



U12 Session #1

Category: Technical: Shooting
Skill: U12

Pro-Club: Cal South Coaches Association
Elliott Spruell, Fullerton, United States of America

Shooting Warm Up (10 mins)

Organization:

36x20 yard area with two full goals. Players in two teams with each team in two groups. Players are positioned at the cones on either side of the goal.

Activity:

Player at cone one dribbles out and looks to shoot in a 1 vs. 1 with the goalkeeper. Player at cone two dribbles and shoots, then player at cone three and cone four. Repeat the process.

Variations:

Once a flow has been established you can have 1 and 4, and 2 and 3 go at the same time.

Coaching Points:

Body Mechanics
Lock ankle
Plant foot
Point toe towards the target
Preparation touch before the shot



Shooting Warm Up #2 (10 mins)

Organization:

Shooting warmup

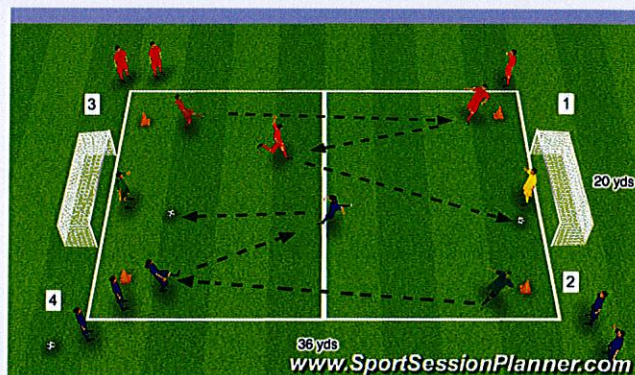
36 x 20 yard area with full goals. Players in two teams with each team in two groups. Players are positioned at the cones on either side of the goal.

Activity:

Player at cone one passes to player at cone three. The player at cone one follows the pass, player at cone three lays it back for player one to finish. Repeat the sequence with all four groups, having a change to finish.

Coaching Points:

Body Mechanics
Lock Ankle
Plant Foot
Point toe towards the target
Prepare before the shot



3 vs. 1 (10 mins)

Organization:

3v1, 44 x 25 yard area. Three attackers, two defenders, and one goalkeeper. One full size goal and two counter goals.

Activity:

Server plays the ball into one of the three attacking players who look to combine with a teammate to get a shot on goal. Defenders look to win and clear the ball into the counter goals.

Variations:

Add multiple servers around the area to change the angle and location of where the ball is being played from.

Coaching Points:

Shoot when the opportunity arises
First time finishing
Body mechanics
Follow through on the shot
Balance when shooting
Eye on the ball



3 vs 3 +1 (10 mins)

Organization:

44 x 36 yard area. Two teams play 3 vs. 3 + 1 neutral player to full goals with goalkeepers for a 4 vs. 4 + 1.

Activity:

Team in possession looks to score. Rotate the neutral player.

Variations:

Limit the amount of touches the neutral has before they must release the ball to add pressure and pace to the game.

Coaching Points:

Aggressive and positive attacking mentality, especially to finish

Vision, head up for shot, or to combine with teammates to create a shooting opportunity.

Body mechanics



5v5 (10 mins)

Organization:

44 x 36 yard area. Two teams play 5 vs. 5 to full goals with goalkeepers. Expand numbers and area for 7 vs. 7 etc.

Activity:

Put teams in a formation and play the game. Use offside and make competitive. Expand size and numbers as needed.

Coaching Points:

Apply all previous coaching points

Tactical application of finishing in game situations

Choice of placement versus power in the finish

Body mechanics



8v8 Match (10 mins)

Organization:

8v8

Activity:

Game

Variations:

NA

Coaching Points:

Apply all previous coaching points

Tactical application of finishing in game situations

Choice of placement versus power in the finish

Body mechanics





U12 Session #2

Category: Tactical: Attacking principles
Skill: U12

Pro-Club: Cal South Coaches Association
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Warm-Up (15 mins)

Organization:

Mark out two 10 x 10-yard grids, 15 yards apart. Players assemble in one grid; each one has a ball.

Activity:

Players dribble using all surfaces of the foot, with foot fakes and body fakes. On command, players sprint with the ball to the other grid.

Variations:

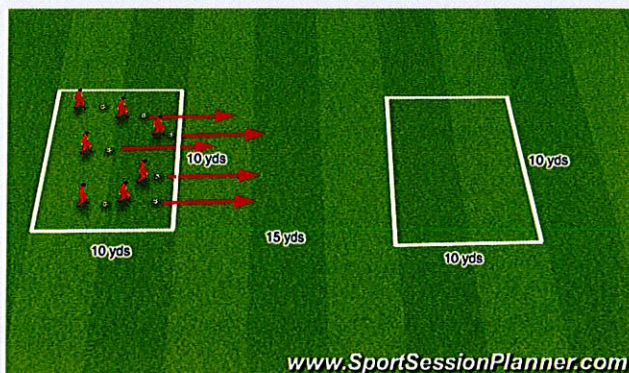
On command, players change direction/pace for at least 10 seconds.

Players dribble in both grids and switch on command without colliding.

Coaching Points:

Teach players the difference between close dribbling (to maintain possession) and speed dribbling (to cover space).

Work on changing pace and direction, cutting the ball and using fakes.



Maintaining Possession (15 mins)

Organization:

Using cones, mark out several three-yard-wide goals. One attacker (with ball) and one defender stand at each goal.

Activity:

To score, the attacker must stop the ball at either cone. The defender can only cross the line to defend at the right or left cone in order to stop the attacker from scoring.

Coaching Points:

Players should keep their heads up and try to take on opponents 1 v. 1.

You can also run this exercise as a competition



Creating Space to Attack (15 mins)

Organization:

Using cones, mark out a 12 x 12-yard field. Attackers and defenders are positioned in opposite corners of the field.

Activity:

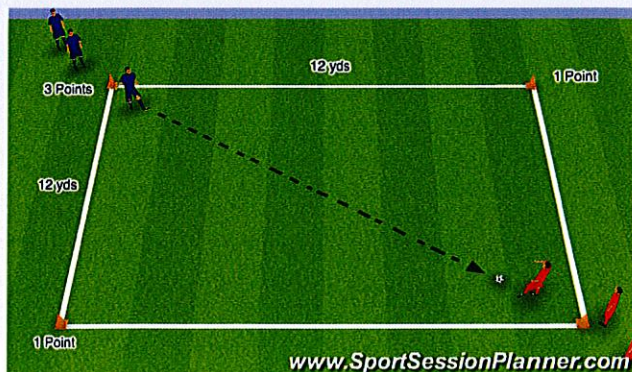
The first defender passes to the first attacker. The defender then defends the cones beside and behind him. If the attacker stops the ball at either side cone, he scores one point. If he can penetrate and score on the rear cone, he scores three points. The next two players start after the attacker scores or the ball goes out.

Coaching Points:

Attackers must create space behind their opponents to beat them 1 v. 1.

You can introduce shielding as a way to maintain possession.

You can also run this exercise as a competition



Changing the Point of Attack (15 mins)

Organization:

Field is the penalty box. Using cones, set up three goals on each touchline. One player stands in each goal; one of them has a ball.

Activity:

The defending player plays the ball across to the attacking player who plays 1 v. 1 play, attempting to score on any of the three goals opposite. After the attacker scores or the ball goes out of bounds, possession rotates to the next player.

Coaching Points:

This game calls for a tremendous amount of fitness, giving you a economical session that also includes decision-making under pressure and opportunities to beat defenders 1 v. 1



8v8 Match (15 mins)

Organization:

8v8 Match, Red = 2-3-2 Blue = 3-3-1

Activity:

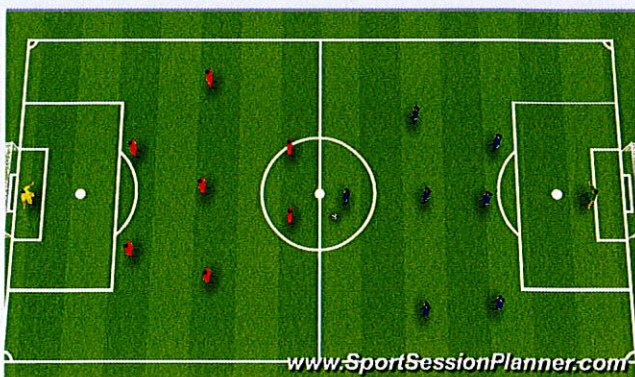
Game

Variations:

NA

Coaching Points:

Same as Prior Activity





U12 Session #3

Category: Technical: Shooting
Skill: U12

Pro-Club: Cal South Coaches Association
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Description

Shooting Warm-Up

Organization:

Two goals and two goal keepers. In the middle of the area, each player has a ball in a designated grid

Activity:

Players are given a number. Each player dribbles in the designated grid and once a number is called dribbles out of grid and shoots on their goal. Even numbers shoot on one goal, odd numbers shoot on other goal.

Variations:

Switch goals

Work with both feet

Once number is called, combine with coach before shooting

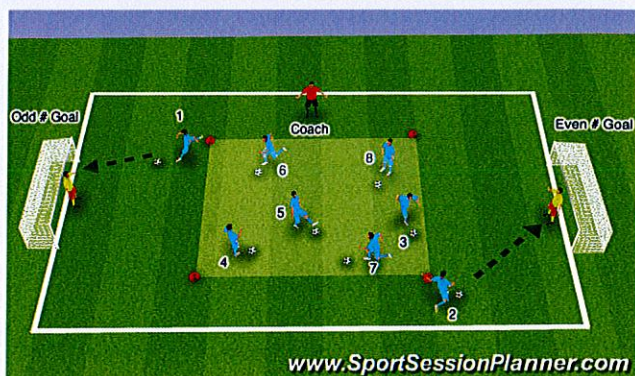
Coaching Points:

Ankle locked

Knee over ball

Head Down

Target on goal



3 vs. 3

Organization:

Two goals and two goal keepers. T

Activity:

Teams play 3 vs 3 (2 vs. 1 in each half). Players must stay in their designated half of the field. Emphasis is placed on creating and taking lots of shots.

Variations:

Limit the amount of touches per player to ensure maximum number of shots.

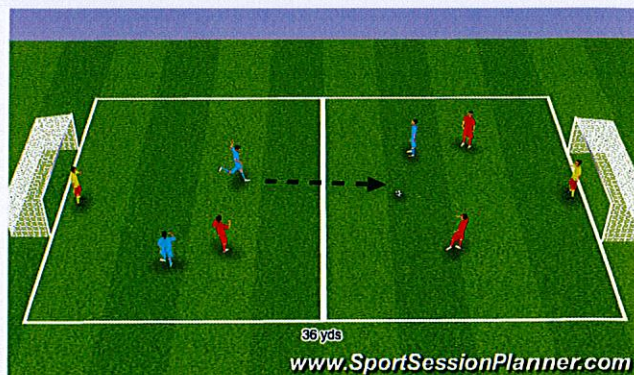
Ball must be played into attacking player before a shot can be taken.

Coaching Points:

2nd attacker creates width for shooting opportunity

Shooting technique

Vision



5 vs. 5

Organization:

Two goals and two goal keepers.

Activity:

Teams play 5 vs 5 (3 vs. 2 in each half). Players must stay in their designated half of the field. Emphasis is placed on creating and taking lots of shots.

Variations:

Limit the amount of touches per player to ensure maximum number of shots.

Ball must be played into attacking player before a shot can be taken.

Coaching Points:

Supporting attacker creates width for shooting opportunity

Shooting technique

Vision

Moving the ball quickly to create shooting opportunities.



8v8 Match

Organization:

8v8

Activity:

Game

Coaching Points:

Supporting attacker creates width for shooting opportunity

Shooting technique

Vision

Moving the ball quickly to create shooting opportunities.

Emphasize taking shots when possible.





U12 Session #4

Category: Tactical: Attacking principles
Skill: U12

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Windows with Pairs Passing Inside and Four (Window) Players Outside

Organization:

Three pairs inside the 15 yd x 15 yd area. Each pair with a ball.
Four players outside of the grid.

Activity:

Pairs play the ball amongst themselves while also utilizing the outside players.

Coaching Points:

- Proper passing technique
- Never stop the ball dead
- Move the ball with the first touch
- Keep constant movement off the ball
- Quick decisions
- Open the body to prepare for pass
- Check to the ball at an angle
- Diagonal runs



4 v. 4 + Four (Neutral Window Players)

Organization:

Two teams of four play in the area, while one team is on the outside. The team on the outside is the neutral team and plays with the team with the ball.

Activity:

In the area, the two teams play possession for a certain amount of time. Once this time is up, the team on the outside switches with one of the teams on the inside.

Variation:

Add scoring to the activity by designating a certain number passes equals a point.

Limit the number of touches per player.

Coaching Points:

- Urge players to look around at 360 degrees
- Use all the spaces regardless of direction
- First touch is critical.
- Use fakes before receiving the ball.
- Focus on what happens before the player gets the ball.



6 v. 6 + Two Neutral Players with Three Goals at Each End

Organization:

In a 60 x 30 yard area, organize the players in to two teams of six plus two neutral players. The neutral players will always play with the team with the ball.

Activity:

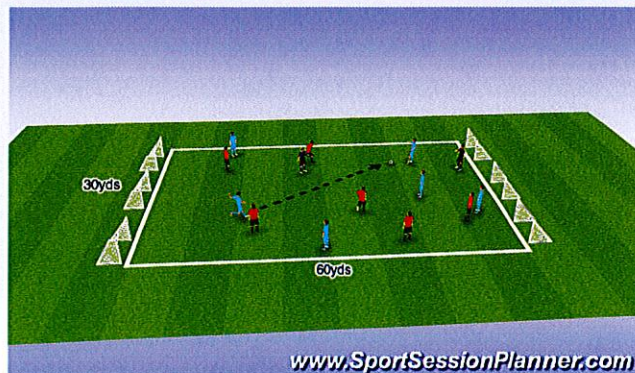
Each team attacks three goals on one of the endlines.

Variation:

Restrict the amount touches allowed by the neutral players to encourage increased speed of play.

Coaching Points:

- When direction is added, the environment becomes more complex for the players so encourage patience and speed of play.
- Remain in shape both attacking and defending.



Organization:

8 vs. 8

Activity:

Game

Coaching Points:

Proper Body position

Effective first touch

Good vision

Proper supporting angles

When to switch the point of attack

Play quickly



Pass and Press (10 mins)

Organization:

Pass and Press

Activity:

In a defined area, one team of players all with a ball will pass to a member of the other team. Passes should not be more than 10 yds long. After the pass, the player will press the receiver.

Variation:

Coaching points:



Learning Objectives



Technical

Turning, Body Position, Before, During, After.



Physical

Game Related Movements



Psychological

Decision Making, Before, During, After, Focus.

Chelsea 1v1 (10 mins)

Organization:

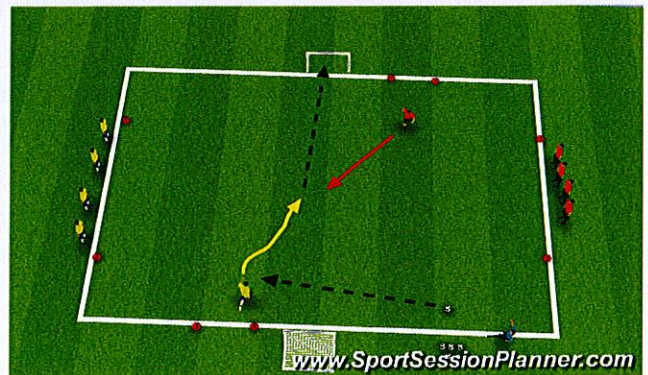
1v1 to Small Goals, In a 10x15 yard grid,

Activity:

two groups of players will play 1v1 bouts. One group of players will receive the ball from the coach and play 1v1. The play is over when one player scores or the ball goes out of bounds.

Variation:

Coaching points:



3v3 Game (20 mins)

Organization:

Two teams of 3 players and two small goals.

Activity:

Teams play 3v3 with no goal keepers

Variation:

Coaching points:



8v8 Game (25 mins)

Organization:

Activity:

Variation:

Coaching points:





U12 Session #6

Category: Tactical: Switching play
Skill: U12

Pro-Club: Cal South Coaches Association
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long passing technique (15 mins)

Organization:

2 players, 1 ball

Activity:

Boys would pair up and would pass the ball across to each other.
(Approx 40 yards with central gate).

Variation:

Vary the width of gate dependant on ability & success

Coaching points:

Technique – key points will be individual specific so they have opportunity to practice- they know the entire breakdown that understanding was checked in the previous session.

Exceptions- land on the kicking foot when driving the ball to ensure good rotation of the hips and core stability.

Through both techniques relaxing and letting the technique do the work.



Over the middle (15 mins)

Organization:

Over the middle

Activity:

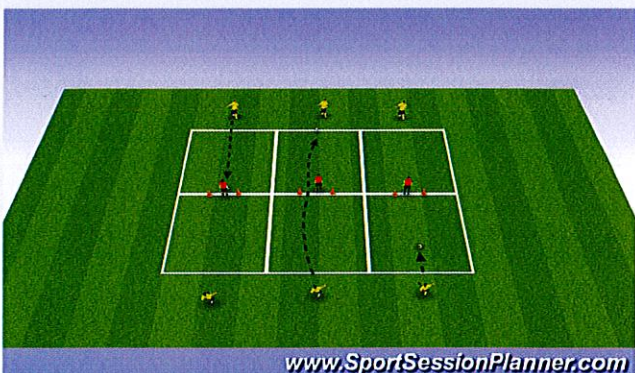
2 Players at the ends of a 15x30 yard grid are trying to play soccer balls over the player in the middle.

When a player in the middle intercepts or catches the ball, he/she will change positions with the last player who played the ball.

Variation:

Version 2, middle player serves the ball to the outside player to play a moving lofted pass

Coaching points:



3v3 to Targets (20 mins)

Organization:

3v3 to targets. Develop passing and receiving skills in a SSG.

Activity:

Split into teams of 5. Each team has 3 field players and 2 targets. Team get a point for playing into the target and whoever passed it to the target changes with them. If you like you can add points for making a predetermined number of passes.

Variation:

Coaching Points:

Proper technique. Emphasize that the toe is slightly up and the heel down in both passing and receiving. Find the proper weight for each pass. Visual and verbal cues. Do not let players stand between cones. Balls and players should always be moving. Spatial awareness and movement off the ball.



8v8 Game (25 mins)

Organization:

8v8

Activity:

Game

Coaching points:

Finishing when a chance is created.

Quick counter attacks

getting the ball out wide and making runs into the target area.

Play through whistle

Communicate clearly.





U12 Session #7

Category: Technical: Shooting
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Shooting Wars (15 mins)

Organization:

2 teams, 2 goals

Activity:

Shooting Wars (15 min)

Players shoot & drop into goal to defend next shot. Teams keep score. Switch sides each 3 minutes.

Variations:

Players may not cross middle line. Players may not shoot until shot is taken. Chase your ball.

Coaching Points:

Get ball on shooting foot. Land on shooting foot. Keep focus on taking shot and immediately transitioning to defend.



3V3 to one goal + GK (10 mins)

Organization:

Inside the box, cone an area 20Lx26W yds

Activity:

Two teams of 3 players each will try to score.

The team that gets to 3 goals first wins the first bout.

The coach will be at the top of the "D" with the soccer balls. He/She will serve a new ball when it goes out of bounds or in the goal.

Place the third team behind the goal, their job is to retrieve the soccer balls

Variations:

Coaching points:



4v4 + GK (10 mins)

Organization:

44 x 36 yard area. Two teams play 4V4 to full goals with goalkeepers. Expand numbers and area for .

Activity:

Put teams in a formation and play the game. Use offside and make competitive. Expand size and numbers as needed.

Variation:

Coaching Points:

Tactical application of finishing in game situations

Choice of placement versus power in the finish

Body mechanics



8v8 Match (20 mins)

Organization:

8v8

Activity:

Game

Variation:

Coaching Points:

Tactical application of finishing in game situations

Choice of placement versus power in the finish

Emphasize taking shots when possible

