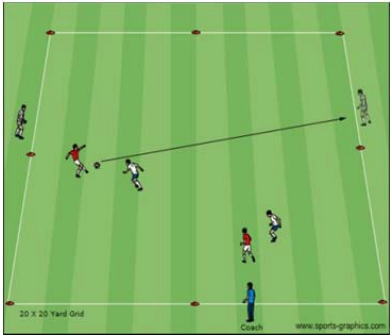



Competitive Activities U12 Players

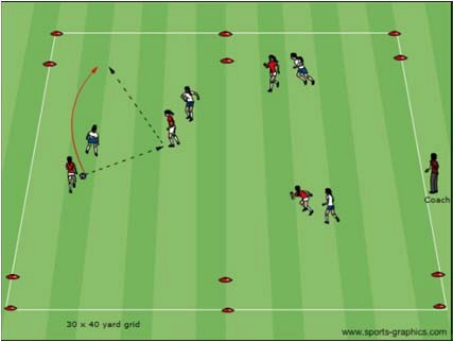
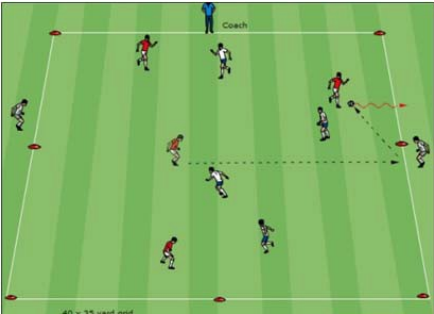
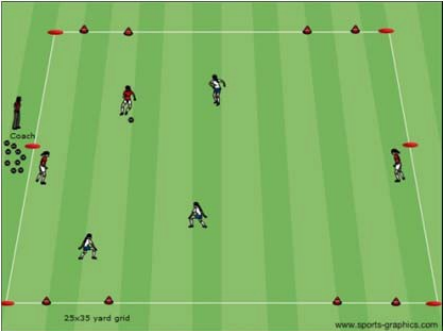
(10, 11 and Some 12 Year Olds)

2v2 +2	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 20x20 yard grid. • Two teams look to play the soccer ball to a target player on opposite sides of the grid. • If they play the soccer ball to the target and receive it back, they look to switch directions and play the ball to the other target. • If they play the soccer ball to 1 target, they are awarded 1 point. If they can play to both targets, without losing possession, it counts as 3 points. • Target players must constantly move along their line to show for the ball. • Each game lasts 3 minutes. 	<ul style="list-style-type: none"> • Movement with and without the ball • Passing and receiving techniques • Transition to the opposite side of the field

3v3 + 4 Neutral	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 35x25 yard grid. • Coach sets up 3 players in Red and 3 players in white with 4 neutral players positioned on the 4 sides of the grid. • Red starts with the soccer ball and tries to maintain possession. Red can use the 4 outside neutral players to help. • Neutral players play with the team in possession of the soccer ball. • To get points, the team in possession must find neutral players on the outside and neutral player must find that player back or another of the same team for a point. • Blue does the same when they win possession. • First team to 10 wins the round. 	<ul style="list-style-type: none"> • Maintaining possession • Maintaining Shape • Players make themselves available for the player with the soccer ball

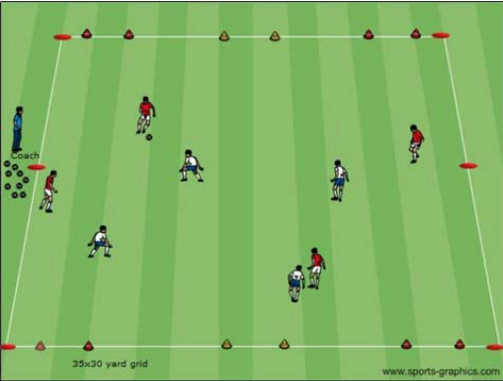

Competitive Activities U12 Players

(10, 11 and Some 12 Year Olds)

<p>4v4 to 6v6 to End Zones</p>  <p>30 x 40 yard grid www.sports-graphics.com</p>	<p>Activity Description</p> <ul style="list-style-type: none"> • Coach sets up a 30x40 yard grid with a 5 yard end zone at each end. • Coach sets up 2 teams of 4 to 6 players, 1 Red team and 1 White. • The Red attacks one end zone and defends the other. • The team in possession of the soccer ball can dribble into the end zone or pass. • Teams can try to combine with a wall pass, take-over or over-lap to get into the end zone. • Play games for 4 minutes or 4 goals; play again. 	<p>Coaching Objective</p> <ul style="list-style-type: none"> • Combination play • 1v1 challenges • Decision making <p>*Variations: Coach can add a neutral player. Coach can award players for dribbling to score or passing to score.</p>
<p>4v4 + 2 Targets</p>  <p>40 x 35 yard grid www.sports-graphics.com</p>	<p>Activity Description</p> <ul style="list-style-type: none"> • Coach sets up a 40x35 yard grid. • 4 Red players play against 4 White players with a target player on each end line. • In order to score a point, a player must look to pass the soccer ball to a Target, get the soccer ball (either the same player or another player from the same team) and then dribble across the end line. • Play to 5 points and switch the targets. 	<p>Coaching Objective</p> <ul style="list-style-type: none"> • Running without the ball • Combining in the attacking third of the field • Dribbling for penetration
<p>3v3 or 4v4 to 4 Goals</p>  <p>25x35 yard grid www.sports-graphics.com</p>	<p>Activity Description</p> <ul style="list-style-type: none"> • Coach sets up a 25x35 yard grid with 2 goals on each end line. • Coach divides the players into teams of 3 or 4. • Each team attacks 2 goals and defends the other 2. • Goals can be scored by passing or shooting the soccer ball through either of the attacking goals. • Bonus points may be awarded for scoring on the far goal or combining to score. • Games last for 5 minutes or 5 goals. 	<p>Coaching Objective</p> <ul style="list-style-type: none"> • Maintaining attacking shape • Changing the point of attack • Passing for penetration


Competitive Activities U12 Players


(10, 11 and Some 12 Year Olds)


4v4 to 6 Goals	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 35x30 yard grid with 3 goals on each end line. • Coach divides the teams in groups or 4 to 6 players. • Each team attacks 3 goals and defends 3 goals. • Each team tries to score by passing the soccer ball through any of the 3 goals in their attacking end. • Coach can include a midfield line and play with off side. 	<ul style="list-style-type: none"> • Maintaining offensive shape. • Coach may chose to focus on defensive shape. • Decision making
Small Sided Game with Free Flank Play	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 30X40 yard grid (adjust field size if needed), with a goal at each end and a neutral zone the length of each side line. • Coach divides the players into groups to play 4v4 or 5v5 + a neutral player in each flank neutral zone. • Flank players can move freely in the neutral flank but cannot enter the field. • This is a typical 4v4 or 5v5, except that the flank player play with the team in possession and no one from either team can challenge them. • Once the flank player receives the soccer ball, he has 3 touches to play it back to the same team who played it to him. 	<ul style="list-style-type: none"> • Crossing and heading opportunities • Finishing from crosses • Solving problems that only the game can provide. <p>*Variation: 2 players in the flank zone to provide mild pressure to one another</p>

Competitive Activities U12 Players

(10, 11 and Some 12 Year Olds)

5v5 + 2 to GK's + 4 Bumper Players	Activity Description	Coaching Objective
 <p>44 x 50 yard field Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach set up a 44x50 yard field with a goal at each end. • Coach makes 2 teams with 5 field players + a goalie. Coach also appoints 4 players to be bumper players. 2 on each side line who can help whichever team has the soccer ball. • Neutral can and should move up and down the side line to support the team in possession. • Play a regular game but the team with the ball has support on the flanks. 	<ul style="list-style-type: none"> • Game decisions • Combination play • Using the width of the field to create attacking lanes through the defense

6v4 + GK to Two Big Goals	Activity Description	Coaching Objective
 <p>44 x 50 yard field Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 44x50 yard field with a goal at each end. • Create the 6-player team with your forwards and midfielders and the 4-player team with your midfields and defenders. Each team will also have a goalie. • The 6-player team will attack the goal on the normal end line and the 4-player team will attack the opposite goal. • The coach will be the boss of the soccer balls and will serve them from behind the 6-player team's goal to different areas of the field. • If the soccer ball scores or goes out of play, the coach will serve another ball. 	<ul style="list-style-type: none"> • Attacking with a numerical advantage or • Defending with less numbers • Maintaining attacking shape or • Maintaining defensive shape

6v6 to 8v8 to Goal	Activity Description	Coaching Objective
 <p>50 x 75 yard field Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 50x75 yard field with a goal at each end (adjust the field size based on age of players and number of players in the game) • Coach divides the players into teams of 6 to 8. • Teams play up to 7 + a goalie v 7 + a goalie (8v8) • Game is played with throw-ins, corner kicks, goal kicks and free kicks for fouls. • No restrictions but incentives may be useful. 	<ul style="list-style-type: none"> • Learn to use technical skills in a game environment. • All technical coaching objectives can be recognized

Competitive Activities U12 Players

(10, 11 and Some 12 Year Olds)