



U12 plus Recreational Session 12

Category: Technical: Passing & Receiving

Difficulty: Moderate

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

Description

Passing Gates (15 mins)

Organization:

Set up a 25x25 yrd area

Place pairs of cones around the area.

Have players pair up with one ball between each pair.

Procedure:

Players pass and move inside the area and avoid hitting the red cones (gates). When the coaches call "shopping" players have to move to a gate and make 3 passes back and forth through the gate, after 3 passes the move to a different gate. Players have 90 seconds to get through as many gates as possible. After completing each gate the players score 1 point.

Players play the game several times and it becomes a competition to see how many points each pair can score.

Coaching points:

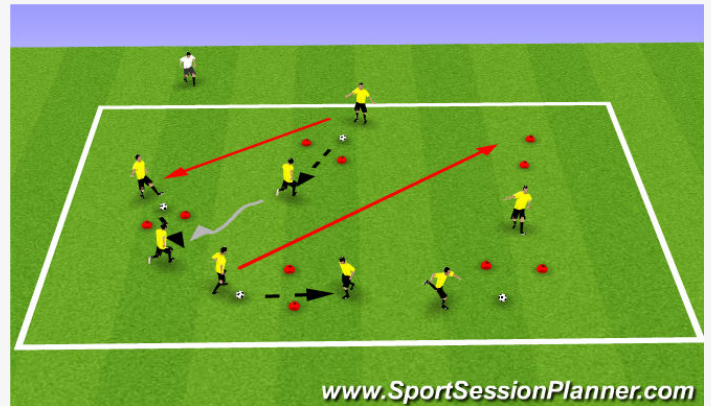
Accuracy of the pass

Eyes on the ball

Pace/weight of the pass

Part of the foot/Part of the ball

FUN.



3v3 or 4v4 to gates (15 mins)

Organization:

Set up two fields 35 x 25 yds. Depending on numbers have 3v3 or 4v4. If you have additional players within the group use players as bumpers on the outside.

Procedure:

Players play 2 games of 3v3 or 4v4 with the objective of the game focusing on players becoming comfortable in possession of the ball. Encourage them not to panic when in possession and to try to Pass to a team mate through the gates to score a goal.

Coaching Points:

Accuracy of the pass

Eyes on the ball

Pace/weight of the pass

Part of the foot/Part of the ball

FUN.



2v1 to goal

Organization:

Players are placed into 2 working areas as above that are 20x30.

Players are also organized as shown with a gk, defender and attackers. All players should rotate and participate in all positions.

Procedure:

The ball will start with either of the two at. As the ball travels to the attackers the defender will close the attackers down. We now have a 2v1 situation to goal. The attackers are looking to score on the goalkeeper and if the defender wins the ball they should look to pass the ball through the red cones. Coach the attackers on the decisions they can make (dribble, pass or shoot). Also look to coach the player not in possession of the ball on their movement, can they be creative?

Emphasis:

Quality of the pass from the server (pace)

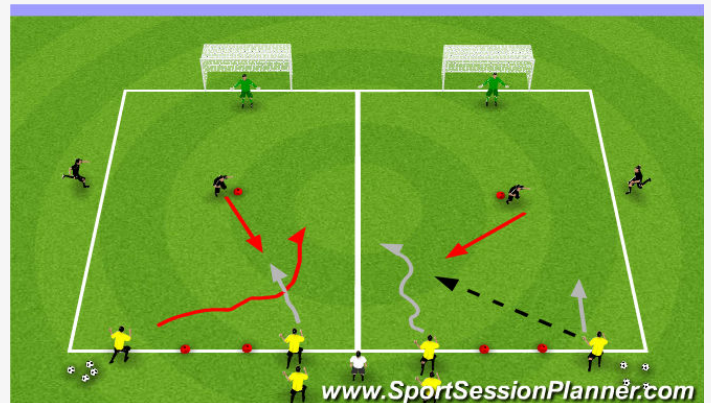
First touch of the player receiving the ball

Movement of attackers

Decision making of attackers

Accuracy of the pass

Eyes on the ball



Pace/weight of the pass
Part of the foot/Part of the ball
FUN.

Regular 5v5/6v6 (10 mins)

Organization:

10-12 players placed into 2 teams of 5 or 6. The playing area will be 25x20m (adapt for age/ability/numbers)

Regular 5v5/6v6 small-sided game. Play with a Retreat Line - after a goal, if the ball goes out on the end or GK secures the ball, the opposition must back-up behind the line. Cannot cross line until first touch is taken. If ball goes out of play, ball can be passed or dribbled in.

Coaching Points:

Accuracy of the pass
Eyes on the ball
Pace/weight of the pass
Part of the foot/Part of the ball FUN.

