

# 12U Week #4 -

# PLAY — PRACTICE — PLAY

"Attacking Team Shape"

**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** 

#### **Coaching Points**

## **Baseball Passing**

# #1

15 mins

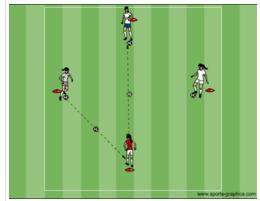
#2

15

mins

Set up small baseball diamonds with cones. 4-5 players per diamond with 2 balls. The players at 1st and 3rd base start with the ball with the player at home plate working. 1st base player starts by passing the ball to the player at home plate. Home plate player cannot pass it back to where it came from and must find the open player. 3rd base player now passes and the drill continues. Run for 2 minute and rotate around the diamond.





- Look up before receiving the pass to see where you need to pass
- Keep body position open to the field
- Passes on the ground
- Restrict to one touch
- Communication

#### **Diamond Keep away:**

Set up a diamond with 4 players on the outside who play keep away. In the middle have two players whose job is to make it hard for the passing team by closing off the passing lanes. Every time blue plays a split pass between the two red they get a point.



# Good passing technique

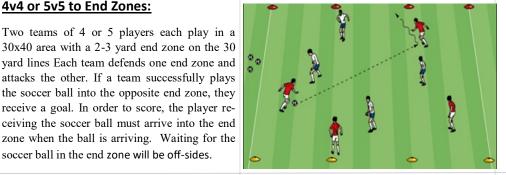
- Communication
- On toes to be ready
- receive
- Open up on first touch

#### **Progression:**

Take the balls away and play 4v2 keep away

### 4v4 or 5v5 to End Zones:

30x40 area with a 2-3 yard end zone on the 30 yard lines Each team defends one end zone and attacks the other. If a team successfully plays the soccer ball into the opposite end zone, they receive a goal. In order to score, the player receiving the soccer ball must arrive into the end zone when the ball is arriving. Waiting for the



Recognize visual cues:

- Teammates body shape
- Supporting positions
- Defending pressure
- Rhythm of play based on what the game gives you by increasing speed of play at the right time

#### **Small Sided Games**

soccer ball in the end zone will be off-sides.

**PLAY** 

25 mins

15

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