



U12 plus Recreational Session 2

Category: Technical: Dribbling and RWB

Difficulty: Moderate

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

King/Queen of the Ring (10 mins)

King of the Ring

Organization:

All players have a ball each and are placed in an area approximately 24 x 30

Procedure:

Prior to playing the game have the players moving around inside the area to gain touches on the ball, asking them to show you any thing that they can remember from the previous session. (moves etc)

Players dribble their ball ensuring that the ball is always moving. On coaches command all players keep their own under control while attempting to kick other players balls out of the circle. If a players ball is kicked from the circle, they can return after 10 toe taps.

Coaching Points:

See the ball/See the player
Change of speed/direction
Keep head up
Use all parts of both feet
Have FUN



Catch the Tail (15 mins)

Catch the tail. Physical Literacy.

Organization:

Players are placed into a 25 x 30 area as 2 teams. Team Black gets the tails (bibs). Team Yellow has no tails. Begin this game without balls.

Procedure:

Team Yellow tries to catch the tail from team Black. Halfway through you switch. When a tail is pulled, the tail is put back on after the player has done 5 jumping jacks. Please remember, there are NO ELIMINATIONS!

Progression 1: All players now have a soccer ball and the game.

Progression 2: Only 2 people are without tails, as well as without a ball. Every other child has a ball and a tail. Two people without a tail chase the other players and try to catch their tails.

Emphasis:

Have control of the ball
Head up
Have FUN
Allow for creativity
Ensure that the players get put back in the game quickly if there tail is caught, encourage, and be positive!



1v1 to the line (15 mins)

1v1 to the line.

Organization:

Players are placed inside a rectangle roughly 40 x 30. The Yellow players start with a ball each.

Procedure:

The Yellow players play a pass the black players. The black players become the attackers and have to attempt to dribble past the defender and stop the ball anywhere on the yellow player's line. If the yellow player wins possession, they then become the attacker and have to stop the ball on the black player's line. Once a goal is scored, who ever scored starts the game off with the pass. After roughly 2 minutes stop the games, the winning player will move up the ladder and the losing player moves down. Now the players have new competition. Play the games several times. The coach should coach the following moves to help beat the defender:

Single Scissor - <https://vimeo.com/62170823>

Double Scissor - <https://vimeo.com/62170823>

Matthews move - <https://www.youtube.com/watch?v=7UVm3kAfSdM>



Coaching Points

See the ball/See the player
Change of speed/direction
Keep head up
Can you do a move to beat the player?
Use all parts of both feet
Have FUN

2v2 or 3v3 (15 mins)**Organization:**

Set up two fields 35 x 25 yds. Depending on numbers have 2v2 or 3v3 with retreat line.

Procedure:

Players play 2 games of 2v2 or 3v3 with the objective of the game focusing on players making good decisions on when to try to beat the opponent and when to pass the ball to keep possession. Encourage players not to panic when in possession and be positive.

Coaching Points:

See the ball/See the player
Change of speed/direction
Keep head up
Can you do a move to beat the player?
Use all parts of both feet
Have FUN

