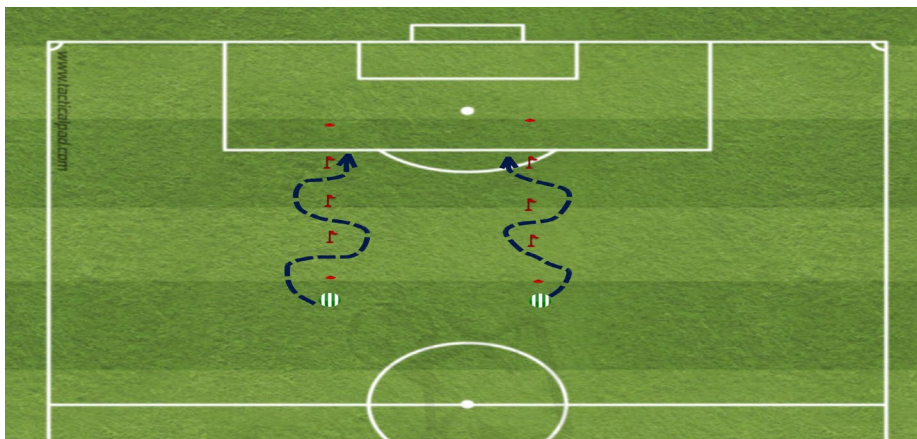


- Player closest to the ball becomes the first defender applying the pressure.
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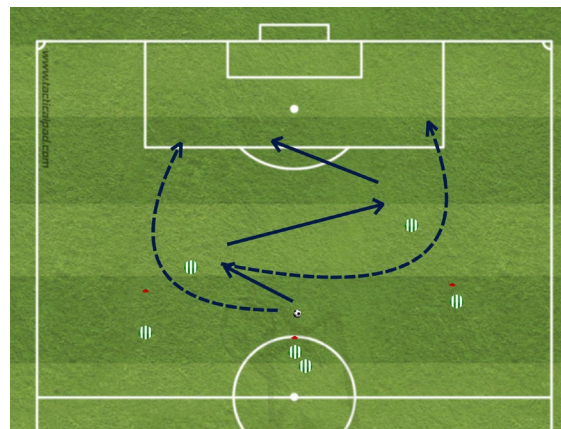
U11-12 | WEEK 6 | Possession to Goal



Dynamic Warm up and Fast Feet.

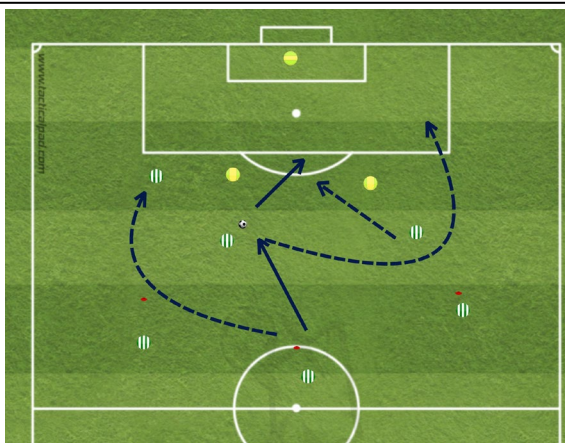
WARM UP

**DYNAMIC IN ORDER TO
RAISE PLAYERS HEART RATE**



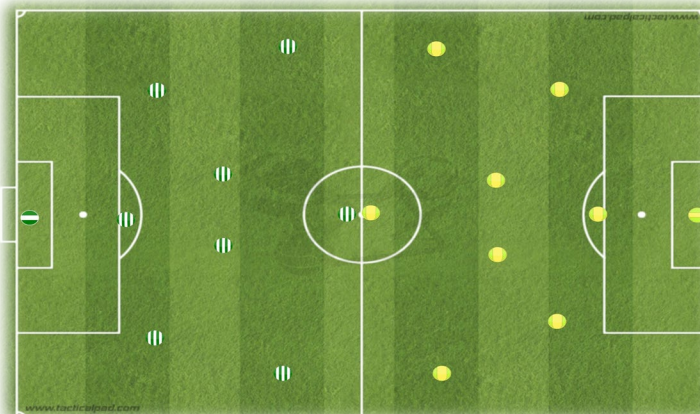
- Sharpe well weighted passes to team mate.
- Leading pass to run on the ball to keep intensity high and fluidity of play.
- Speed of overlaps to become involved in the next phase of the play.

- Split the group into three groups, one central group and two wider players.
- Ball starts with the middle player who plays the to either wide player, and then overlaps that player.
- Player receiving the ball now switches the ball to the opposite wide player and over laps that player coming inside.
- Final ball is played to central player who started with the ball to finish on Goal.



- Timing of runs from each player.
- Can the pass be played beyond the defender.
- Decision when on Goal, can they finish first time.

- Same start as previous drill, however now included a defender, progress to two defenders.
- Similar runs being made as before, behind and in between defenders.
- Can the attackers remain onside when the ball is played.



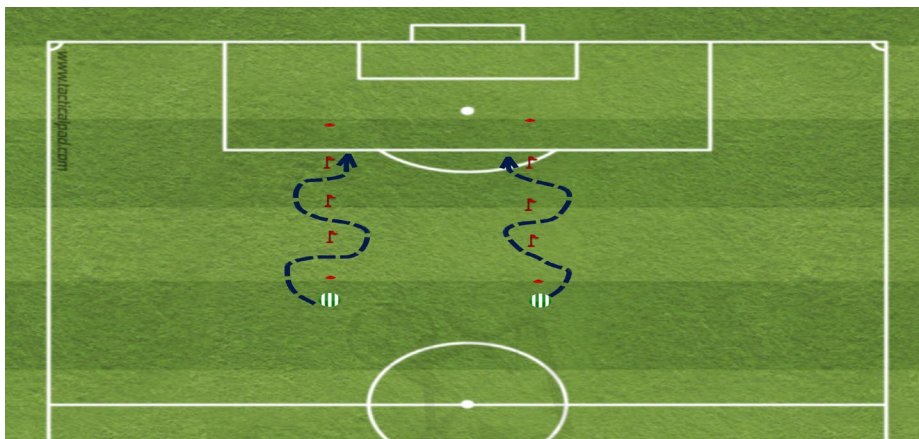
- Encourage movement off of the ball.
- Speed of play, try keep the rhythm of play with leading passes.

SCRIMMAGE

**SMALL SIDED TO ENABLE
MORE TOUCHES ON THE
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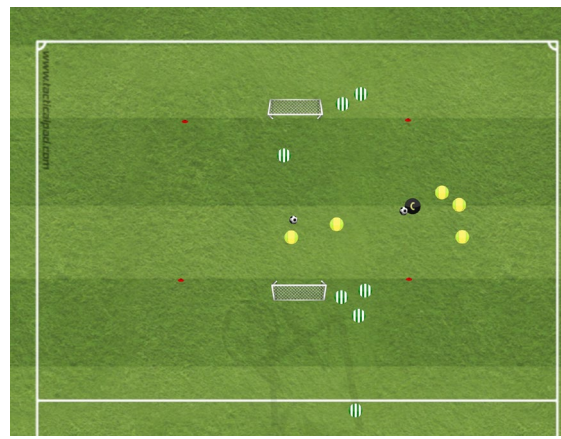
U11-12 | WEEK 6 Part 2 | Possession to Goal



Dynamic Warm up and Fast Feet.

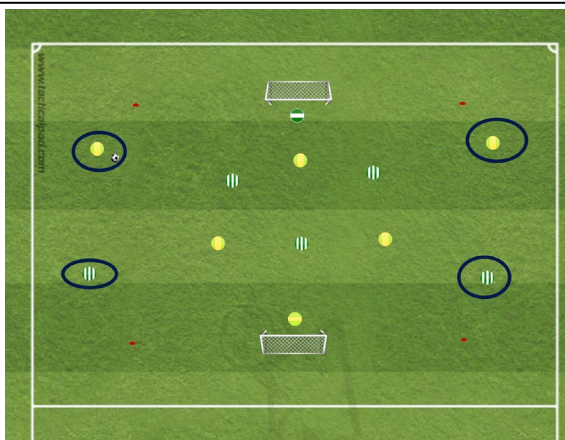
WARM UP

DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE



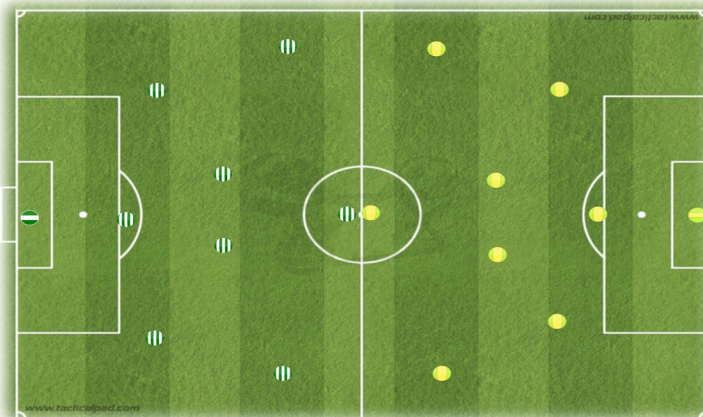
- Attack with speed and be direct to goal.
- Quick opportunity to strike take it.
- Decision making in both scenario's.

- Split the group up into three separate teams. Two defending teams, one Attacking team.
- Attacking team start in the middle with the coach. Coach the attacking team if they want a 1v1 situation or 2v1. If the score they gain a point. No goal no point.
- Next attacking players would attack the opposite team after, either 1v1 or 2v1.
- Can the attackers



- Communication
- Look for spaces to play in as well as numbers up for overload.
- Receive on back foot to open play in possession.
- Shots on Goal!

- 4v4v4
- 4v4 in the middle with 4 bounce players on the outside.
- Bounce Players play back to team in possession.
- Two goals and teams rotate with bounce players.
- Speed of possession.



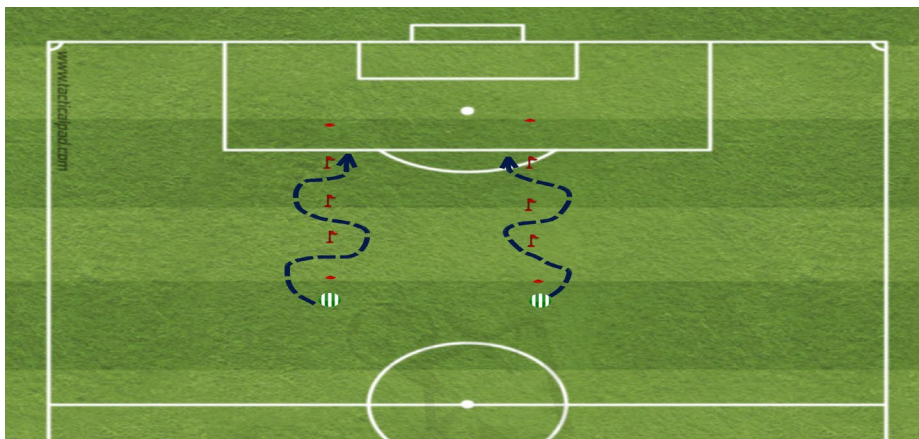
- Encourage movement off of the ball.
- Encourage shots on sight.
- Look for overloads and getting numbers forward.

SCRIMMAGE

SMALL SIDED TO ENABLE MORE TOUCHES ON THE BALL.



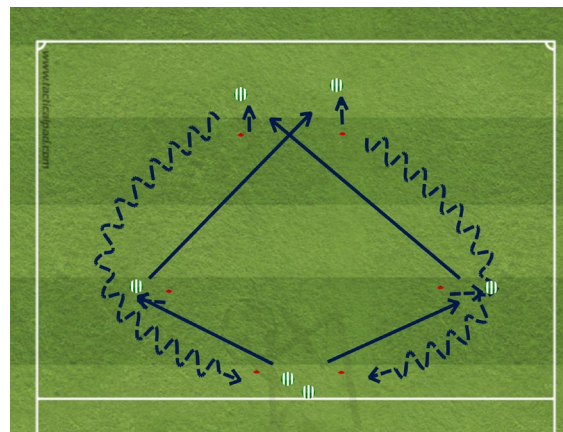
U11-12 | WEEK 7 | Playing Out From The Back



Dynamic Warm up and Fast Feet.

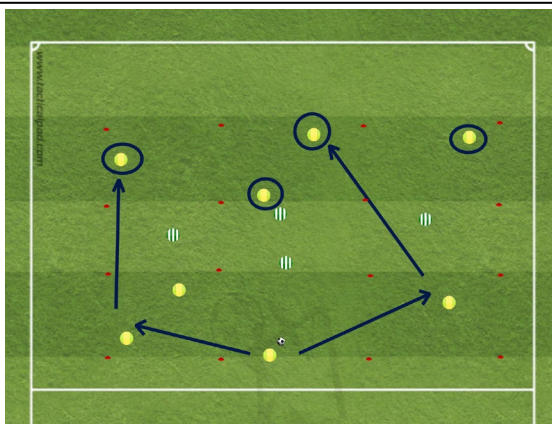
WARM UP

DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE



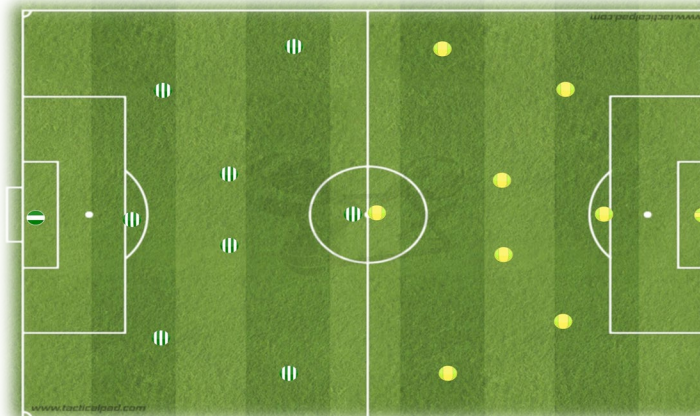
- Check away from the cone, to receive the ball.
- Open hips to receive on backfoot.
- Head up to find next pass forward.
- Tight touch out of feet forward.
- Communication given throughout (Good Information)

- Separate the group and have one player on each cone, with the remaining of the team at the central cones.
- Ball starts at the middle area, plays the ball to the wider cones. Player on wide cone creates space away from the cone and open their hips to play forward.
- Forward pass to higher player who also receives on back foot and dribbles the ball back to the start.



- Keep movement of the ball at all times.
- Can players look to receive the ball and create new space away from the defender.
- Can the open up to play forward to the opposite team.

- Three teams in three separate areas. Two outside areas are attackers, middle group are the defenders.
- Outside teams look to keep possession of the ball, to then play forward splitting the remaining defenders in the middle to opposite side.
- One defender can pressure to start, progressing to two.
- If the defending team win the ball, the team that lost possession now become the defenders.
- The ball must be switched first before the drill is resumed.



- Encourage movement off of the ball.
- If the ball needs to be played back, can the play be reset and switched to the opposite side.
- Look to play positive as much as possible.

SCRIMMAGE
SMALL SIDED TO ENABLE MORE TOUCHES ON THE BALL.