



U-12 TRAINING IDEA 'NUMBERS PASSING'

Here is a good warm-up that will get players prepared for a session on passing and receiving skills. It is an example of how players can be challenged in an environment that is dynamic and can demand specific, targeted technique that has direct implications to the demands placed upon players during the real game. Since there is no pressure from an opponent, it is appropriate to use this activity during the warm-up.

The Game:

Assign each player a number.

Players pass the ball to the player with the # one higher than their own # (eg: 5 passes to 6, 11 to 1.)

All balls travel through the entire team.

After they pass a ball, they must run to a different spot on the field.

Players are first allowed unlimited touches, then only two touches, then one touch if they are able.

Ask the players not to let the ball stop, or to let their pass hit other players or balls.

Try these variations:

Left foot only.

Outside of foot only.

No talking allowed.

Ask the players to:

Make eye contact with the person they are passing to.

Perform good passing technique.



Keep their body and vision open to the field of play.

Keep the person they are passing to in their line of sight.

U-12 TRAINING IDEA 'CORNER GOAL GAME'

Here is a game that can be used in the middle phases of the training session. This game involves passing and receiving skills and is also a good activity for showing players the benefits of 'spreading out'. It is a dynamic game with a lot of running. It provides a lot of 'puzzles' for players to figure out and demands that they cooperate.



The Game:

Set up the field as shown on approximately half-field, depending on how many players are on your team. (16 players shown. It is OK if one team has an extra player. If there is an odd # of players on the team, that gives the players a different puzzle to solve.) 10 yd. 'squares' are set up in each corner.

Goals are scored when the ball is passed into the square and then out to a teammate.

Each team can attack any one of the four goals.

Whoever has the ball is on offense until they lose possession, or if they kick it out of bounds.



Play with two balls at once to make the game exciting. (This will actually make the game two, separate smaller games going on at the same time.)

Ask the players to keep spread out and to try to attack the goal that is 'open'. Keep possession, make the other team earn the ball. See if the players can recognize where pressure is coming from.