

12U Week#3 -

PLAY — PRACTICE — PLAY

"Passing and Penetration"

Dribbling move Cruyff

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

Sequence Passing and Moving:

Set Up Diagram

Coaching Points

#1

15 mins Split players into groups of 3 or 4 (colorcoded) and number the players. Each group has a ball, inter-passing within their group. The groups must pass in sequence I.E 1-2-3-4-1. All groups are in the same grid playing through each other. (30x40 Coach: Every couple of yard grid) minutes coach calls out change of direction for players to change the sequence i.e 4-3-2-1



- Technique and type of pass

1st touch - Directional

- Technique of receiving
- Communication: Verbal and Non Verbal
- Supportive body position
- Visual cues

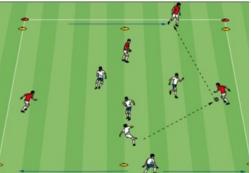
3v3+1 to Targets:

#2

15 mins

Two teams of 3 players each with a neutral player in a 30x35 yard grid will try to connect passes and score by connecting with the target player.

Coach: Stress when and how to split defenders with passes.



- Proper weight, accuracy and timing of passes
- Vision to split defenders with a pass
- Possession vs. penetra-
- Proper angle and distance of support off the ball

Fusball:

#3

15 mins

Cone off 4 channels 5X15 yrds. Divide the team in half & put players from each team in every other channel. A goal is scored by getting passing the ball to your teammates in the end zone area. Players cannot leave their channel but can move side to side within their channel. The can pass the ball between each other in their channel to create open passing lanes. Add 2 more channels if needed due to the number of player. Switch positions after a few.



- Starting position of players
- **Players** need move back and forth inside their channel
- Create passing lanes
- Defend passing lanes
- Move the ball quickly

Small Sided Games

PLAY

25 mins 7V7 scrimmage



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