

## Under 12 - 8 Week Training Plan

### **Weeks 1-2: Fundamentals and Basic Skills**

#### *Week 1:*

##### **Day 1:**

- Warm-up: Dynamic stretching and jogging (10 minutes)
- Passing and receiving drills:
  - Partner passing (10 minutes)
  - Triangle passing (10 minutes)
- Small-sided game: 3v3 with emphasis on passing (15 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

##### **Day 2:**

- Warm-up: Agility ladder drills (10 minutes)
- Dribbling drills:
  - Cone dribbling (10 minutes)
  - Dribble around cones and shoot (10 minutes)
- Small-sided game: 4v4 with focus on dribbling (15 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

#### *Week 2:*

##### **Day 1:**

- Warm-up: Dynamic stretching and jogging (10 minutes)
- Shooting drills:
  - Shooting technique (10 minutes)
  - Shooting under pressure (10 minutes)
- Small-sided game: 3v3 or 4v4 with emphasis on shooting (15 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

##### **Day 2:**

- Warm-up: Cone agility drills (10 minutes)
- Defending drills:
  - 1v1 defending (10 minutes)

- Small-sided game: 4v4 with focus on defending (15 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

## **Weeks 3-4: Tactical Understanding and Positioning**

### *Week 3:*

#### **Day 1:**

- Warm-up: Dynamic stretching and jogging (10 minutes)
- Passing and moving drills:
  - Wall passing (10 minutes)
  - Passing lanes and movement off the ball (10 minutes)
- Small-sided game: 5v5 with emphasis on team movement (20 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

#### **Day 2:**

- Warm-up: Cone dribbling with quick turns (10 minutes)
- Position-specific drills:
  - Midfielder roles and responsibilities (10 minutes)
  - Forward positioning and movement (10 minutes)
- Small-sided game: 6v6 focusing on positional play (20 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

### *Week 4:*

#### **Day 1:**

- Warm-up: Dynamic stretching and jogging (10 minutes)
- Defensive shape and transition drills:
  - Defending as a unit (10 minutes)
  - Transition from defense to attack (10 minutes)
- Small-sided game: 7v7 with focus on transition play (20 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

#### **Day 2:**

- Warm-up: Cone agility drills with ball (10 minutes)
- Set pieces:
  - Corner kicks and free kicks (10 minutes)

- Defending set pieces (10 minutes)
- Small-sided game: 8v8 incorporating set pieces (20 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

## **Weeks 5-6: Game Strategy and Decision Making**

### **Week 5:**

#### **Day 1:**

- Warm-up: Dynamic stretching and jogging (10 minutes)
- Possession drills:
  - Keep away (10 minutes)
  - Possession game (10 minutes)
- Small-sided game: 6v6 focusing on possession and decision making (20 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

#### **Day 2:**

- Warm-up: Cone dribbling with quick decisions (10 minutes)
- Small-sided game:
  - 5v5 with conditions (15 minutes)
  - 7v7 incorporating specific game strategies (15 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

### **Week 6:**

#### **Day 1:**

- Warm-up: Dynamic stretching and jogging (10 minutes)
- Game situations:
  - 2v1 attacking drills (10 minutes)
  - 2v2 defending drills (10 minutes)
- Small-sided game: 6v6 or 7v7 with specific game scenarios (20 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

#### **Day 2:**

- Warm-up: Cone agility drills with ball (10 minutes)
- Tactical understanding:
  - Offside rule and positioning (10 minutes)

- Decision making under pressure (10 minutes)
- Small-sided game: 8v8 with referees to enforce rules and decisions (20 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

## **Weeks 7-8: Review and Preparation for Matches**

### *Week 7:*

#### **Day 1:**

- Warm-up: Dynamic stretching and jogging (10 minutes)
- Review session:
  - Recap of skills and tactics learned so far (20 minutes)
- Scrimmage: Full-sided game (30 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

#### **Day 2:**

- Warm-up: Light jog and dynamic stretching (10 minutes)
- Set piece review:
  - Practice corners, free kicks, and throw-ins (15 minutes)
- Match simulation: Half-field scrimmage (30 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

### *Week 8:*

#### **Day 1:**

- Warm-up: Dynamic stretching and light jogging (10 minutes)
- Mental preparation:
  - Visualization and positive reinforcement (10 minutes)
- Pre-match briefing:
  - Discuss roles and responsibilities for upcoming matches (15 minutes)
- Cool down: Light jogging and static stretching (5 minutes)

#### **Day 2:**

- Match day! Focus on implementing learned skills and tactics in actual game situations. Encourage players to have fun and enjoy the game.

Throughout the 8-week period, ensure to provide constructive feedback to players, encourage teamwork and sportsmanship, and adapt drills and activities based on the progress and needs of the players. Also, make sure to prioritize safety by emphasizing proper warm-up and cooldown routines and providing adequate rest and hydration breaks during training sessions.