



U12 Session

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Description

February 2017: U12 Training Session

Warmup

Technical Triangle Warmup

Simple activity to begin your training session.

Organization:

- See diagram.
- Groups of 4. Cones set up as a small triangle.

How to Play:

- Dribble or pass to cone. Move to that cone.
- Sequence continues.

Progressions:

- Simple dribbling or passing.
- Dribbling patterns / moves or passing combinations.
- Add defender in the middle. Rondo.

Coaching Notes:

- Focus on technique. Build up to speed.



Attacking & Defending

1v1 to Goal. Get defenders to Think.

Activity to goal forcing quick decisions and reactions.

Organization:

- See diagram.
- 4 cones / groups spread out in attacking third of field.

How to Play:

- Coach serves ball to designated player.
- Go to goal immediately. Defender must press quickly.

Progression:

- If attacker loses ball, they become defender for next round.
- 2v1

Coaching Notes:

- Encourage attacker to take on defender.
- Defender must close down quickly, force attacker to the outside.



Final SSG

4v4 + GK

SSG that involves possession build up and 1v1 to goal.

Organization:

- See diagram.
- 3v3 in possession zone and 1v1 + GK in attacking zone.

How to Play:

- Connect passes before going forward to target player to create a 1v1 to goal.

Coaching Notes:

- Connect quick passes.
- Encourage direct play at right moment.
- Movement of the target player / the striker.
- Defend as a group. Press ball to win possession.

