



U12 plus Recreational Session 4

Category: Technical: Dribbling and RWB

Difficulty: Moderate

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

Description

Individual ball work (10 mins)

Organization:

Players are placed inside the coned area all with a soccer ball

Procedure:

Players dribble through throughout the area to and from different cones using the cone as a defender Practicing ball mastery skills, 1v1 moves, and keep-ups.

The coach should look to create competition between the players in terms of:

How many moves can the player complete in 60 seconds?

How many keep ups can the player do using different parts of their body?

The coach has the flexibility and creativity to take the warm up any many different directions, feel free to become creative.

Coaching Points:

See the ball/See the player

Change of speed/direction

Keep head up

Use all parts of both feet

Have FUN



1v1 Game (10 mins)

Organization:

10-12 players

2 areas approx.10x10

Procedure:

Player A passes the ball into Player B, who controls and dribbles to try and score through either side gate (must dribble and stop the ball). Switch starting roles frequently.

Coaching Points:

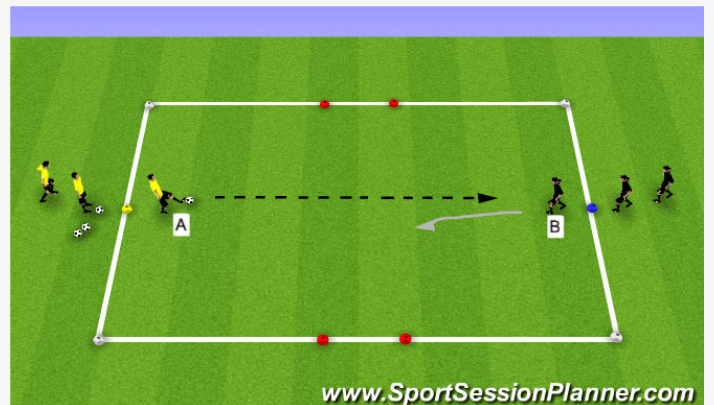
See the ball/See the player

Change of speed/direction

Keep head up

Use all parts of both feet

Have FUN



2v2 SSG (10 mins)

Organization:

10-12 players

see diagram for set-up and equipment

area approx. 16x16

Procedure:

On coach's call ("red" "yellow") 2 players for each team must react, touch that colour cone, then run around their net, with coach passing ball in, to play 2v2, can score in either goal, if win the ball attack opponents net.

Coaching Points:

See the ball/See the player

Change of speed/direction

Keep head up

Use all parts of both feet

Decision making, Should I dribble or pass?

Have FUN



SSG (10 mins)

Organization:

10-12 players

see diagram for set-up and equipment

area of approx. 25x20m

Procedure:

5v5/ 6v6 *small-sided game*.

Coaching Points:

See the ball/See the player

Change of speed/direction

Keep head up

Use all parts of both feet

Decision making, Should I dribble or pass?

Have FUN

