

12U Week #2 -

PLAY — PRACTICE — PLAY

"Striking Long Balls"

Dribbling move Scissors

PLAY	
10 min	s.

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

High & Long:

2 players are at opposite ends behind a #1

goal in a 10x20 yard grid, and try to score points by striking the soccer ball through the two goals without the soccer 15 mins ball bouncing and/or rolling before crossing the goals. A player scores 3 points for every lofted/driven ball he/she strikes successfully. The receiving player passes

Progression:

pass.

#2

15 mins Add Goal keepers. Players now have to move around the goals when following shot. If the keeper saves the ball they play it behind him to the waiting player. Have extra balls on hand to keep the flow going.

the ball to their right and follows their

Version 2: The middle player serves the ball to the kicking player

Set Up Diagram

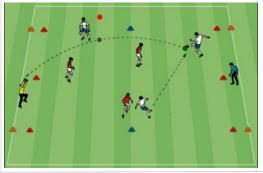
Coaching Points

- Body position and balance
- Eye on the ball at moment of contact
- Strike ball with ankle locked and hard bone on top of foot
- Non-kicking foot directed at target.
- Technique of striking a ball served to you
- Hitting the ball with the inside of the foot to curve it
- Hitting the ball straight with laces

3v3 +Targets - Go Long:

#3

15 mins In a 20x40 yard grid with targets, two teams are trying to score by striking long balls to the target. If the target catches the ball without bouncing before entering his/her zone, the attacking team scores a point.



- Technique of striking a long ball
- When you have no pressure
- On the run
- To get behind defenders

Small Sided Games

PLAY

7V7 scrimmage

25 mins



Let them play



Organized-set up and ready to go 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