



U12 plus Recreational Session 13

Category: Technical: Passing & Receiving
Difficulty: Moderate

Am-Club: Waterloo Minor Soccer Club
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Description

Technical Passing warm up (15 mins)

Organisation:

All players

-15x10 yard area (x6) with small 3 yard passing gate in the middle
-Play starts with a pass through the gate from Player 1 (who then moves forward to pressure), into Player 2. Player 2 performs wall pass with Player 3 around Player 1, and sequence continues. Switch wall passer frequently and swap sides for wall pass.

Variations:

-dribble/execute moves through the gates
-simple 2 touch and 1 touch passing through the gates

Coaching Points:

-Weight and accuracy of passing
-Timing of runs
-Good first touch and body position
-Communication with team mates
-Pressuring Player - start to work on speed of approach, body position

Video: <http://performance.fourfourtwo.com/technique/master-technique-combination-plays>



Technical/Tactical 2v1 (10 mins)

Organisation:

-8-12 Players

-Area 14x10yds, divided into 2 areas (6x10yds) with a central zone 2x10yds

-Supply of 5 balls for each group

Play starts with ball fed-in from one end (in each area). The objective of practice is for each group of attackers trying to transfer the 5-6 balls across channel from the 2v1 situation. Groups look to complete practice objective in quickest possible time. Players rotate position after each successful completion of practice objective. If Defender wins ball, they attempt to dribble the ball into either shaded area at the sides of their area it does not count as part of the total number of successful transfers.

Possible Progressions:

-Extra Defender (if you have enough players) is introduced (from central channel) to create 2v2 once initial pass is made into 2 attackers

-Attacker passing ball to outside (completing objective) changes places with outside team mate

-Begin with 2v2 in practice area with outside attacker allowed to support play from behind (create 3v2)

Coaching points:

-select best pass into team mate
-create space & opportunity to receive both individually & for team mate
-try to get side-on to receive
-use of disguise & clever turning techniques
-combination & individual moves in 2v1



2v2/2v1 Game (10 mins)

Organization:

- 8-12 Players
- 2 or 3 areas approx. 15x10 yards
- start with attackers with the ball & play 2v2, but defending team must drop one player back to act as GK, creating 2v1.
- If defenders gain possession, they become attackers and opponents have to drop 1 player back to goal, reversing the 2v1 situation

Coaching Points:

- when is a good time to dribble or pass?
- how can you take advantage of the extra player when attacking?
- how can communication help us when we attack?
- why is our movement without the ball important?



SSG (10 mins)

Organization:

- 8-12 Players
- 4v4/5v5/4v4+4 small-sided games (depending on your numbers)
- rotate GKs regularly
- ***the amount of passes in the lead up to a goal = what goal is worth!***

Coaching points:

- creating and using space, quick/smart decision-making, communication

