



11 to 12 Year Olds

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The International
Coaches Association



Ages 11 to 12 yrs

Practice One

Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Dribbling 1 - Technique



Shake and Bake

This practice is designed to improve the technical ability of explosive body movements, feints and dribbling moves. Two cones should be placed approximately 10 yards apart. Two players are positioned each side of the cones. No player may cross over the imaginary line and the defender may not try to steal the ball. The player in possession of the ball must use body feints, head fakes and a variety of dribbling moves to upset the balance of the defender. A goal is scored each time the dribbling player can lose the defender and stop the ball dead at either of the cones. Try to face the defender at all times.

2 cones 10 yards apart, 1 ball

Dribbling 2 - Technique



Dribble, Turn and Escape

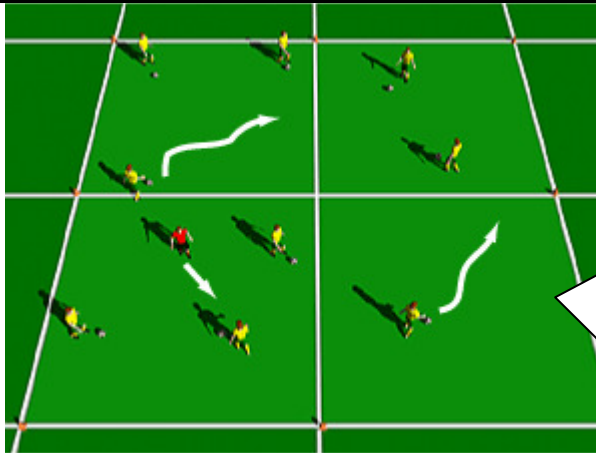
This practice is designed to develop dribbling skills for escaping from an opponent.

Divide players into pairs, with one ball each. Players alternate dribbling the ball towards each other. At the mid-point of the grid, players' turn and dribble back to their starting positions. Players should accelerate after turning.

Area 10 x 10 yards, 6 cones, 1 ball per player

Ages 11 to 12 yrs

Dribbling 3 - Line/ No Competition

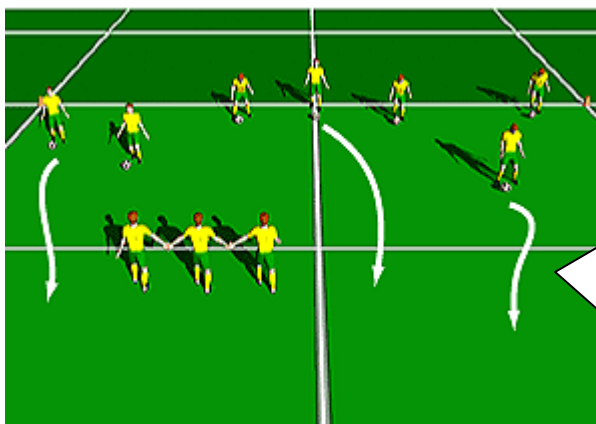


Tiger in the Middle

Mark off a square 20 x 20 yards. Have all players move about with their balls in the square. Choose one player to be the "tiger". When he is released, all players try to avoid him and shield their ball from being knocked out. The last one left is the winner.

Area 20 x 20 yards, 4 cones, 1 ball per player

Dribbling 4 - Line/ No Competition

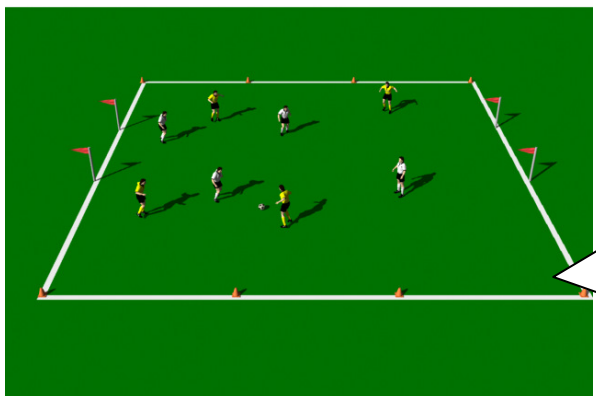


Centipede

Mark off a square 20 x 20 yards. Choose 1 volunteer to be the "head" of the centipede. The players attempt to dribble their balls from one end of the grid to the other without their balls getting kicked out. If a player loses his ball then he or she must join hands with the head of the centipede. Additional players that get knocked out join the centipede. They must not release each others hands when attempting to kick other player's balls out of the grid. The last player to make it across the grid is the winner.

Area 20 x 20 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Two

Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the "**Warm Up**" section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises "with" and "without" the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Passing 1 - Technique



One Player Passing Relay

One player is positioned at one side of a grid, 10 yards x 10 yards. The player receives the ball from the server. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the server's hands. After each pass the receiver must turn and run back to the starting position. The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player will always be encouraged to come and meet the ball.

Area 10 x 10 yards, 4 cones, 1 ball

Passing 2 - Technique



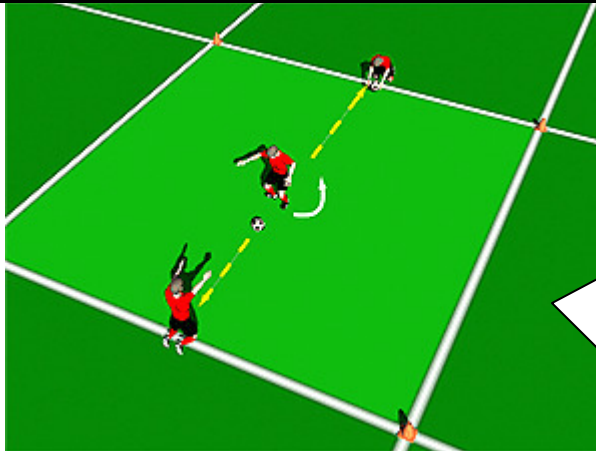
Small Group Passing Relay

Players are positioned at one side of a grid, 10 yards x 10 yards. The players receive the ball from the server. The receiving player must pass the ball back to the server "first time" and only score a point for each pass back on the ground to the servers hands. After each pass the receiver must turn and join the end of the line. The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player will always be encouraged to come and receive the ball.

Area 10 x 10 yards, 6 cones, 1 ball

Ages 11 to 12 yrs

Passing 3 - Line/ No Competition



Pressure Passing

Two servers are positioned each side of the grid. Servers alternate passing the ball to the receiver whom passes back "first time", turns quickly and repeats with the opposite side. Ensure that the servers do not roll the ball too far, so that the player in the center does not need to come to meet the ball. The player in the center should work at full speed and concentrate on quality first touch passing. If the player working turns to a server for a pass and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball.

Area 10 x 10 yards, 4 cones, 1 ball per player

Passing 4 - Line/ No Competition



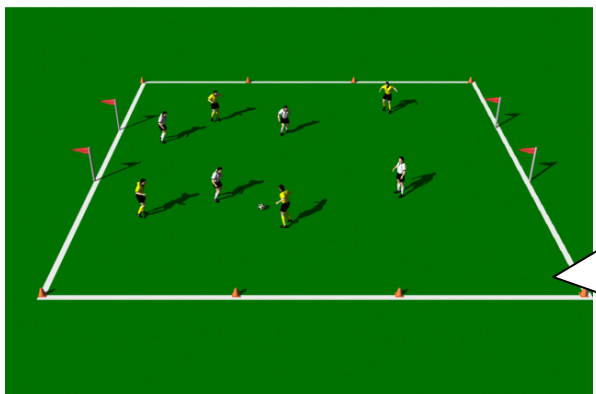
Rotation Passing

Position four players in a grid 10 yards by 20 yards. Place a server with a ball at both sides of the grid. Each server passes the ball to the two receivers to pass back "first time" to the server. The players in the center should work at full speed and concentrate on quality first touch passing.

If a working player turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball.

Area 10 x 20 yards, 4 cones, 2 balls

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Three

Equipment Check List:

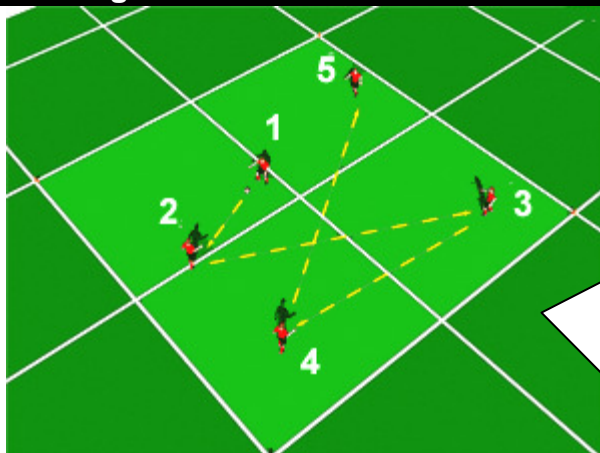
Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the "**Warm Up**" section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises "with" and "without" the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Passing 5 - Game Related/Skill Reinforced

10:30 AM



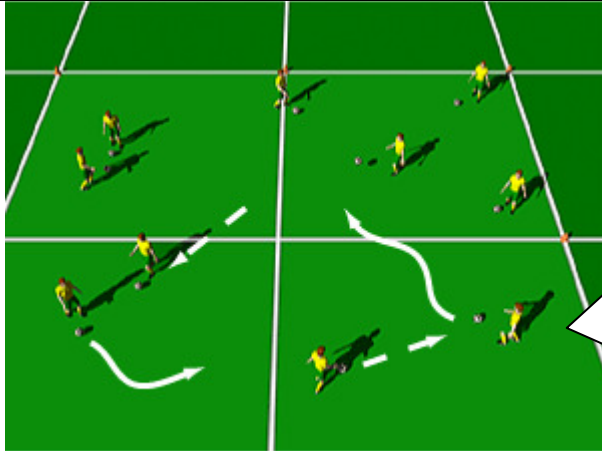
The Numbers Game

Divide your players into groups of fives. Position each group inside a grid, with one ball per group. The grid is approximately 20 yards x 20 yards. Each player has a number 1 through 5. The players pass the ball around the grid using the "push pass". The practice starts with #1 passing to #2, #2 must pass to #3, #3 must pass to #4, #4 passes to #5 and #5 must pass to #1. This sequence is maintained throughout the drill. Each receiving player must shout out their number to attract the attention of the passing player e.g.: If #1 has the ball, #2 must shout out their number to attract the attention of the player.

Area 20 x 20 yards, 4 cones, 1 ball

Ages 11 to 12 yrs

Dribbling 9 - Game Related Activity

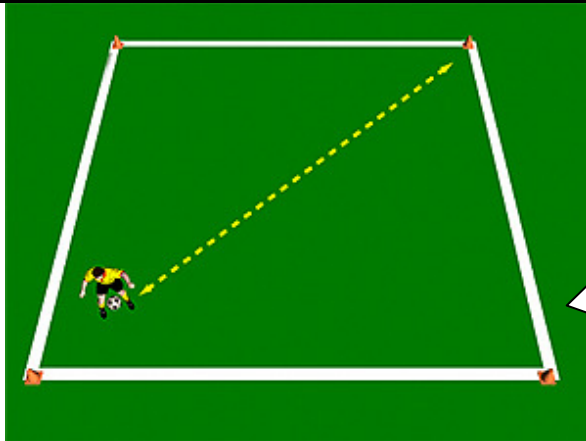


Knock Out

Mark off a square 20 by 20 yards. Have each player enter the square with his/her ball. Blow the whistle and have the kids try to knock out the other players balls without losing their own ball. Players must move and cannot leave their ball. Last one left is the winner. A good variation is to make 3 smaller grids and if your ball gets knocked out you need to start back at grid #1. If you knock a ball out of a grid you advance up to the next grid. This will keep all the kids working without having to stop or lose.

Area 20 x 20 yards, 4 cones, 1 ball per player

Move of the Week



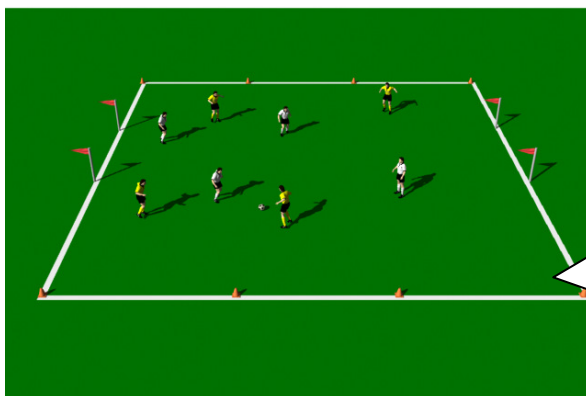
The Half Turn

This practice is designed to develop the Half Turn dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Half Turn move inside the grid, working diagonally from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Four

Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Passing 1 - Introductory Activity



Mechanics of the Push Pass

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the “Push Pass.”

Two players are positioned in a grid 5 yards x 5 yards. One player kneels holding the ball firmly between their hands. The other player alternates stepping towards the ball and performing the “Push Pass.” The players should always step towards the ball and try to hit the ball in their stride. The players should alternate holding the ball.

Area 10 x 10 yards, 4 cones, 1 ball per player

Passing 2 - Introductory Activity



Lock the Ankle

Two players are positioned in a grid 5 yards x 5 yards. The players are positioned on either side of the ball. In pairs, the players step towards the ball and lock the ball between their feet as they perform the “Push Pass”. To ensure the timing coincides, one player should slowly count out loud “one, two, and three”.

On the three count, the players move towards the ball. The players should always step towards the ball and try to hit the ball in their stride.

Area 10 x 10 yards, 4 cones, 1 ball per player

Ages 11 to 12 yrs

Passing 3 - Introductory Activity



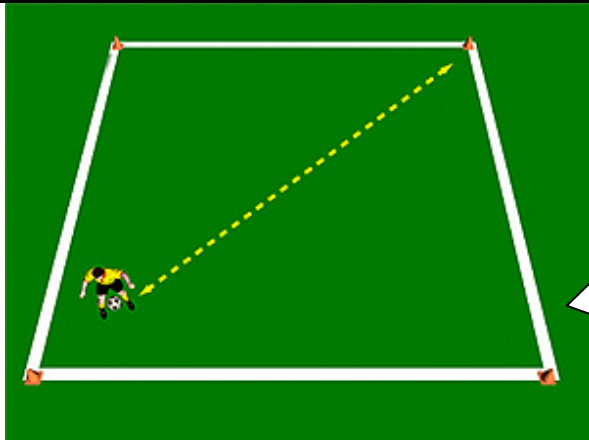
Under the Bridge

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy.

Three players are positioned in a grid 10 yards x 10 yards. One player is placed in the middle and presents themselves as a target by making a tunnel with their legs. The other two players try to pass the ball through the tunnel. The distance should be increased slowly to make the practice more challenging.

Area 10 x 10 yards, 4 cones, 1 ball per group

Move of the Week



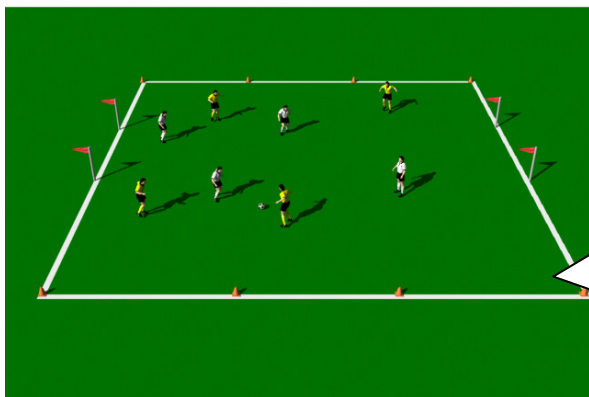
The Half Turn

This practice is designed to develop the Half Turn dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Half Turn move inside the grid, working diagonally from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Five

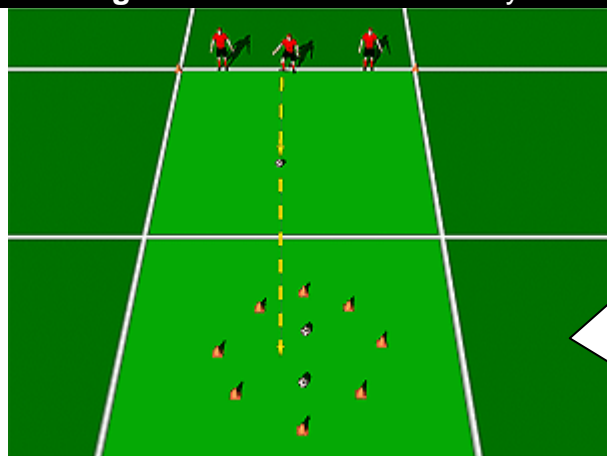
Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Passing 4 - Fundamental Activity



Land on Mars

A grid is marked off approximately 5 yards by 10 yards and a circle is made with cones at one end of the grid. A group of players with a ball each are positioned at the opposite end of the grid.

In turn, players have to try and land their rocket (ball) onto the surface of the Mars (circle marked off by cones). A point is awarded for each successful mission. No points are awarded if the ball lands outside the circle. Repeat practice several times and total up points. To challenge the players the size of the circle may be reduced each time.

Area 5 x 10 yards, supply of cones, 1 ball per player

Passing 5 - Fundamental Activity



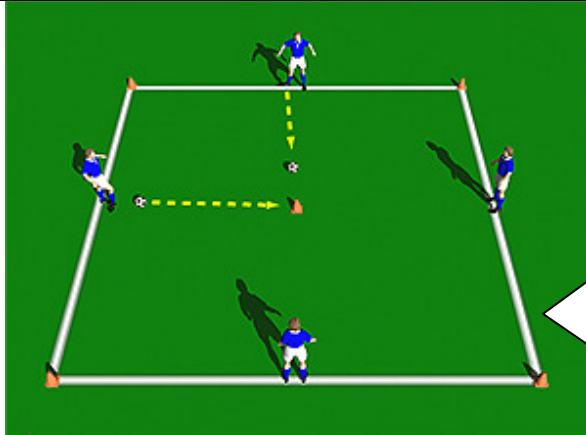
Soccer Marbles

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”. Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble. The closest ball to the center marble wins a point. Repeat game several times and total points. Distance of the circle may be increased to make the game more challenging.

Small Circle, 1 ball per player

Ages 11 to 12 yrs

Passing 6 - Fundamental Activity



Hit the Cone

This practice is designed to improve the mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy. Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach's command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down.

First pair to knock down the cone 5 times wins.

Area 10 x 10 yards, 4 cones, 1 ball per group

Move of the Week



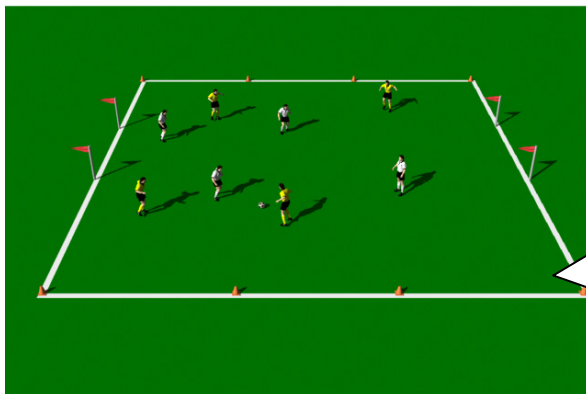
The Fake Cut

This practice is designed to develop the Fake Cut dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Fake Cut moving inside the grid.

Area 5 x 5 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Six

Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Passing 7 - Game Related Activity



Passing Relay

Players are divided into 2 teams. The players receive the ball from the server. The receiver must pass the ball back to the server and only scores a point for each pass back through the cones. After each pass the receiver must turn and join the end of the line. First team to score 10 points wins, or how many points can your team get in 2 minutes.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball.

Area 10 x 10 yards, 8 cones, Supply of balls.

Passing 8 - Game Related Activity



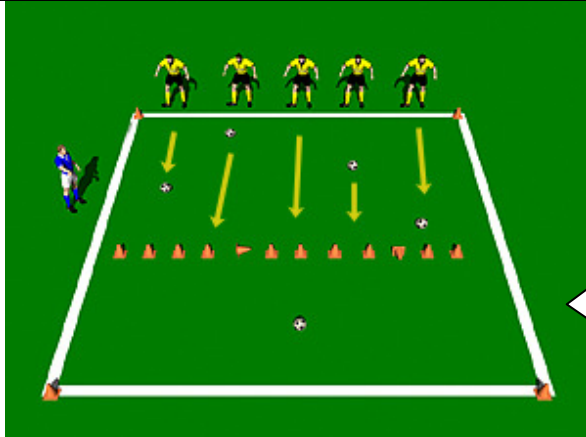
Clear the Yard

This is a fun kicking game to develop each players passing skills. Players are divided into 2 teams. Each player has a ball. The idea of the game is to see which team can end up with the least number of balls in their side of the square (yard). One the coaches' command the players kick the ball into the other teams end (yard). Players get 2 minutes to before the balls are counted. Team with least balls in their side wins. The emphasis should be on power and accuracy of the kick.

Area 20 x 20 yards, cones, Supply of balls.

Ages 11 to 12 yrs

Passing 9 - Game Related Activity



The Cone Challenge Champion

In this game each player has a ball. The object is for each player to knock down as many cones as possible within 2 minutes. On the coaches command the players kick the ball from the end line. Players get 1 point each time they knock down a cone. Player with most points after 2 minutes wins. You can also have the first player to 3 wins etc.

The emphasis should be on power and accuracy of the kick.

Area 10 x 10 yards, cones, Supply of balls.

Move of the Week



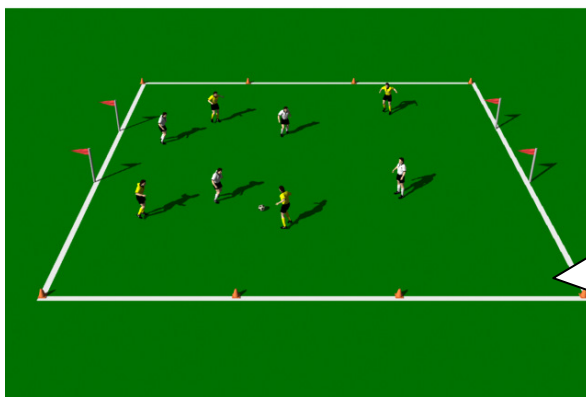
The Fake Cut

This practice is designed to develop the Fake Cut dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Fake Cut moving inside the grid.

Area 5 x 5 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Seven

Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Ball Control 1 - Introductory Activity



Cushion Control using the Feet

This exercise will introduce each player to the technical points of controlling the ball using the feet.

Divide your group into pairs. Players stand approximately 2 yards apart. One player is the server and the other the receiver. The server holds the ball in both hands and throws a “soft” serve for their partner to control using the top of the foot. The object for the receiving player is to not allow the ball to hit the ground before controlling it. Alternate roles so both players work at controlling the ball.

Players 2 yards apart, 1 ball

Ball Control 2 - Introductory Activity



Cushion Control using the Thighs

This exercise progresses nicely from the drill above and will introduce each player to the technical points of controlling the ball using the thigh. Divide your group into pairs. Players stand approximately 2 yards apart. One player is the server and the other the receiver. The server holds the ball in both hands and throws a “soft” serve for their partner to control using the thigh. The object for the receiving player is to not allow the ball to hit the ground before controlling it. Alternate roles so both players work at controlling the ball.

Players 2 yards apart, 1 ball

Ages 11 to 12 yrs

Ball Control 3 - Introductory Activity

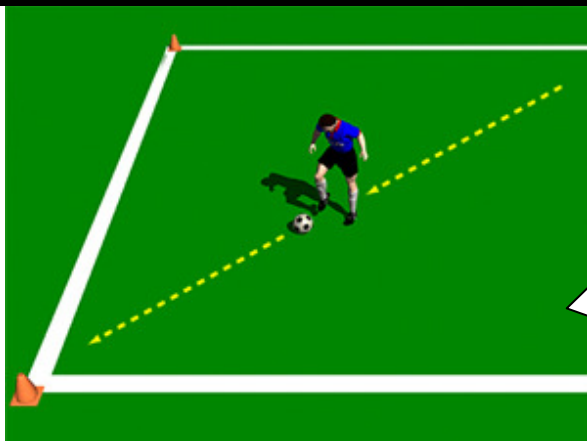


Control Relay Game

This practice is designed to develop each players technique in controlling the ball using the sole or the inside of the foot. Divide your group into pairs. One partner is a server and the other the receiver. The receiving player starts from the cone and runs towards the ball. The server rolls the ball slowly for their partner to trap using the sole or the inside of the foot. After trapping the ball, the receiver passes back to the server and runs around the cone to repeat the drill. Players change roles frequently. Emphasize quality over speed.

Area 10 x 10 yards, 6 cones, supply of balls

Move of the Week



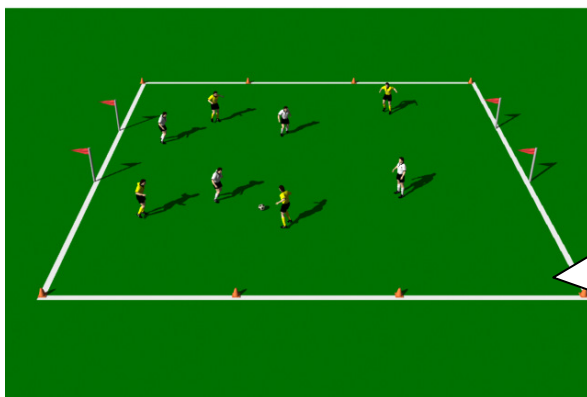
The Stop and Go

This practice is designed to develop the Stop and Go dribbling move. This maneuver is most often used to escape from pressure when an opponent is chasing alongside the player.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Stop and Go move inside the grid, working diagonally from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Eight

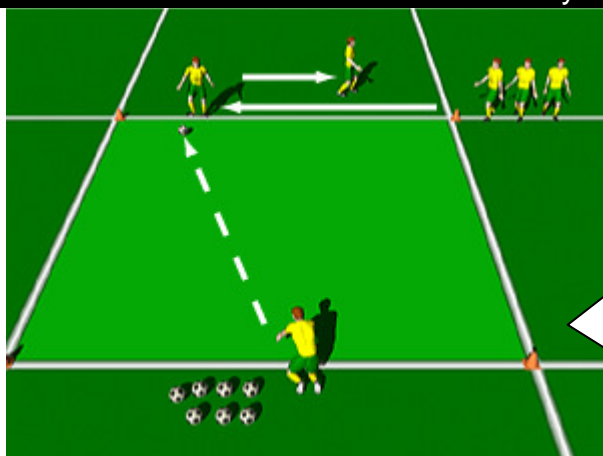
Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Ball Control 4 - Fundamental Activity



Get in Line

This practice is designed to improve ball control by having players to move into the flight of the ball.

Players are placed at the corner of the grid. The coach is at the opposite side with a supply of balls. The coach rolls out a ball for the first player to run across and control using their feet. The service must be to the opposition cone from the players and fast enough so the play meets the ball on the line. After returning the ball to the coach, the drill is repeated with the next player in line.

Area 10 x 10 yards, 4 cones, supply of balls

Ball Control 5 - Fundamental Activity



Collect the Coconuts

This practice is designed to improve ball control by having players redirect the ball with their feet as it is moving across them.

The coach is the monkey and he is throwing coconuts (ball). The players alternate collecting the coconuts and returning them to the coach. Only count the balls that the player controls when it is moving. If the ball has stopped then it does not count.

Area 10 x 10 yards, 6 cones, supply of balls

Ages 11 to 12 yrs

Ball Control 6 - Fundamental Activity



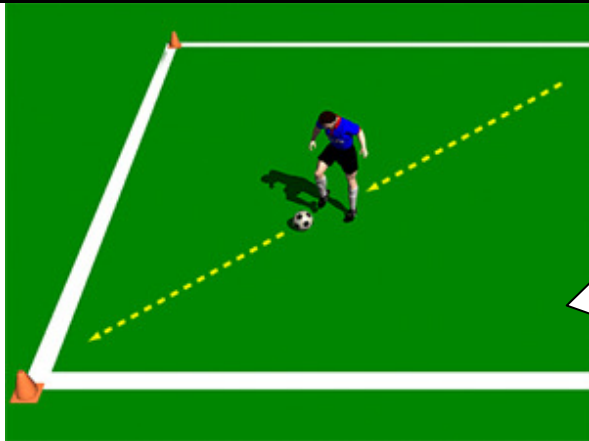
Catch the Bus

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

The ball is the bus and the kids have to catch the bus for school. The coach rolls the ball out in front and the first player runs out to catch the bus before it stops. The player then brings it back home by dribbling. If the ball stops, then they have missed the bus.

Area 10 x 10 yards, 6 cones, supply of balls

Move of the Week



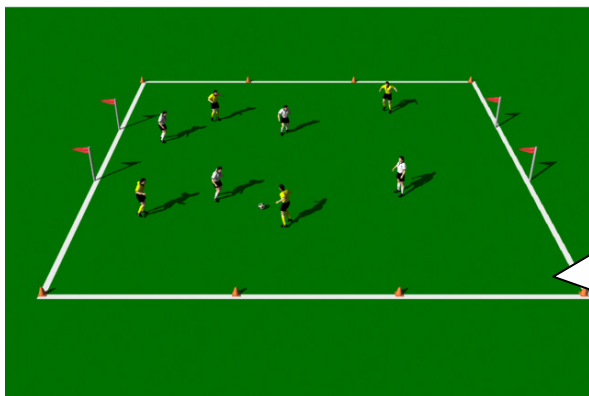
The Stop and Go

This practice is designed to develop the Stop and Go dribbling move. This maneuver is most often used to escape from pressure when an opponent is chasing alongside the player.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Stop and Go move inside the grid, working diagonally from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Nine

Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Ball Control 7 - Game Related Activity



Crabby Patties

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them. The ball is a “Crabby Patty” and coach is Sponge Bob. The players hand the coach their ball and the coach throws the ball out in different directions for the player to chase after, control and return. Two players without a ball are the “Planktons”. If they steal the ball, they reverse roles with the player they stole it from. Don’t let the Planktons steal the Crabby Patty secret recipe.

Area 20 x 20 yards, 4 cones, 1 ball per player

Ball Control 8 - Game Related Activity



Power Rangers

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them. Divide your group into two teams (Red Rangers and Blue Rangers). Each team is placed at opposite cones. The coach serves the ball forward into the grid. The first Power Ranger from each team must run out and try and win the ball and return in back to the starting line. They must try and keep control of the ball and turn while being challenged. Avoid 50/50 service so players don’t collide.

Area 10 x 15 yards, 4 cones, supply of balls

Ages 11 to 12 yrs

Ball Control 9 - Game Related Activity

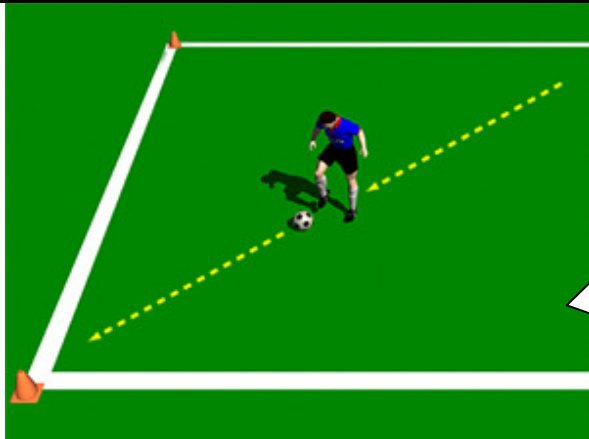


Catch the Egg

This practice is designed to encourage young players to have the confidence to control a ball in the air. The entire group are placed in an area 10 x 10 yards. The coach is positioned at the side of the square. The coach calls out a player's name and serves a "soft" throw just above head height to the player. The player must prevent the ball (egg) from hitting the ground by "catching" (controlling) it using their thigh or foot. A point is awarded for each successful attempt. Increase height of service gradually.

Area 10 x 10 yards, 4 cones, supply of balls

Move of the Week



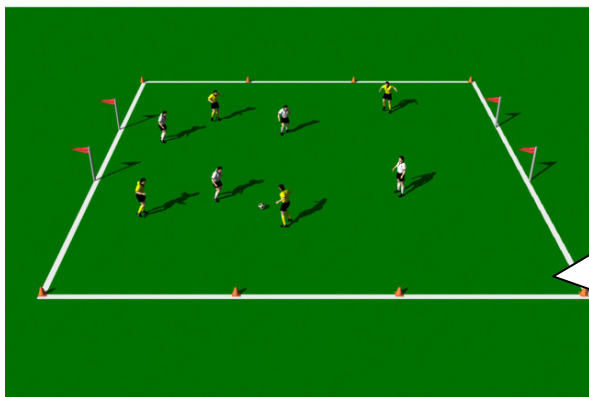
The Fake Stop and Go

This practice is designed to develop the Fake Stop and Go dribbling move. This maneuver is most often used to escape from pressure when an opponent is chasing alongside the player.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Fake Stop and Go move inside the grid, working diagonally from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Ten

Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Shooting 1 - Introductory Activity



Basic Shooting Skills

This exercise will introduce each player to the technical points of the low driven shot. Divide your group into pairs. Players stand approximately 10 yards apart. Partners practice kicking the ball back and forth to each other.

The non-kicking foot should be placed along side and slightly in front of the ball. Contact should be made through the horizontal mid-line of the ball. The kicking foot should be fully extended down and the ball should be struck with the laces of the boot.

Players 10 yards apart, 1 ball

Shooting 2 - Introductory Activity



Shooting on the Run

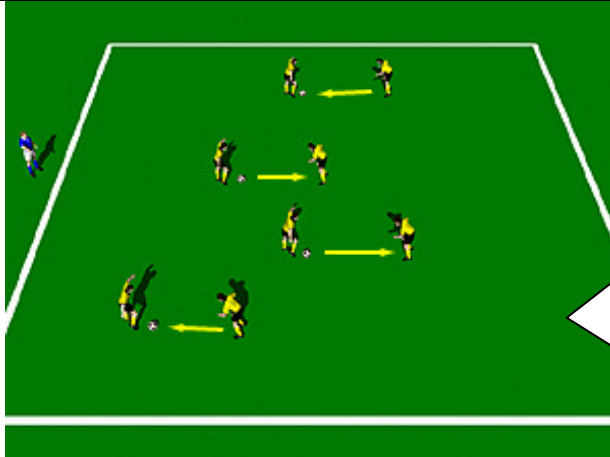
This practice is a simple progression from the drill above and it is designed to introduce the novice player to the correct mechanics when shooting a moving ball.

The coach stands in between the two cones (goal) and rolls the ball towards the receiver. The receiver steps towards the ball and shoots the ball at the goal. After shooting the ball, the receiver must return to the starting position. Emphasis should be on keeping the ball low and on target.

Small group of players, 1 ball each, 4 cones

Ages 11 to 12 yrs

Shooting 3 - Introductory Activity



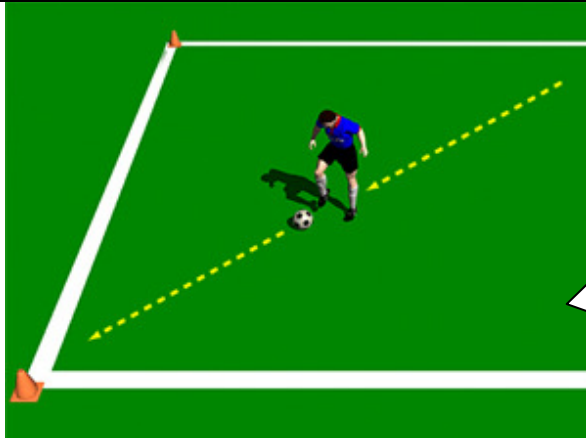
Keeping the Shot Low

This is a great exercise to reinforce the importance of keeping the ball low when shooting.

Divide your group into pairs. Partners stand approximately 6 yards apart. One player is the server and the other the receiver. The server rolls the ball for their partner to kick back to them "first time". The server catches the ball and retreats backwards a few yards and repeats the drills. The object is for the players to work their way across the width of the square then alternate roles.

Area 20 x 20 yards, Players 6 yards apart, 1 ball

Move of the Week



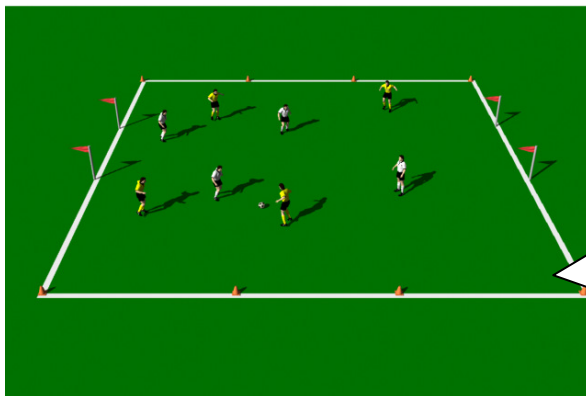
The Fake Stop and Go

This practice is designed to develop the Fake Stop and Go dribbling move. This maneuver is most often used to escape from pressure when an opponent is chasing alongside the player.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Fake Stop and Go move inside the grid, working diagonally from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Eleven

Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Shooting 4 - Fundamental Activity



Shooting a ball that is rolling away from you

In this drill the emphasis is on shooting a ball that is moving away from the players. All players are placed at a cone approximately 15 yards from goal with a goalkeeper in goal. The coach serves the ball from a position alongside the line of players. When the coach rolls the ball out into the middle of the area, the first player in line runs forward towards the ball and shoots the ball at goal. After shooting the ball the player joins the end of the line. Keep score. First player to score 2 goals wins. Rotate the goalkeeper regularly. Emphasize accuracy.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Shooting 5 - Fundamental Activity



Shooting a ball that is rolling across you

In this drill the emphasis is on shooting a ball that is moving across the players path. All players are placed at a cone approximately 15 yards from goal with a goalkeeper in goal. The coach serves the ball from a position in the middle of the area. When the coach rolls the ball out into the middle of the area, the first player in line runs forward towards the ball and shoots the ball at goal. After shooting the ball the player joins the end of the line. Keep score. First player to score 2 goals wins. Rotate the goalkeeper regularly. Emphasize accuracy.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Ages 11 to 12 yrs

Shooting 6 - Fundamental Activity

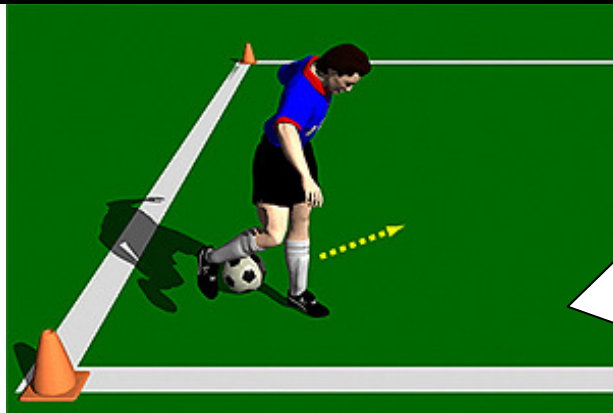


Shooting a ball that is coming towards you

In this drill the emphasis is on shooting a ball that is moving towards the player. All players are placed at a cone approximately 15 yards from goal with a goalkeeper in goal. The coach serves the ball from a position near the end line. When the coach rolls the ball out into the middle of the area, the first player in line runs forward towards the ball and shoots the ball at goal. After shooting the ball the player joins the end of the line. Keep score. First player to score 2 goals wins. Rotate the goalkeeper regularly. Emphasize accuracy.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Move of the Week



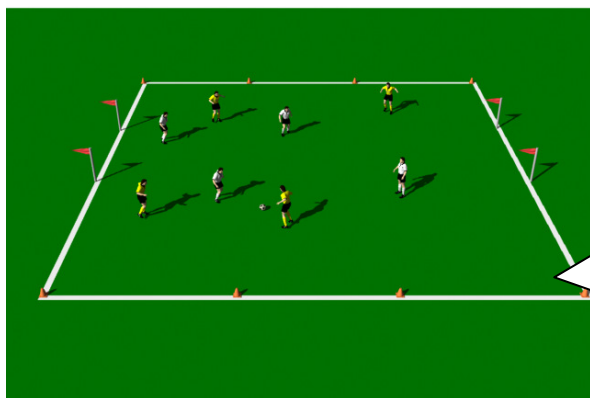
The Fake Cross

This practice is designed to develop the Fake Cross dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Fake Cross moving inside the grid, working diagonally from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Twelve

Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Shooting 7 - Game Related Activity



Chase Me

Divide your group into two teams. Position both teams in line with each other at the starting cones. A goalkeeper is placed in goal and the coach is positioned on the end line and in between both groups. When the coach serves the ball into the square, the first player from each team chases the ball. The first player to the ball is the attacker and the other becomes the defender. The player with the ball must try and score. If the defender can steal the ball they then become the attacker. After the attack has ended, both players join the end of their groups.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Shooting 8 - Game Related Activity



One on One to Goal

In this exercise the player now has to try and beat a defender and take a shot at goal. Start by placing one defender in the playing area. All other players have a ball each and start from the end line. On the coaches' command, the first attacker in line dribbles the ball and must try and beat the defender and shoot at goal. After the attack has ended, the defender joins the end of the attacking line and the attacker now defends against the next attacker. This sequence is repeated after each attack. See who can score the most goals.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Ages 11 to 12 yrs

Shooting 9 - Game Related Activity

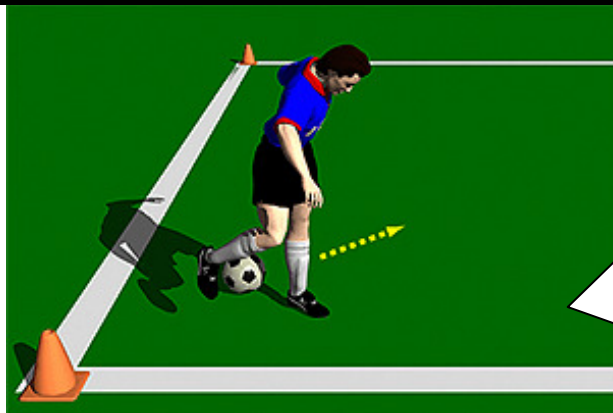


World Cup Shooting Drill

This practice is designed to improve shooting techniques while under pressure. Players are divided into three teams. Each team is identified with a different color vest. All teams are placed inside the playing area. A goalkeeper is placed in goal. The coach starts the practice by serving the ball into the penalty area. Teams compete against each other. Whichever team has possession tries to score, while the other two teams defend and try to win the ball. Coach serves the ball each time it leaves the playing area. First team to score 2 goals wins the championship.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Move of the Week



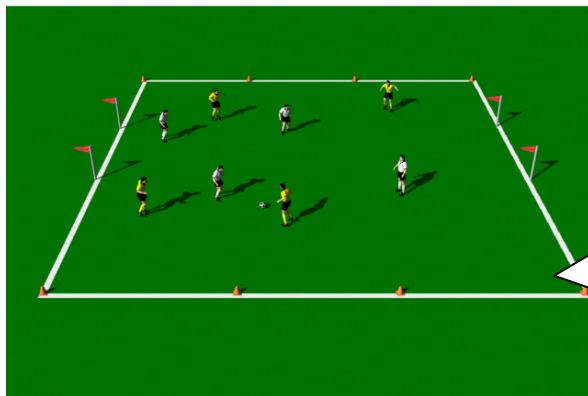
The Fake Cross

This practice is designed to develop the Fake Cross dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Fake Cross moving inside the grid, working diagonally from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Thirteen

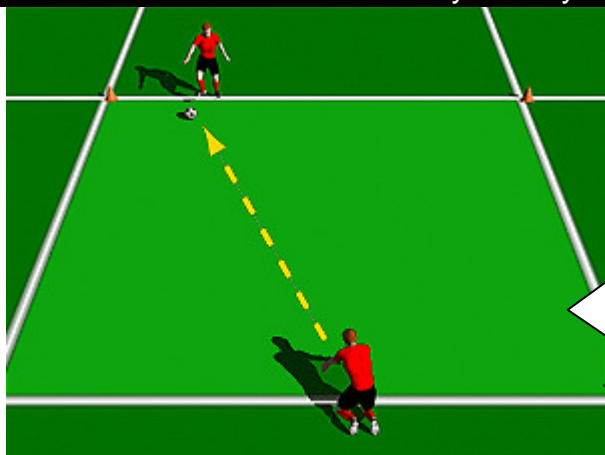
Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Ball Control 10 - Introductory Activity

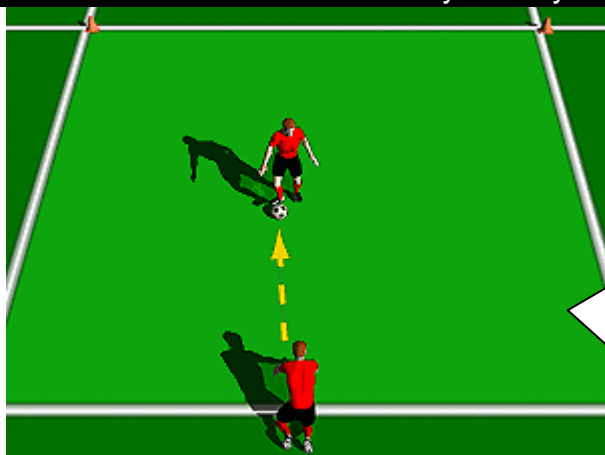


Getting Behind the Flight of the Ball

The players are positioned facing each other at each end of the grid. The player with the ball starts the practice by rolling the ball to the side of their partner and in between the cones. As the ball is traveling towards the receiving player, they must quickly get behind the flight of the ball and be in a balanced position ready to control it. The player must control the ball with their feet and pass it back to their partner. The speed of the service should be increased gradually. Swap roles so each performs the drill.

Area 10 x 10 yards, 1 ball

Ball Control 11 - Introductory Activity



Cushion Control - inside of the Foot

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for his partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server. Players can keep score, one point for every successful control.

Area 10 x 10 yards, 1 ball

Ages 11 to 12 yrs

Ball Control 12 - Introductory Activity

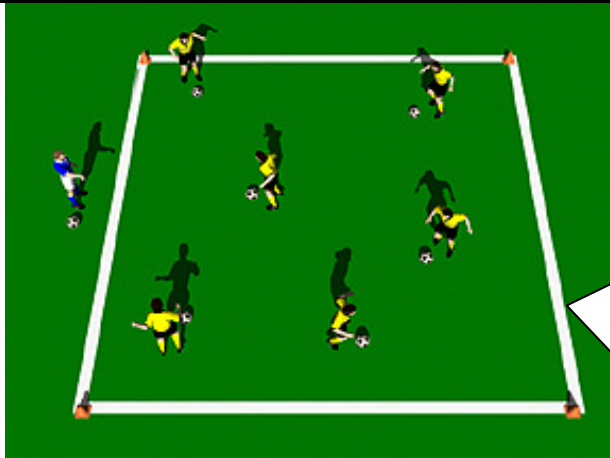


Cushion Control using the Foot Running

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for their partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server. Players can keep score, one point for every successful control.

Area 10 x 10 yards, 1 ball

Move of the Week



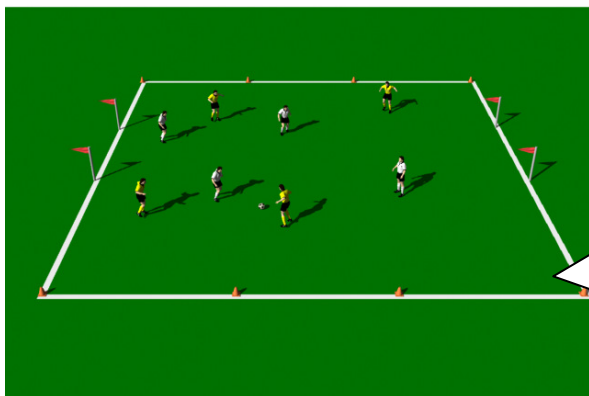
Rehearse and Repeat Skill Moves

In a confined area approximately 20 x 20 yards the players move around the square practicing the following moves in sequence.

- The Quarter Turn
- The Half Turn
- The Fake Cut
- The Stop and Go
- The Fake Stop and Go

Area 20 x 20 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Fourteen

Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Dribbling 10 - Introductory Activity



Letters and Shapes

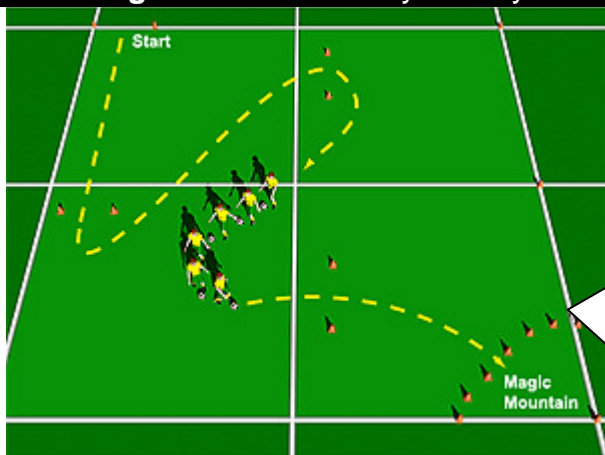
Place your entire group inside the grid with a ball each. Using the inside and outside of the foot, players have to perform the following:

Letters: Coach tells them to write a certain letter such as “C”, “L”, “B” etc. Coach asks, can you name an (animal, cartoon character, fruit) that begins with that letter? Have them write the first letter of your name.

Shapes: Draw a shape. Coach asks, can you name any that is shaped like that?

Entire group, Grid 20 x 20 yards, 1 ball each, 4 cones

Dribbling 11 - Introductory Activity



The Magic Mountain

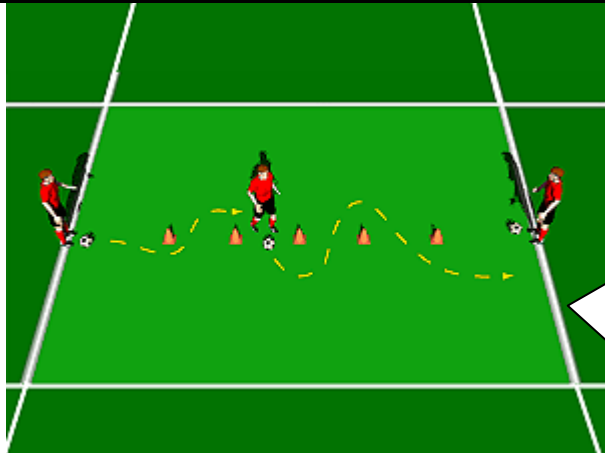
Each player has a ball. One is designated “Dora the Explorer”. The players have to dribble and follow Dora, (like in follow the leader). They have to get to the Magic Mountain, but cannot get there is a straight line, they have to travel through the gates.

When the coach yells “Swiper”, all the players dribble back to the start. The players then start again. Do this several times then allow players to reach the Magic Mountain. Change “Dora” on each attempt

Entire group, Grid 20 x 20 yards, 1 ball each, 4 cones

Ages 11 to 12 yrs

Dribbling 12 - Introductory Activity



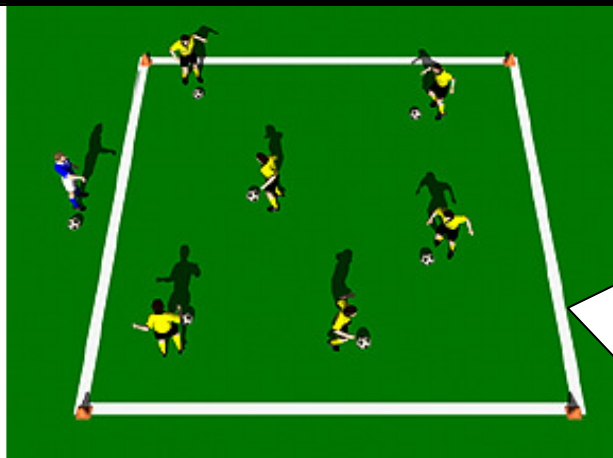
Dribbling Slalom through Cones

Two players are positioned at one end of the grid, with one player at the opposite side. Players alternate dribbling the ball at full speed through the line of cones. Cones are placed at 1-yard intervals across the full length of the grid.

- Maintain close control over the ball.
- Build up speed gradually.
- Use the outside and inside of the foot to dribble with the ball.

Three players, Grid 10 x 10 yards, 1 ball each, 5 cones

Move of the Week



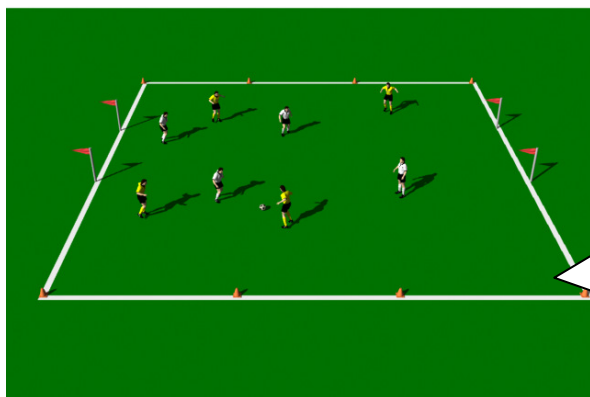
Rehearse and Repeat Skill Moves

In a confined area approximately 20 x 20 yards the players move around the square practicing the following moves in sequence.

- The Quarter Turn
- The Half Turn
- The Fake Cut
- The Stop and Go
- The Fake Stop and Go

Area 20 x 20 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Fifteen

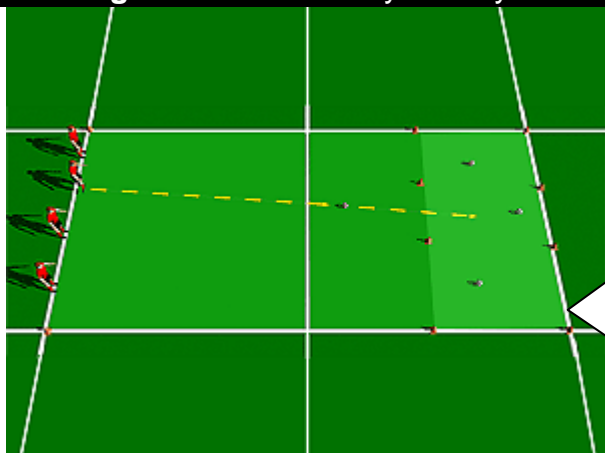
Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the "**Warm Up**" section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises "with" and "without" the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Passing 10 - Introductory Activity

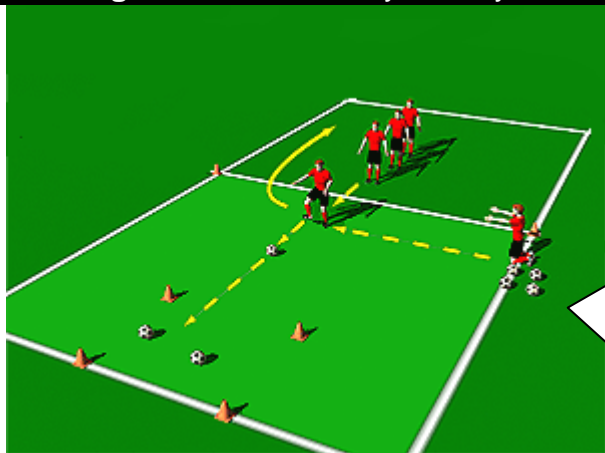


The Incredible Shrinking Box

A group of players with a ball each is positioned on one end of the grid. In turn, players try to pass their ball into the box. A point is awarded if the ball stays within the box. After all players have taken a turn they retrieve their ball and return to the starting position. To make the game progressively challenging, the box is reduced to half width and a new line marked across the grid using the cones. Players repeat the game until everyone has had a turn and return to their starting positions on the end line.

Small group of players, Grid 10 x 20 yards, 1 ball each, Supply of cones

Passing 11 - Introductory Activity



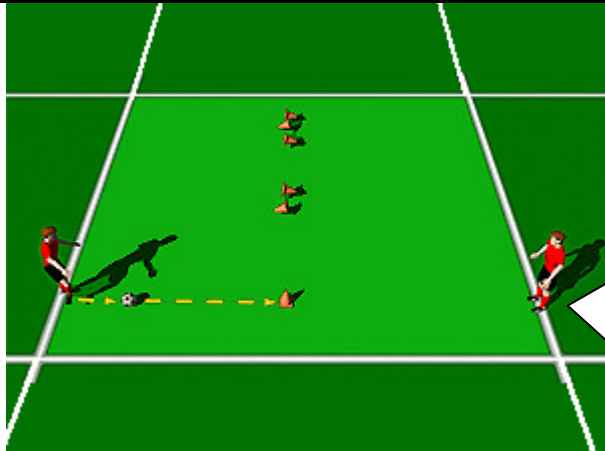
Ball in a Box

A grid is marked off approximately 10 yards by 15 yards. Inside, and at one end of the grid, a small box is marked off approximately 2 yards by 2 yards. The server has a supply of balls within reach. The practice starts when the server rolls the ball across the grid. The first player in line comes forward and redirects the ball using "one touch". The object is for the player to redirect the ball by passing it into the small box. The ball must stay within the box for it to count as a success. After passing the ball, the player returns and joins the back of the line. Have 2 groups side by side competing against each other.

Small group of players, Grid 10 x 15 yards, Supply of balls, 8 cones

Ages 11 to 12 yrs

Passing 12 - Introductory Activity

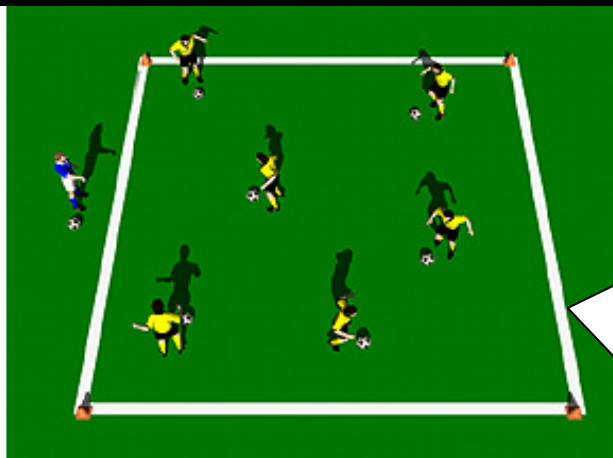


Three, Two, One, Blast Off

Two players are positioned opposite each other in a grid 10 yards by 10 yards. Three sets of cones are placed down the center of the grid. The cones should be positioned as a set of three, set of two and a single cone. Players work as a team to knock down all the standing cones. First objective is to knock down the set of three cones. After this is completed they knock down the set of two cones. Finally the competition is completed when the last single cone is knocked down. The targets get more challenging as they reduce in size.

Two players, Grid 10 x 10 yards, 1 ball, 6 cones

Move of the Week



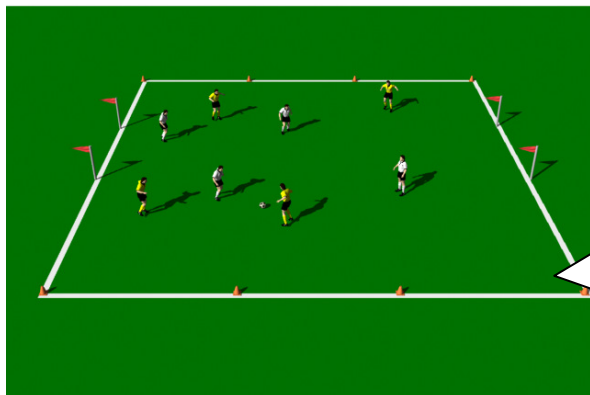
Rehearse and Repeat Skill Moves

In a confined area approximately 20 x 20 yards the players move around the square practicing the following moves in sequence.

- The Quarter Turn
- The Half Turn
- The Fake Cut
- The Stop and Go
- The Fake Stop and Go

Area 20 x 20 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice

Ages 11 to 12 yrs

Practice Sixteen

Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Shooting 10 - Introductory Activity



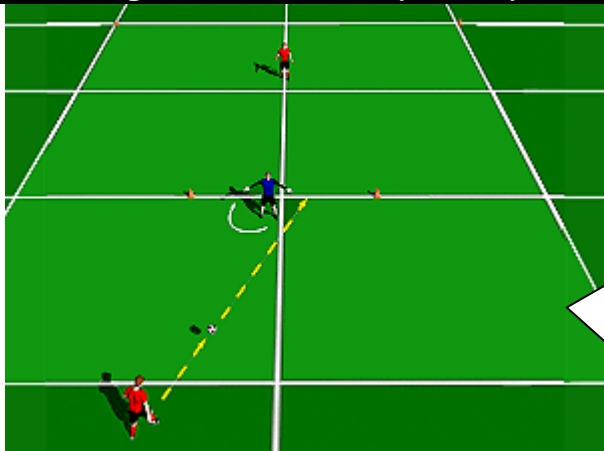
Small Group Shooting Relay

This practice is designed to introduce the novice player to the correct mechanics when shooting the ball.

Four players are positioned in a grid 10 yards by 20 yards with one player as the goalkeeper. The practice starts when the first shooter inline pushes the ball forward and shoots at goal. After shooting, the players must retrieve their ball and return to the starting position and join the end of the line. Players should alternate roles of the goalkeeper.

Small group of players, Grid 10 x 20 yards, 1 ball each, 8 cones

Shooting 11 - Introductory Activity



Shooting Both Sides

Three players are positioned in a grid 20 yards x 40 yards, using one ball. One player is placed each side of the goal and the third acts as a goalkeeper. The goalkeeper starts the practice by rolling the ball to one of the players. The player tries to score past the goalkeeper. The ball must travel between the flagpole's or cones and below head-height of the goalkeeper to count. Goals are awarded in the following manner: 3 goals if the player scores on first touch. 2 goals if the player takes two touches before scoring. 1 goal if the player takes three or more touches before scoring.

Two players and one goalkeeper, Grid 20 x 40 yards, 1 ball, 6 cones

Ages 11 to 12 yrs

Shooting 11 - Introductory Activity

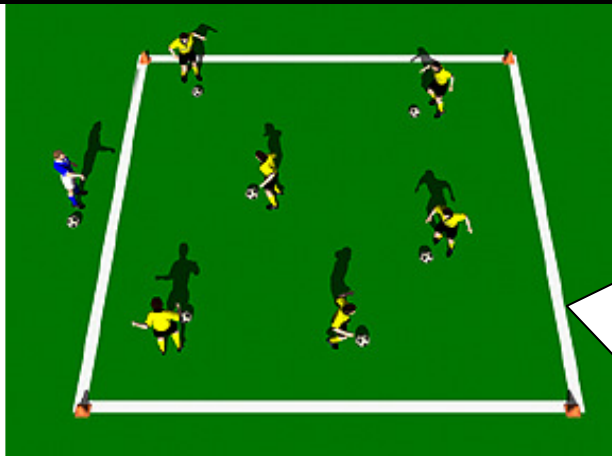


World Cup Shooting

Players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball on the ground and between the two flag poles placed approximately 12 yards from the goal line. Each server alternates serving. Players shooting must receive a pass from the server diagonally opposite. The ball must be struck after it passes through the cones.

Group of players, Penalty Area, Large supply of balls, cones

Move of the Week



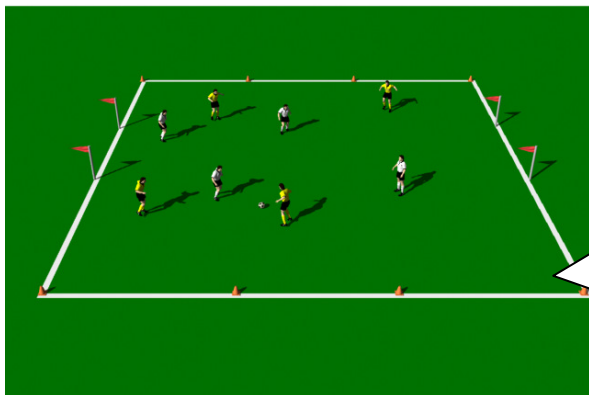
Rehearse and Repeat Skill Moves

In a confined area approximately 20 x 20 yards the players move around the square practicing the following moves in sequence.

- The Quarter Turn
- The Half Turn
- The Fake Cut
- The Stop and Go
- The Fake Stop and Go

Area 20 x 20 yards, 4 cones, 1 ball per player

Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 4 v 4, 5 v 5 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the Dribbling coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Practice