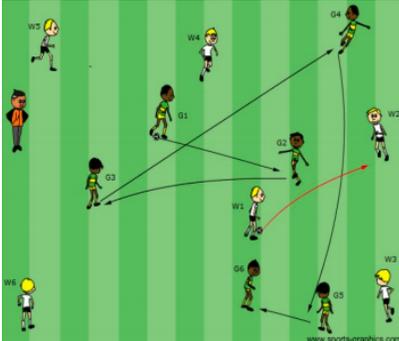


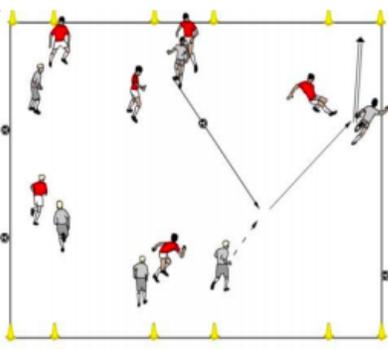
U12 Practice

ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
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 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>

Activity Name (10 minutes)

<p>Defensive Principles</p>	<ol style="list-style-type: none">1. Use this time to talk to the players about defense. Now that there have been plenty of games, ask the players why they think certain players from other teams can get past them.2. Once conversations have been had, show the players how to properly play defense. Explain to the players you want to make sure to direct the attacking player away from goal. While doing that you want to make sure to not just “stab” (kicking shin guards). Mention other things you have noticed your players doing and correct it.		<p>Use this time to give constructive criticism on the games you have played.</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 long ends, there are three yellow cones representing goals. The cones are arranged in a triangular pattern. Several small human figures representing players are scattered across the field. Some are in red shirts, and some are in grey shirts. A ball is shown in the center of the field, with dashed lines indicating its path towards the goals. The diagram illustrates the setup and the objective of the game.	<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 and black shorts stands in the center, kicking a ball. Two players from each team (one in yellow, one in red) 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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