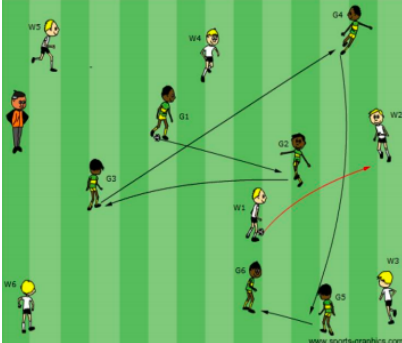


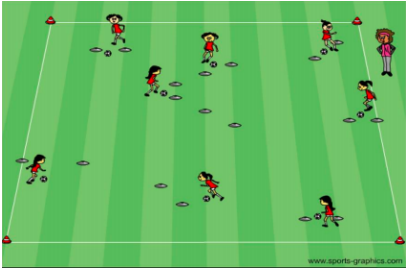
U12 Week 3 Practice #1

ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
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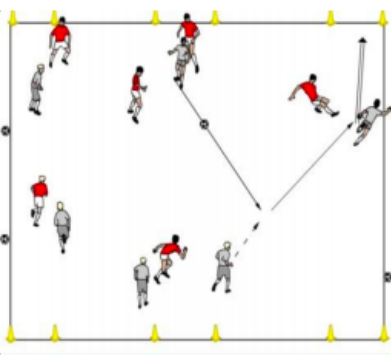
Warm Up (10 minutes)

<p>Sequence Passing</p>	<ol style="list-style-type: none"> 1. Organize the players on the half based on the positions they will be playing (they will all rotate throughout the activity). 2. Give them all a number. 3. All passing is done on the move, no standing allowed. The groups have to play through, over and around each other, which increases the demand on vision and communication and off the ball movement. 	 <p>The diagram illustrates a soccer field with 10 players labeled G1 through G5 and W1 through W5. G1-G5 are positioned in a line across the middle of the field, while W1-W5 are positioned around the perimeter. Arrows indicate a sequence of passes: G1 passes to G2, G2 to G3, G3 to G4, and G4 to G5. A red arrow shows a long pass from G5 to W2. Other arrows show W1 passing to G1, W2 to G2, W3 to G3, W4 to G4, and W5 to G5, creating a continuous loop of movement.</p>	<p>The intent is to promote vision and communication between the players without the pressure of opponents. The activity will cause the players to work on the techniques of passing and receiving. Rhythm of play and timing of support runs will improve. Off-the-ball players must get into the field of vision of the teammate with the ball. A dynamic run should be made to show for the ball. Questions to ask the players are:</p> <p>Q.: Where should the next receiver position himself or herself? A.: Where the person with the ball can see you. Q.: How do you know which way the player passing to you will most likely be facing? A.: By the angle of the pass going to that person.</p>
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Activity Name (10 minutes)

<p>Gate Dribbling</p>	<ol style="list-style-type: none">1. Set up small goals (gates) using cones (1-2 steps wide) all around the area at different angles. Each player has a ball.2. Players must count the number of gates that they dribble through in 30 seconds. (Coach is the timer and must make it exciting...make sure you count down the last 10 seconds) Players attempt to increase that number on future attempts.	 <p>The illustration shows a green soccer field with white lines. Several players in red and black uniforms are scattered across the field. Small white cones are placed on the grass to form various 'gates' or paths. A small watermark 'www.sports-graphics.com' is visible in the bottom right corner of the image.</p>	<p>Players must keep the ball close to them by using the inside, outside and soles of their feet. This environment fosters controlled dribbling, looking around (vision), change of pace (exploding through a gate), change of direction, direction making (if one player is occupying a gate, the other players must look for another open gate).</p>
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Activity Name (10 minutes)

<p>3 Goal Game</p>	<ol style="list-style-type: none">1. Set up three goals using cones on one end line and do the same on the other side. Split the players into two teams.2. Using only one ball the teams must work together to score as many goals as possible on the opposing team. This should be a high scoring game because there are three goals to score on.	 A diagram of a rectangular field for a 3-goal game. The field is bounded by a black line. At each of the two short ends, there are three yellow cones representing goals. The cones are arranged in a triangular pattern. Several stylized human figures representing players are scattered across the field. Some are in red, some in grey, and one in white. A ball is shown in the center of the field, with dashed lines indicating its path towards the goals. The field is divided into three vertical sections by the goal lines.	<p>This is a high pace game that should teach the players how to move the ball quickly from one side of the field to the other (swinging the ball). Players should be in constant movement to create opportunities to receive the ball or to pass the ball.</p>
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Activity Name (15 minutes)

<p>Combat 2v2</p>	<ol style="list-style-type: none">1. Open area (no boundaries). Players divided into two teams. Each team lines up on opposite sides of the coach facing the open area.2. The coach kicks the ball out into the open area. Two players from each line chases after the ball. The first player to the ball attempts to possess it and works with their teammate to pass the ball through the opposing teams gates. The other two players try to steal it from them. They play 2v2. Whoever passes the ball through the opposing teams cones get a point.3. When the ball is passed through a gate or goes beyond 2 minutes the next two pairs will go.	 <p>The illustration shows a green soccer field with white lines. A coach in a pink shirt is in the center, kicking a ball. Two players from each team are chasing the ball. There are two gates (cones) on each side of the field. The website address www.sports-graphics.com is visible in the bottom right corner.</p>	<p>This game will teach: Quickness, speed, dribbling for possession (shielding), vision (finding target = gates) and passing.</p>
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Activity Name (10 minutes)

Game Rules	1. Take the last portion of the practice to go over throw ins, goal kicks, and offsides.	No image.	Now that the kids have had a game use this last portion to go over rules and anything they need to work on.
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