

12U Week #11 -

PLAY - PRACTICE - PLAY

"Passing and Receiving with a purpose"

Dribbling move Ribery

| PLAY 10 mins. | Play- as players arrive have them join in a small sided game. | Set Up- 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed | Let them play |
|-----------------------------|--|--|---|
| | Activity Description | Set Up Diagram | Coaching Points |
| #1 ¹⁵ | Passing and Moving: Split the players into two groups, one with the ball and one without. The players with the ball must find a player without the ball. Coach: Place the following conditions on the players: Do not stop the ball when receiving it, receive, dribble the ball, and pass Take a long 1st touch away from traffic and pass, receive, turn away with the ball, and pass | | Toe up (inside) or down & turned in (outside) Placement of non-kicking foot and good balance Receiving: Keep feet moving before ball arrives and go to it Keep ankle of receiving foo locked and body behind ball |
| #2 ¹⁵ mins | 3v3+2(1) Neutral to One Goal: In a 30x40 grid, two teams will play to score and defend the small 4 yard goals at the endline. The team in possession will be able to use the (1) 2 neutral players in order to keep the ball versus the three defenders. Coach: Change neutral players every so often. You can also play with passing restrictions such as: Attacking team may score after completing 4-5 passes in a row | | Tech of passing and receiving Players in good supporting positions Options close and far Speed of play First Touch – Directional Clear communication |
| #3 ¹⁵ mins | 5v5 or 6v6 +GK's to Four Goals: In a 40x50 yard grid, two teams of 5 or 6 players and a GK each play to score and defend two goals. The goals are set on the 40 yard line. The GK on each team can help the possession by playing with his/her feet. | | Supporting shape and balance for team in possession Change of rhythm to exploit opportunities to penetrate Movement and timing support |
| PLAY 25 mins | <u>Small Sided Game</u> 9V9 scrimmage | Call out name of player who scores a goal | Let them play |



Game like-activity must be game like **Repetitions**-repetition on what you are trying to achieve Challenging-players need to be challenged Coaching-the right coaching based on the age/level of the players