



U12-U13 Session Plans

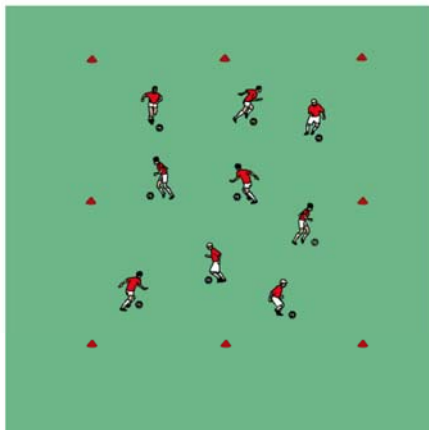
U12/U13 SESSION 1

Dribbling and Feinting 1v1

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Dribbling, turning, shielding, feints, Shooting
Tactical	<ul style="list-style-type: none"> • Basic Principles of 1v1 • Recognising when and where to dribble

WARM UP

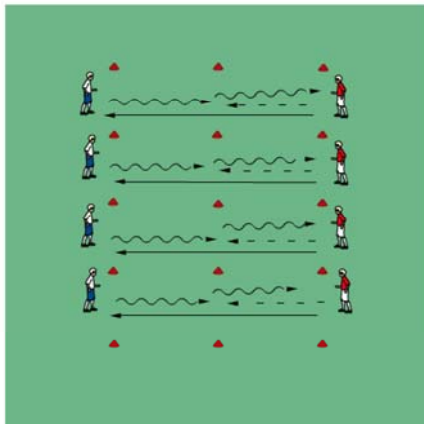


Organisation

Set up a 20x20yd grid each player with a ball, players perform the following exercises:

- Inside Taps
- Jog on the ball
- Roll ball across body and tap with inside of other foot
- Dribble using inside/outside right foot
- Dribble using inside/outside left foot
- Dribble using insides of both feet
- Dribble using outside of both feet
- Dribble using sole of both feet
- Free to use all parts of both feet

TECHNICAL EXERCISE

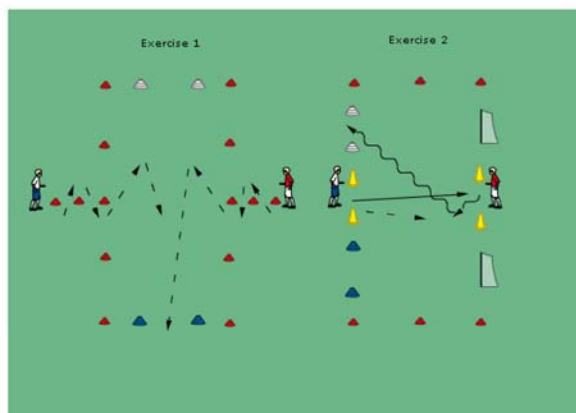


Organisation

Set up a series of 15x10yd grids (see diagram) Split players into pairs with a ball between 2. Player passes to partner and follows pass, the player receiving dribble ball towards the incoming player and performs a feint around the incoming player, on reaching the end this player performs a turn and makes a pass to their partner and the exercise is repeated

Vary types of passes, receiving techniques, feints and turns

TACTICAL EXERCISE



Organisation

Set up an area as shown in the diagram with 2 different coloured gates.

Exercise 1

Players shuffle through cones one player is the tagger the other the runner, the runner attempts to run through either the blue or white gate without being tagged by the runner (Position gates as in exercise 2 to increase difficulty).

Exercise 2

Introduce a ball creating a 1v1 if the defender wins the ball they can score in the 2 goals.

SSG



Organisation

Set up a 30x20yd field with 4 small goals marked out by cones, players play a 4v4 game and can dribble through either of the 2 goals to score.

Progression

- On scoring a goal teams look to immediately attack the other 2 goals

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep our head up in 1v1 situations?**
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**
Use tricks or feints
- **What do we do once we have unbalanced the defender?**
Quickly change direction and accelerate past the defender.

Coaching Points

- On balls of feet
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available

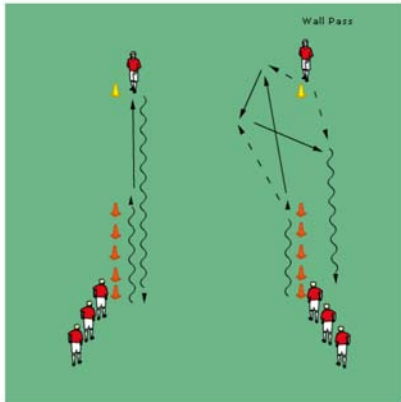
U12/U13 SESSION 2

Passing and Receiving 2v2

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Dribbling, turning, shielding, feints • Passing and Receiving
Tactical	<ul style="list-style-type: none"> • 2v1.2v2

WARM UP



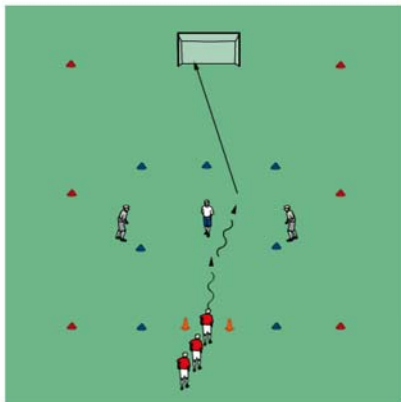
Organisation

Set up as shown in the diagram, players dribble the ball through the cones and pass to the player standing on the cone, the player receiving the ball dribbles to the back of the line, while the passer moves to the cone.

Progression

- Players play a wall pass around the cone

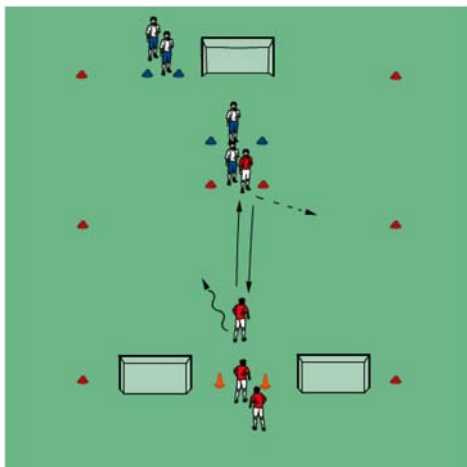
TECHNICAL EXERCISE



Organisation

Set up the area as shown in the diagram. Players Dribble into the Box with the aim to beat the defender and shoot on goal. The attacker can either take the defender on 1v1 or use one of the support players and play a wall pass. Once the attacker has shot on goal they become the defender.

TACTICAL EXERCISE



Organisation

Set up a field as shown in diagram and split group into 2 teams. Players lining up as shown in the diagram with 2 defenders standing about 5yds apart with one on behind the other with an attacking player standing in front of the 1st defender. The exercise starts with an attacking players passing into the striker who then passes the ball back at this moment the exercise goes live creating a 2v2 with the 2 attackers looking to score on the single goal, if the defenders win the ball they can attack the 2 small goals.

SSG



Organisation

Set up a 30x20yd field with 2 small goals, players play a 4v4 game and can score on either of the 2 goals

Progression

- Develop into a regular 4v4 game for the last 10-5mins

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
- **Name a type of combination play we can use to exploit space and get in behind defenders?**
Wall Pass, overlap, diagonal run
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs
- **In the small sided game when is the best time to pass to the target players?**
Immediately when you win the ball to catch the other team off guard and not give them time to recover when in transition.

Coaching Points

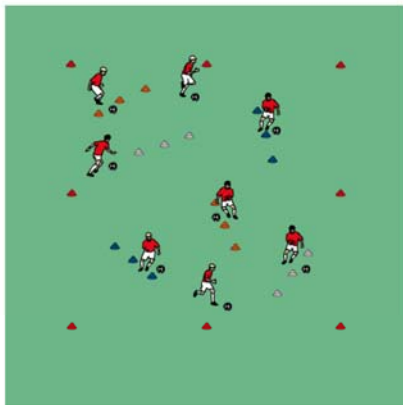
- Quality and correct execution of technique in all exercises
- Decision dribble to shoot or pass, quality of support and movement of the 2nd player.
- Spread out to create space as a team in the SSG, Other players provide good support and movement off the ball to create space, look to score quickly on gaining possession or use goals to your advantage by attacking one goal as a team and then attack the other goal quickly exploiting the space created
- Communication

U12/U13 SESSION 3 Passing and Support

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing and Receiving
Tactical	<ul style="list-style-type: none"> • Support and movement off the ball

WARM UP

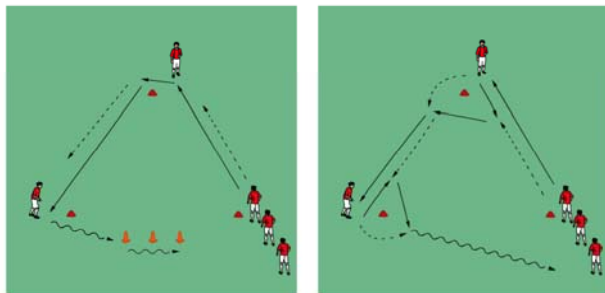


Organisation

Set up a 20x20yd grid with a series of lines of 3 cones within the grid (See Diagram). Players dribble through the cones using the following exercises:

- Inside of both feet
- Inside outside of right ft
- Inside outside Left ft
- Outside both feet
- Roll with sole of the foot

TECHNICAL EXERCISE



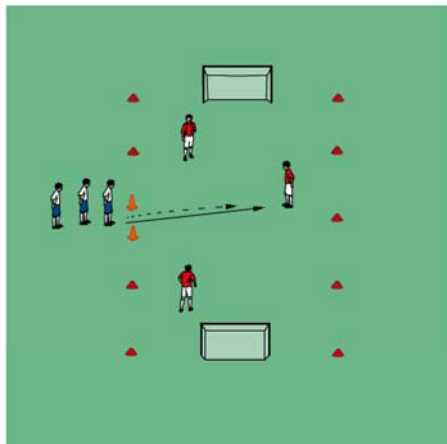
Organisation

Set up area as shown in diagram players pass in the sequence shown taking 2 touches.

Progression

See diagram 2 introduce wall pass, players now look to play 1 touch

TACTICAL EXERCISE



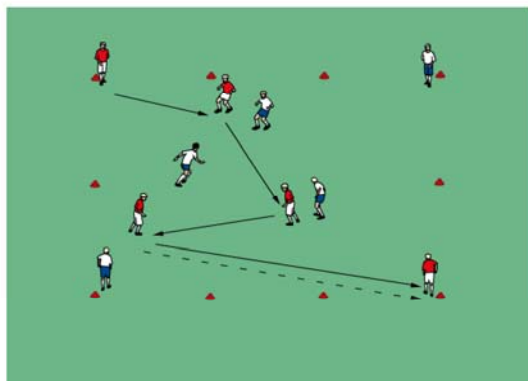
Organisation

Set up area as shown in diagram, and split players into 2 teams of 3. One team will be the attackers the other the defenders. The attackers line up on the field, and the 1st player from the defending team passes the ball to one of the attackers and enters the field to try and win the ball creating a 3v1. Once the attackers have made 4 passes they can shoot on either goal to score a point, if the defender wins the ball they too can look to score on either goal to score a point.

Progression

- Goals can only be scored over the halfway line
- Introduce 2nd defender

SSG



Organisation

Set up a 35x25yd grid, split players into 2 teams of 6. 2 players from each team stand on opposite corners of the grid acting as Target players (See Diagram). Players play a 3v3 inside the grid and attempt to pass to one of the 2 target players to score. Once a goal has been scored the ball must be played to the opposite target player. If possession is lost and regained the ball can be passed to either of the 2 target players. Player who passes to target player switch places.

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs
- **When in possession of the ball what direction are we looking to pass the ball 1st?**
Forward.
- **What type of forward pass is best?**
Penetrating pass into space which eliminates defenders.

Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Quality of pass, Accuracy, weight and timing
- Quality of support and movement off the ball
- Look to play the pass into the target player early
- Communication

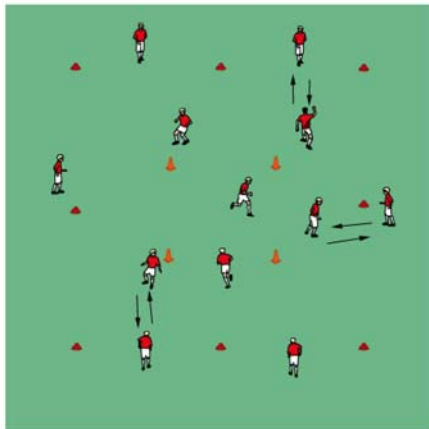
U12/U13 SESSION 4

Attacking in 3's, switching the Point of attack

Table of objectives

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Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing, Receiving, Shooting
Tactical	<ul style="list-style-type: none"> • Attacking in 3's • Support and movement off the ball • Switching the point of attack

WARM UP

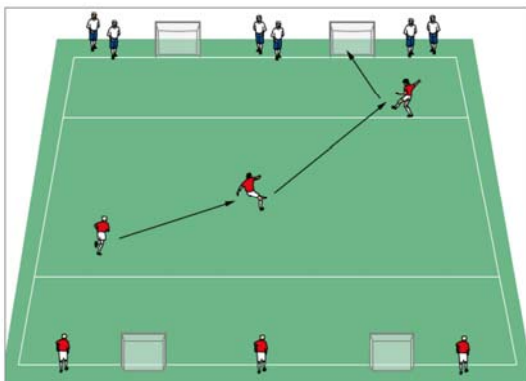


Organisation

Set up a 20x20yd grid with a small 5x5yd grid in the middle (See Diagram). Split players into pairs with one ball between two, One player positions themselves on the perimeter of the grid with the ball and the other stands inside the grid. Players on the inside move around looking to receive a ball from the players on the outside and perform the following exercises:

- 2 touch passing
- 1 touch passing
- Receive on the half turn dribble to the centre square an look to pass to a free player on the outside

TECHNICAL EXERCISE

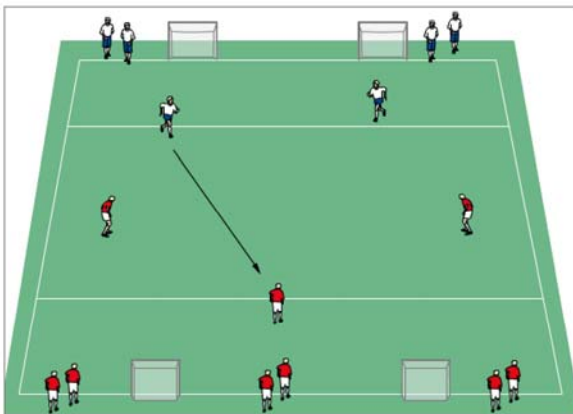


Organisation

Set up a 35x25yd field with 4 small goals and a 6yd scoring line (see Diagram). Players line up in groups of 3 as shown in the diagram with 1 ball per group. The coach then puts the following conditions on the players to find ways to score inside the scoring zone.

- 3 touch play and every player must touch the ball before they can score
- 3 touch play and players must maintain a triangle shape at all times
- 3 touch play every player must touch the ball and end up in a different position from the one they started
- 2 groups play through each other

TACTICAL EXERCISE



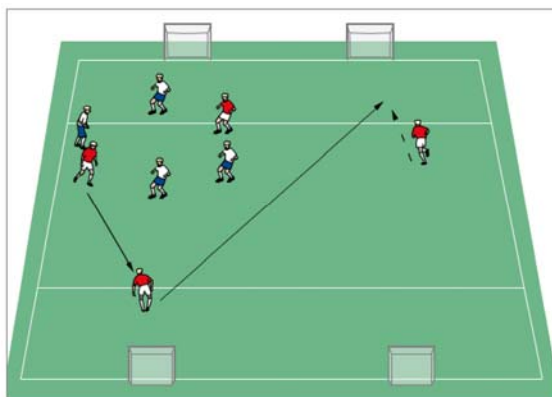
Organisation

Set up a 35x25yd field with 4 small goals and a 6yd scoring line (see Diagram). Split players into 2 groups defenders and attackers and have players line up as shown in the diagram. The 2 Defenders start by passing the ball into the 3 attackers who then look to get the ball into the shooting zone and then look to score.

Progression

- 3v3

SSG



Organisation

Set up a 35x25yd field with 4 small goals (see Diagram). Players play a 4v4 game and attempt to score in either of their opponents 2 goals. Play restarts by players playing the ball in from the touchline

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs
- **What type of forward pass is best?**
Penetrating pass into space which eliminates defenders.

Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Use correct passing technique
- Good Accuracy. Weight and Timing of the pass
- Quality of decision by player with the ball, dribble pass or shoot.
- Quality of support and movement off the ball by other player

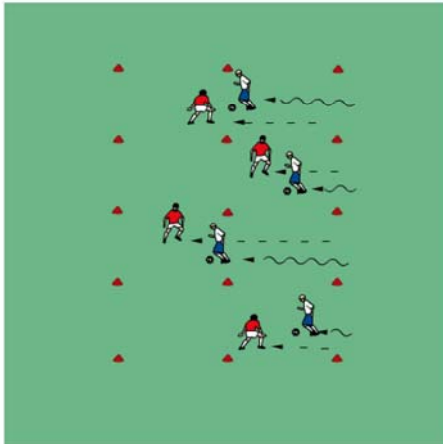


U12/13 SESSION 5 Principles of Defending

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Defending Techniques (Jockeying and Tackling)
Tactical	<ul style="list-style-type: none"> • Individual defending • Group defending • Principles of Defending

WARM UP



Organisation

Set up a series of 20x5yd grids, split players into pairs with 1 ball between each pair. One player dribbles in a straight line while the other jockeys. On reaching the end line players switch roles

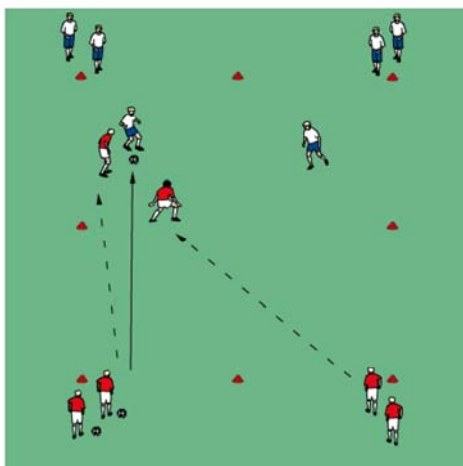
Progression

Dribbling player can change the direction of the dribble using feints

Defender passes the ball into the attacker from the end line and closes down attacker

Players play 1v1 and attempt to dribble over the end line

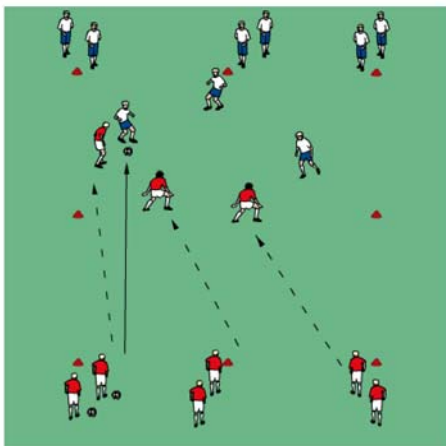
TACTICAL EXERCISE 1



Organisation

Set up a 20x20ydgrid, organise players as shown in the diagram. Play starts by the defenders passing into the attackers. Players play a 2v2 with and attempt to dribble the ball across the end line.

TACTICAL EXERCISE 2



Organisation

Same as previous exercise except players play 3v3

SSG



Organisation

Mark out a 30x20yd field with a centre line marked by cones. Players play a 4v4 game with the condition that all players must be in opponents half to score

Progression

Develop into a 4v4 game

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **When Defending who is responsible for putting pressure on the player with the ball?**
The nearest defender to the ball.
- **When should the defender look to close down the player with the ball?**
As the ball is travelling to the player about to receive the ball.
- **What does the defender need to think about in 1v1 situations?**
Close down the space quickly, slow down and adopt side on body position forcing the player in one direction, be patient jockey and wait for an opportunity to win the ball
- **What do we need to do as a team on loosing possession of the ball?**
Get back behind the ball and adopt good defensive positions.

Coaching Points

- 1st defender pressures
- Move into line and down the line
- Adopt a side on body position and sit down
- Force play inside towards second defender when the ball is with the outside player
- 2nd defender supports
- 3rd and 4th defender should provide good cover and balance
- Defenders should work as a unit and react to the balls movement
- Communication

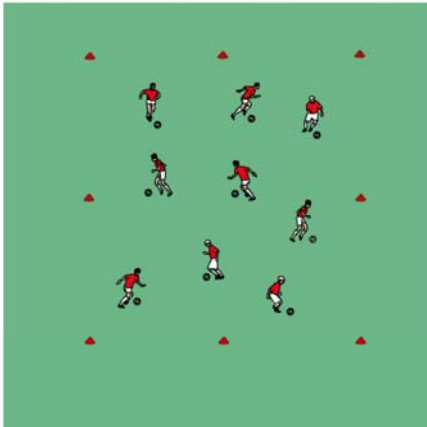


U12/U13 SESSION 6 Shooting

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Juggling, Shooting
Tactical	<ul style="list-style-type: none"> • 1v1, 2v2, 4v4 • Recognising the moment to shoot

WARM UP



Organisation

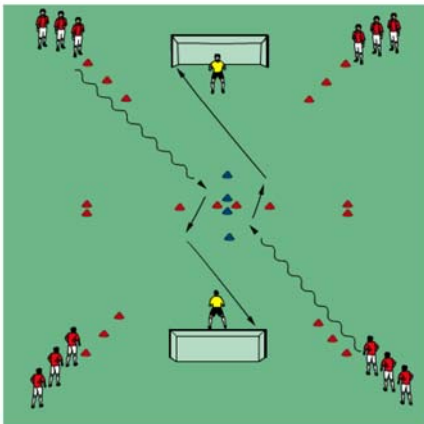
Set up a 20x20yd grid, each player with a ball. Players move around the grid and serve to themselves and perform the following juggling exercises catching the ball each time:

- Laces of both feet
- Inside of both feet
- Outside of both feet

Progression

Have players perform 2 or more juggles before catching the ball, introduce combinations for example laces, thigh, catch.

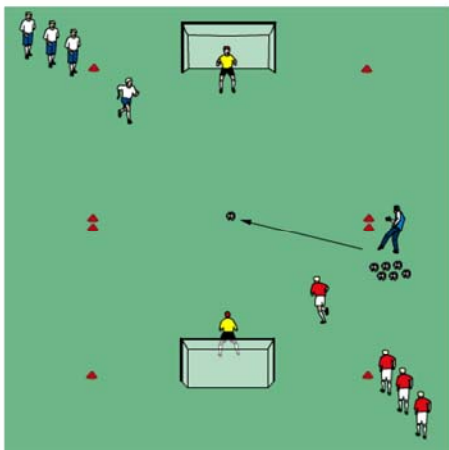
TECHNICAL EXERCISE



Organisation

Set up a 30x20yd field and set up the cones as shown in the diagram. Split players into 4 groups with a ball each and have them line up as shown in the diagram. Players from opposite corners dribble through the cones and towards the central cones, on reaching the centre players fake towards the blue cones and touch the ball through the red cones and then shoot on goal

TACTICAL EXERCISE



Organisation

Set up a 30x20 small field and split players into 2 teams. Teams line up as shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal. The team with the most goals at the end wins. Call out 2, 3 or 4 numbers at a time.

SSG



Organisation

Set up a 30x20yd grid with 2 goals. Player play a 4v4 game with goalkeepers, Players are encouraged to shoot at every opportunity

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to do before we shoot?**
Look up and observe the keeper
- **What is more important, Accuracy or Power when shooting?**
Accuracy.
- **When do we look to shoot in a game situation?**
When the space is available do so.
- **Once a shot has been taken what is our next action?**
To follow up the shot for possible rebounds.

Coaching Points

- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Concentrate on accuracy before power
- Follow up for rebounds
- Encourage players to take all shooting opportunities
- If shot is is not available:
Can I create a shooting opportunity as an individual
Can I pass to a player in a shooting position
Can I combine to create a shooting opportunity

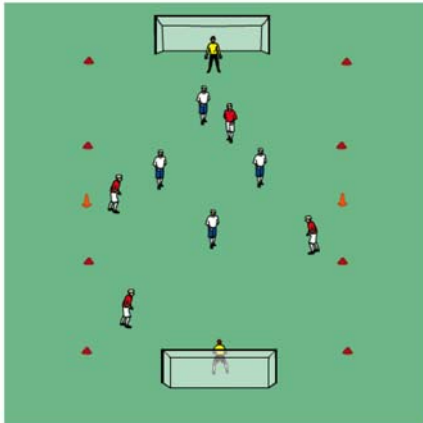


U12/U13 SESSION 7 Crossing and Finishing

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Shooting, Volley and Heading Techniques
Tactical	<ul style="list-style-type: none"> • Crossing and Finishing

WARM UP



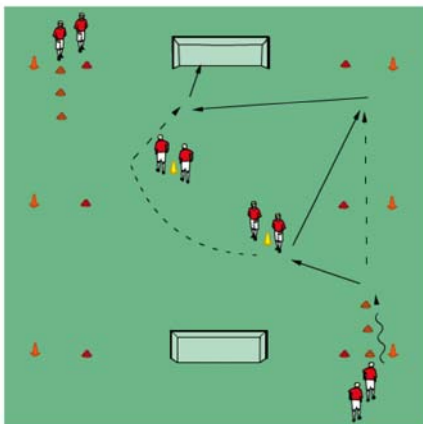
Organisation

Set up a 30x20 yd field with 2 large goals, players play hand ball, with the objective to throw the ball into the net.

Progression

- Players volley ball into the net.
- Players volley ball to each other
- Players Head ball to each other

TECHNICAL EXERCISE



Organisation

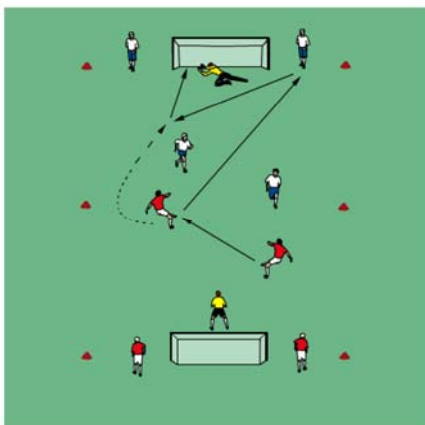
In a 35x25yd set up as shown in the diagram, split the group into 2 groups and have them set up as shown in the diagram, Both groups work at the same time and follow the following pattern:

Wide Player Dribbles through cones, and plays a wall pass with striker, striker spins and makes run towards goal, wide player crosses for striker to finish

Variation

Wide player dribbles through cones, passes to striker who passes ball back, wide player dribbles inside and the striker overlaps wide player. The wide player passes into striker and continues to make a run towards the goal, striker crosses ball to wide player to finish

TACTICAL EXERCISE



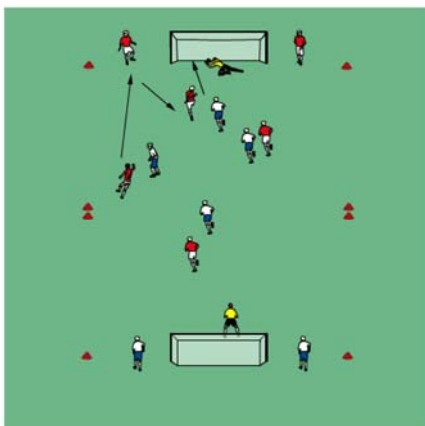
Organisation

Set up an 30 x20yd field, Players play a 2v2 game with 4 target players (see Diagram) the ball must be passed into a target player who passes the ball back in to score. Play starts with the keeper

Progression

- Targets pick ball up and serve players to perform a volley or header

SSG



Organisation

Set up an 30 x20yd field, Players play a 4v4 game with 4 target players (see Diagram) the ball must be passed into a target player who passes the ball back in to score. Play starts with the keeper

Progression

Targets pick ball up and serve players to perform a volley or header

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What does the crosser need to do before delivering the cross?**
Look up to see strikers position
- **What is the best area to cross the ball?**
Just in front of the penalty Spot, away from the GK and in the path of the incoming striker
- **What things does the striker need to think about before striking the ball?**
The timing of the run, observe Gk, watch flight of the ball, surface of the foot to strike the ball.
- **What is more important, Accuracy or Power when shooting?**
Accuracy.

Coaching Points

- Quality of the cross
- Timing of the strikers run don't arrive too early
- Head up observe Goalkeeper
- Judge the flight of the ball, and select technique to strike the ball
- Quality of Finish