

Session Plan

Session plan no. 1
Date:
Name of group of players: U12 Girls
Time available for session: 1 Hour

Title of topic: **Dribbling and Turns**

Topic objectives i.e. key factors

1. Using correct part of foot for dribbling and turning
2. Keeping head up and on your toes
3. Turning into space
4. Get low and accelerate out of the turn
5. Get the ball out of your feet after turning

18.30-18.45 Warm up. It's a knockout

Organization All players dribble inside a 15 by 15 area. The coach calls different commands, so the players control the ball, change pace and direction and use different parts of their feet. The coach then sends in a raider to see how many balls they can kick out in 45 seconds. When a player's ball is kicked out they must retrieve the ball and do a turn before returning to the game.

18.45-19.05 Turning, Speed Turns

Organization Set out a 20 by 30 area. Station players on the end lines of the area in pairs with one ball per pair. The players with the ball run to the middle cone, complete a turn, and then dribble back to their teammate. The teammate then repeats. Players should get low and turn quickly, accelerating away. After each player has tried several different turns the coach can add some competition to see which team completes 3 turns the quickest.

1. Lots of small touches with all parts of the foot.
2. Head up.
3. Get low and turn sharply.
4. Get the ball out of your feet after turning.
5. Slow down to the cone-speed up away from the cone.

19.05-19.20 Dribbling, Target Soccer

Organization Set out a 20 by 30 yard area. Play 5v5 with two target players stationed at end lines. One ball per practice. The object of the game is to play the ball to the target player on the end line. The player making the final pass to the target player then joins the target player on the end line. First team with all players on the end line wins!

You can progress this by stipulating that you can only pass after attempting a turn or fake.

1. Use fakes & turns to keep possession.
2. Make forward runs in front of the ball.
3. Be confident and go forward when you win the ball.

19.20-19.30 Small sided games 4v4

With no goalkeepers and small goals. Can only score by dribbling between one of the 4 goals

Session Plan

Session plan no. 2
Date:
Name of group of players: U12 Girls
Time available for session: 1 Hour

Title of topic: **Passing and Moving**

Topic objectives i.e. key factors

1. Using correct part of foot for Passing
2. Keeping head up and on your toes
3. Turning quickly and setting yourself to receive a pass
4. Communication, call for the ball and tell them where you want it.
5. Get the ball out of your feet after your first touch

18.30-18.45 Warm up. It's a knockout (*variation*)

Organization All players dribble inside a 15 by 15 area. The coach then sends in a raider to see how many balls they can kick out in 45 seconds. When a player's ball is kicked out they must retrieve the ball and do a skill before returning to the game. Progress this game onto 'King of the Ring', this is where everyone becomes a 'raider' whilst trying to keep his or her ball in the ring. The final person left in the ring is the winner.

17.20-17.40 Passing and Receiving, Touch On The Ball

Organization Set out a 30 by 30 yard area. Group the players into pairs, 5 yards apart with one ball between the two. X1 passes the ball over 5 yards to his partner, who stops the ball with the inside of the foot and passes back to their partner. Once players become comfortable with this practice, progress to X1 passing the ball to X2 who stops the ball and moves back 5 yards. X1 follows his pass to meet the ball and repeats the move all the way to the halfway line. Progress to X1 serving the ball with his hands to make X2 volley the ball back to his hands. Then move onto the thigh, chest and head. To start with allow the ball to drop to the floor. Then if the players are able, make them control the ball and volley back without the ball touching the ground. Once they are competent doing this practice standing still, make them move across the field and back.

1. Open body position.
2. Strong locked ankle when volleying
3. Be alert and ready for any serve

18.45-19.05 Receive and Pass

Organization Set out a circle of disks within a 20 by 20 area. Station six players with ball around the circle with balls and a further six inside the circle without balls. The players on the inside of the circle receive a pass from a player on the outside. Once they receive and control the ball they must pass back to the player on the outside. Once they have completed the pass the inside players move clockwise to the next outside player. Make players move in different direction by shouting 'Change'.

1. Control with the first touch
2. Good passing technique with the inside of the foot
3. Establish an open balanced position the receive the serve

17.40-18.00 Target Soccer

Station a player on each end line. Points are scored if they can pass to her and she controls it on the line.

Session Plan

Session Plan # 3
Date:
Name of group of players: U12, Girls
Time available for session: 1 Hour

Title of topic: Running with the ball, Passing and Control

Topic objectives i.e. key factors

1. Using correct part of foot for dribbling and passing
2. Keeping head up and on your toes
3. Pass the ball to feet on into the space where the player is running
4. Get accuracy and power behind the pass
5. Get the ball out of your feet before passing

17.00-17.20 Warm up with 'It's a Knockout' and 'Queen of the Ring'

17.20 –17.30 Run The Ball

Organization Set out a 10 by 30 yard area in 10 by 10 grids. Group in fours. One ball per group. Repeat in 2 other areas for a total of 12 players. Player 1 dribbles the ball to the second line, stopping the ball with the sole of the foot. Player 1 then passes the ball to player 2 and then follows her pass to player 2 on the end line. Player 2 then dribbles to the second line in the other direction and repeats the routine. Continue until players are in their original positions.

1. The first touch should push the ball 2-3 feet in front of the receiver.
2. Head up between touches.
3. Cover the ground as quickly as possible.

17.30-17.40 Run & Pass

Organization Set out a 20 by 40 yard area. Groups of 6, teams of 3. One ball per team. Position players as shown in the above diagram. Repeat in another area for a total of 12 players. Player 1 runs with the ball to the third disc. She then plays a diagonal ball across to player 2. At the same time player 1 of the other team is running in tandem around the other side and completes a diagonal pass to player 2.

17.40-17.50 End Zone Soccer

Organization Set out a 40 by 40 yard area and mark off 2 end zones at two opposing end. Group players into 2 equal teams. The idea of the game is to dribble the ball in to the end zone and control it with the sole of their feet. 1 point for every touchdown.

17.50-18.00

Small-sided scrimmage.

Session Plan

Session plan no. 4
Date:
Name of group of players: U12G
Time available for session: 1 Hour

Title of topic: Scoring and Finishing

Topic objectives i.e. key factors

1. Aggressive, angled approach to the ball
2. Strike through the middle or top of the ball with the laces
3. Head down and over the ball for contact
4. Follow through with momentum at the target
5. Keep the ball low

18.00-18.10 Warm up and Stretching

18.10-18.30 Shooting Under Pressure

Organization Set out a 10 by 30 yard area in 10 by 10 grids. Group in sixes and play 2v1 on each side of the goal. Player 2 checks away from his defender and calls for the ball from player 1. Player 1 passes the ball to the feet of player 2. Player 2 plays the ball back to player 1 who then shoots first time on goal. Repeat the practice in the opposite direction. As a progression allow player 2 the option to turn the defender and shoot himself.

1. Attacking players must communicate.
2. Direct the ball low and to the corners.
3. Encourage the second attacker to follow in on rebounds from the goalkeeper.

18.30-18.45 Shoot in Attack

Organization Set out a 30 by 40 yard area. Position three groups of three at 10-yard intervals along the end line. You must have one-goalskeeper and two stoppers. Only the players in the right channel should have a ball. Payer 1 makes a run down the touchline with the ball. When he reaches the first disc, players 2 and 3 must begin their runs. Player 2 sprints to the near post and player 3 sprints to the far post. When player 1 reaches the second disc he/she must decide to cross the ball or shoot directly on goal. Use the stoppers at your own discretion. If attackers are finding it too easy bring them in to man mark the supporting attackers. If they are finding it too hard, only use one stopper.

1. The supporting players should time their runs so that they accelerate onto the ball in front of goal.
2. When crossing the ball, the wide player should angle his body so that his chest is facing into the field.
3. The cross should be to space in front of the attackers between knee and chest height.

18.45-19.00 Breakaway

Organization Set out a 40 by 60 yard area. Set out 3 areas according to the diagram above. The team in possession plays the ball in the central area. The goal of the game is to penetrate into the attacking area and finish 1v1 with the goalkeeper. The goalkeeper must stay on the line until the attacker crosses the attacking line.