



Player Development Model

U12 Program



Player Development Model U12 Program



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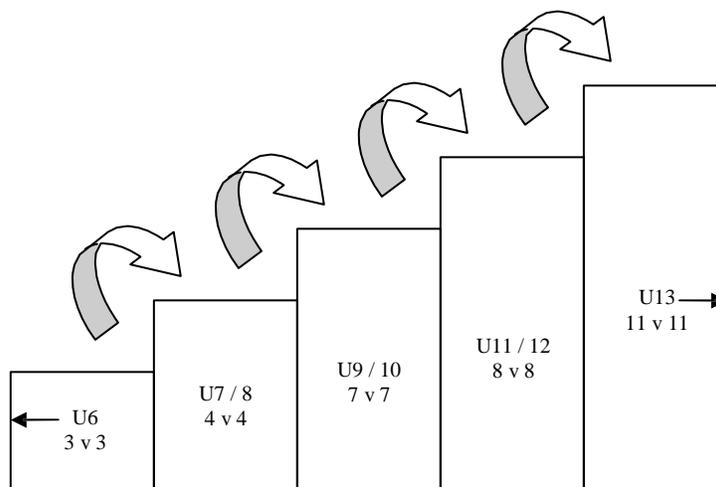


Introduction

“Experience is the name everyone gives to their mistakes.”
Oscar Wilde

The CSS Player Development Model presented here has been designed to provide coaches with a structured guideline for the development of the U12 player within the game of soccer. The goal of this program is to act as a resource for coaches to provide a consistent delivery of basic knowledge and skill development to our young players.

The activities provided herein are designed with BCSA and CSA coaching certification guidelines in mind.



BCSA Stairway of Development

The overall objective of any mini-soccer program should be to foster and encourage sportsmanship, education, skill development, and respect for teammates, opponents and referees in a fun, relaxed and supportive and player centered environment. Sport should be a fun and positive experience for everyone.

Your overall goal as a mini soccer coach is to create this environment and monitor the development and enjoyment of each player under your charge. You want to keep your young charges in the game. This program will help you to accomplish this.

Please become familiar with the following pages and be sure to contact us with any questions or concerns you may have in regards to the information presented here or for any soccer related issue in general.



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Benefits of Small - Sided Soccer

Numerous benefits of small sided soccer have been documented by a number of authorities. A few of the most significant benefits have been provided here for you. While many of these benefits seem like common sense you must consider the fact that many countries still have 6 and 7 year old players playing 11 v 11 on a full field. Keeping the game simple is one of the best ways we can encourage our youth players to develop the essential skills needed to enjoy the game for their life time.

These benefits are listed in no particular order:

- Y More touches of the ball by every player on the field
- Y Fewer players on a smaller field means the game is easier to understand (simple decisions) for both the coach and the player.
- Y Basic tactical awareness can therefore be more easily observed by the coach and communicated to the players.
- Y Players gain a lot of practical experience by encountering the same tactical situations repeatedly over the course of the game (in its most basic form these tactical situations represent 1v0 and 1v1 encounters – two areas where Canadian players are considered weak at an international level).
- Y Players participate in both attacking and defending during the game. As they gain this experience, players get a better feel for the roles they like best.
- Y Players are allowed to express themselves more freely due to their greater involvement in the game. This can lead to improved self-confidence in all aspects of a player's life.
- Y Players are actively involved in the game making it more fun; players develop best when they enjoy themselves.
- Y Greater enjoyment leads to increased participation which results in more consumers of the game beyond this age group.
- Y The progressive, simple to complex, approach to developing the game with young players supports the educational research regarding the way in which children learn best.



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Characteristics of Development

These characteristics outline some of the physical, emotional and psychological needs of players aged 8 to 11 years. These characteristics should be taken into consideration when planning your practice and interacting with the children.

The belief and confidence these young athletes feel towards their abilities in the game of soccer will rely largely on your ability as a coach to determine what is and is not appropriate for players at their age and ability. A positive and successful experience this year will leave the children wanting to experience that environment again and again.

Characteristics	Recommendations
Improvement of coordination skills, muscle development and endurance	Incorporate a greater complexity of techniques, skills and refined co-ordination activities into the session – dribbling, control, passing, heading, quick footwork, hops, twists, turns, jumps etc...
Increased attention span, speaks their mind	Sessions can begin to focus on basic tactical behaviour (creating space, positioning, support, combination play, 1v1, 2v2 attack and defense) Continue to use visual aids often (i.e. demo the activity) and keep explanations brief (10 seconds) and well organized.
Improved self confidence, need to be recognized for sporting ability	High intensity levels should be expected with most activities. Continue to recognize individuals for good performance.
Desire to learn and experience, ability to problem solve difficult tasks, performance orientated	Players begin to crave more challenging activities and physical contact. Continue to use small sided games (4v4 maximum) to teach basic principles of play and tactical behaviour. Allow players sufficient time on the task to seek problems out independently.
Enjoyment of team sports, tendency to imitate idols	Encourage team activities off of the field and allow players to express themselves on the field.



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Coaching Methodology

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”
Aristotle

Coaching soccer well is a difficult thing to do especially with young children. Generally the most successful coaches of young players are those who do not try to show them everything they know but, instead, allow players to explore the game for themselves and simply scaffolds and guides that learning process. Knowledge of the game is not essential to the successful development of youth players. If you can provide a safe and nurturing environment that supports failure (the only process for learning something new) and encourages creativity and critical thinking you will have the best environment for successful players to flourish.

Below are some key points that should guide you when planning and coaching any session with young players:

- Y Nothing a child does at this age is ever wrong...it is all part of the learning process. A fear of failure is often the most significant factor in a child's lack of development. Players should be encouraged to experiment through failure, and to learn by doing.
- Y The basic skills of the game are essential, but enjoying playing the game is even more essential – all sessions should be “fun with a purpose”.
- Y Guided learning (“Show me how...”) rather than Directed Learning (“Do it this way...”) will engage players in the process and encourage them to take responsibility for their own development outside of the practice environment.
- Y You are looking to develop an independent spirit in each player...too much direction makes young players dependant on the coach for learning and discourages them from problem solving on their own.
- Y Players feed off of positive energy – reward good behaviour or skill execution, make that player feel special for doing something well and all the others will work for that reward as well. Avoid punishing negative behaviour or skill execution.
- Y Successful players will gladly show other how to do something – encourage peer coaching often.
- Y Decrease the time spent in transition between activities, drills and games, all players should be active as often as possible. Keep practices short, clear, well planned and focused on one theme.
- Y Find a way to keep the parents involved, but set some basic guidelines.
- Y Lead by Example – calm, thoughtful coaches tend to have calm, thoughtful players



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Y Be ENERGETIC, ENTHUSIASTIC and ENCOURAGING...it's contagious!



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- Law 5 The Referee: A Class 5 or higher official must be used. The referee's role is to keep players safe and ensure that the game is played under the "fair play" code. A Class 5 or higher official can send a team official from the field if they fail to conduct themselves in a responsible manner.
- Law 6 The Assistant Referee: A nominated person.
- Law 7 The Duration of the Match: The match will be divided into two (2) halves of thirty (30) minutes each. There shall be a half-time interval of five (5) minutes.
- Law 8 The Start and Restart of Play: Conform to FIFA with the exception that opponents of the team taking the kick-off are at least nine (9) meters from the ball until it is in play.
- Law 9 The Ball In and Out of Play: Conform to FIFA.
- Law 10 The Method of Scoring: Conform to FIFA.
- Law 11 Offside: Conform to FIFA with the exception of only occurring in the attacking third.
- Law 12 Fouls and Misconduct: Conform to FIFA with the exception that an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponents penalty area. Cautionary and expulsion cards are used.
- Law 13 Free Kicks: Conform to FIFA with the exception that opponents are at least nine (9) meters from the ball. An indirect kick awarded to the attacking team that occurs inside the penalty area, shall be taken from the outside edge of the penalty area in line where the offense took place.
- Law 14 The Penalty Kick: Conform to FIFA with the exceptions that the penalty mark is marked at nine (9) meters from the goal line. All players except the player taking the kick must be nine (9) meters from the ball.
- Law 15 The Throw-In: Conform to FIFA.
- Law 16 The Goal Kick: Conform to FIFA except that it shall be taken from anywhere within the penalty area. Opponents must remain at least nine (9) meters away from the ball until it is in play.
- Law 17 The Corner Kick: Conform to FIFA with the exception that opponents remain at least nine (9) meters away from the ball until it is in play.



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Fair Play Code for Coaches

Integrity, fairness and respect – these are the principles of fair play. With them the spirit of competition thrives, fuelled by honest rivalry, courteous relations and graceful acceptance of the results. A fair play coach believes and teaches that sport is an ethical pursuit, one which builds character and shapes attitudes.

Please read and agree to the following statements. Provide a signed copy to your age group coordinator and to each player you work with. Keep the original for yourself.

1. I will be reasonable when scheduling games and practices remembering that young athletes have other interests and obligations.
2. I will teach the athletes I work with to play fairly and to respect the rules, officials and opponents.
3. I will ensure that all athletes get equal instruction, support and playing time.
4. I will not ridicule or yell at my athletes for making mistakes or for performing poorly.
5. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
6. I will make sure that equipment and facilities are safe and match the athletes' age and abilities.
7. I will remember that children need a coach they can respect.
8. I will be generous with praise and set a good example.
9. I will make a personal commitment to obtain proper certifications, to be informed about the principles of growth and development of children and to continue to upgrade my coaching.
10. I will respect the authority of the club and participate in programmed activities.

Coaches Signature

Date

Fair Play – Please!

Fair Play:
For the good of the game!



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Fair Play Code for Athletes

Please have each player understand the following statements. Collect a signed copy from each player you work with. Players should keep the original.

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules and in the spirit of the game.
3. I will control my temper – poor behaviour can spoil the activity for everybody.
4. I will treat everyone the way I would like to be treated. I will not bully or be unfair to any player.
5. I will work just as hard for myself and my team. My performance and that of my team will benefit because of my efforts.
6. I will remember that the goals of the game are to have fun, improve my skills, make friends, feel good and do my best.
7. I will be a good sport. I will cheer all good plays whether my teams' or the opponents'.
8. I will co-operate with my coach, teammates and opponents, because without them I don't have a game.

Athletes Signature

Date

Fair Play – Please!

Fair Play:
For the good of the game!



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Fair Play Code for Parents

Please have each parent / guardian read and agree to the following statements. Collect a signed copy from each parent / guardian of the players you work with. Parents should keep the original.

1. I will not force my child to participate in sports.
2. I will remember that my child plays organized sports for their enjoyment, not mine.
3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that an honest effort is as important as winning, so that my child will never feel defeated by the outcome of a game or event.
5. I will turn defeat into victory by my child work toward skill improvement and good sportsmanship.
6. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
7. I will never ridicule or yell at my child for making a mistake or losing a competition.
8. I will remember that children learn best by example. I will applaud good plays by both my child's team and their opponents.
9. I will not question the officials' judgment in public and never their honesty.
10. I will support all efforts to remove verbal and physical abuse from children's sporting activities.
11. I will respect and show appreciation for the volunteer coaches who give their time and resources to provide sport activities for my child.

Parent / Guardian Signature

Date

Fair Play – Please!

Fair Play:
For the good of the game!



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Season Plan

We have provided a basic season plan here. Practice plans covering 20 weeks of instruction are included with this. It is expected that the season will run for 20 weeks. You may want to program these weeks with “games only” practices or mix and match some successful activities from previous practices and incorporate them during this time.

Week 0	Team meeting - provide expectations regarding attendance, player dress code, schedule of practices/games, behaviour at practices and games for both parent and child etc...
Week 1 to 2	Defending Play 1 – 2 plans have been provided for you
Week 3	Flex week – review a previous session, play “games only” or progress to the next theme
Week 4 to 5	Defending Play 2 – 2 plans have been provided for you
Week 6	Flex week - review a previous session, play “games only” or progress to the next theme
Week 7 to 8	Defending Play 3 – 2 plans have been provided for you
Week 9	Flex week - review a previous session, play “games only” or progress to the next theme
Week 10 to 11	Attacking Play 1 – 2 plans have been provided for you
Week 12	Flex week - review a previous session, play “games only” or progress to the next theme
WINTER BREAK	
Week 13	Flex week - review a previous session, play “games only” or progress to the next theme
Week 14 to 15	Attacking Play 2 – 2 plans have been provided for you
Week 16	Flex week - review a previous session, play “games only” or progress to the next theme
Week 17 to 18	Attacking Play 3 – 2 plans have been provided for you
Week 19 to 20	Flex week - review a previous session or play “games only”
Week 21	Team Wrap-up party!



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Practice Plan

Fifteen practices have been planned for you; they are focused on developing key techniques for players in this age group. Each planned practice will serve well on its own but should be considered as part of the overall season plan (each session builds on the previous one). Your challenge as the coach will be to personalize each practice to the suit the needs of the players (i.e. appropriate to current ability level and relevant). Each plan follows a standard structure. This structure is consistent with the recommended guidelines from the British Columbia Soccer Association. Each phase of the practice is described below with a recommended time allotment during a 1 hour session.

After each practice you should take a few minutes to reflect on the session you just conducted. Ask yourself what has worked or not worked, and then decide what you could do to improve that session the next time. Jot some notes down on the back of the practice plan and file it away. While seemingly tedious now, these thoughts will pay great dividends when planning and conducting future sessions.

Phase	Description
Warm-up (5 to 10 minutes)	General movement, coordination and dribbling activities intended to elevate the core body temperature of the player before engaging in “explosive” activities. Proper warm-ups will help players avoid long term injuries and build good habits for the future.
Technique Practice (5 to 10 minutes)	Players practice a specific technique in an unopposed activity. This allows for a lot of successful repetitions. For the purposes of practices with the U6 age group these activities have been blended with the warm-up.
Game Related Skill Activity (15 to 20 minutes)	Players practice a specific technique against opposition or while under pressure. Activities should be built up to game realism slowly, ensure players are having sufficient success before progressing to more complex activities.
Small Sided Game (20 minutes)	Players can now practice their skills in a game situation. SSG’s at the U6 age group would include 1v1, 2v2 or 3v3.
Cool Down (2 minutes)	Players transition their bodies from a high activity level to a low activity level using low intensity gross coordination body movements. Proper cool downs help to instill good habits for the future and can prevent long term injury.
Home Work	Players are assigned basic technique/skill work to perform on their own time. This is an essential part of encouraging players to take ownership of their own skill development and will make you job as a coach easier. A 15 week plan for homework assignments is provided for you



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Homework Assignments

Homework assignments are a great way to engage players in taking responsibility of their own development. Some homework assignments have been provided for you. These have been planned with the season plan in mind and are intended to enhance the players learning from that specific week. Each task should not require more than 5 minutes a day.

- Week 1 How many times can you juggle the ball (no bounces between touches)?
- Week 2 Dribble the ball in figure 8's using various surfaces. Time yourself.
- Week 3 Keep control of the ball and see how many turns you can do in 30s.
- Week 4 With a friend or parent, practice beating a defender 1v1.
- Week 5 How many times can you juggle the ball (no bounces between touches)?
- Week 6 Practice keeping the ball away from someone in a small space.
- Week 7 Experiment shooting the ball low at various targets using various techniques.
- Week 8 Dribble the ball in figure 8's using various surfaces. Time yourself.
- Week 9 Practice beating a defender with the ball to have a shot at a target
- Week 10 How many times can you juggle the ball (no bounces between touches)?
- Week 11 Practice passing / receiving the ball while you are moving using various techniques.
- Week 12 Practice any of the previous activities that they would like to practice.

Parents need to be actively involved in their child's completion of the task. Parents and players should sign a record of completion as confirmation of their homework. Track this over the course of the season, awards could be given for the most minutes of practice.

Example – Record of Completion

I _____ (player name) confirm that I have practiced the task of:

I have practiced this task for _____ minutes since our last session.

Player

Parent / Guardian



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Coaching & Practice Tips

Some basic tips and trick that may help you over the course of the season.

- Y Each practice plan can be run in an outdoor or indoor environment. Cones can be used to mark out areas and goals when outside. Natural markings on the gym floor and benches can be used distinguish areas and goals when inside.
- Y Plan you sessions with transition between activities in mind. To minimize the time spent moving from one activity to another set up your entire area before the players arrive.
- Y Feel free to reorganize your activity once it has already begun. Change it to get what you want.
- Y Have an activity for the players to do as they arrive at practice (1v1's, juggling tasks etc...). Most players will either stand around doing nothing, or get a ball a kick it hard (safety hazard).
- Y Kick and run soccer does not develop essential skills for life long success in the game, close control, dribbling, accurate passing and shooting and ball possession does – encourage your parent group to reinforce this from the sidelines
- Y By encountering the same situation many times (repetition) players learn to problem solve on their own. This will help develop more creative, independent and responsible players.
- Y Ensure players get enough time to deal with training tasks. This will allow them to find individual solutions to problems posed in the game (be patient).
- Y When explaining training tasks keep it short and simple (KISS) and allow all players to hear the explanation and see the demonstration.
- Y When correcting a mistake ensure that you are correcting an obvious mistake that is often repeated. Show corrections to the whole group only if several players are making the same mistake.
- Y Use this method when correcting:

STOP	Players stop completely and are attentive
DEMO	Players see the correct movement / skill
REHEARSE	Players practice what they have just seen
GO LIVE!	Players get back into the game.
- Y Always think of safety first. Shin pads and proper footwear must be worn at all times. Gym floors are slippery, benches can tip over, certain cones can be a hazard and balls can trip players. Use common sense when setting up your area and you will avoid a lot of accidents.



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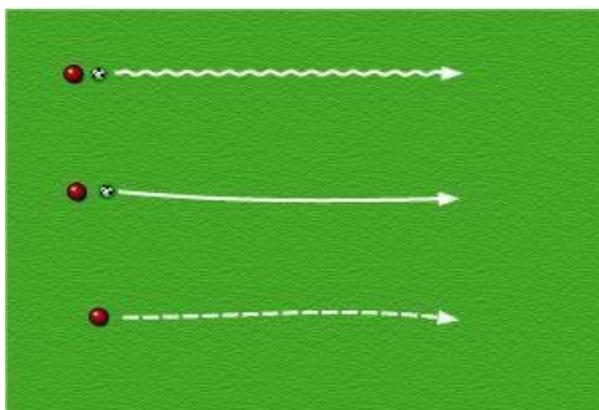


Appendix

The following pages contain planned practices for 15 weeks of the season. These practices are meant as guidelines, you should look to improve each plan to suit the specific needs of the players you work with. Each session builds on the previous one and should be studied and understood before being coached.

After each session reflect on the practice. How did the players like the activities, what went well, what should be improved for next time, which player had difficulties etc... Reflection will help you improve your planning and delivery as a coach.

The diagram below describes the various types of arrows that are displayed in the practice plans and what they represent.



Squiggly Line	Path of a player dribbling a ball
Solid Line	Path of a ball traveling on own (i.e. a shot or pass)
Dashed Line	Path of a player with out the ball (i.e. a run into space)

Please feel free to contact your age group coordinator or director of player and coach development should you have any questions regarding this program or the plans contained within.

Good luck with your season!



Player Development Model

U12 Practice Plan



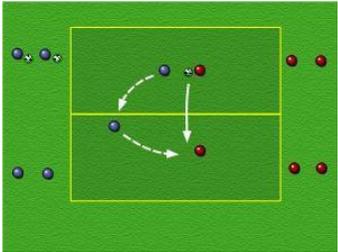
Session Theme: Zone Defending – Sessions 1 & 2

Session Objective: PWBAT work as a unit of 2 to close down and delay an opponent effectively

- Key Points:
- 1 Pressure and Cover
 - 2 Compactness
 - 3 Patience

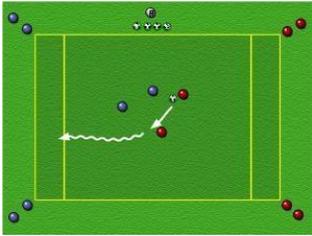
General Warm-up and Pressure and Cover (20 minutes)

Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area</p>	<ul style="list-style-type: none"> • Players move around in a general warm up • Players use various surfaces for change of direction, include toe taps, step over ... • Technique activity: Pressure & Cover • Ball is passed across area to opponents who then enter area with ball in their channel, attackers try to get over end line • Defender in the channel with the ball pressures to force the attacker towards covering defender. If play switches zones so do defender roles 	<ul style="list-style-type: none"> • Reinforce key points • Encourage defenders to pressure ball early • Covering defender should be behind pressuring defender and splitting both attackers • Defender should force attacker towards support • Players are to stay in their zone but attempt to compact space near ball

End Zone Game (20 minutes)

Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area</p>	<ul style="list-style-type: none"> • Set-up is similar to the #'s game • Players play 2 v 2 and score by dribbling into opponents' end zone. • Players must close down opponent using the pressuring defender and covering defender tactic to prevent them from entering end zone 	<ul style="list-style-type: none"> • Encourage the key points • Keep score • Vary area size to vary difficulty • Encourage team work and communication to force opponents into tight spaces • Play the next players in as soon as the ball is out of play

Numbers Game (20 minutes)

Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area</p>	<ul style="list-style-type: none"> • Players are split for two balanced teams, numbered off and given a corner. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents' goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage key points • Play 2v2, 3v3, 4v4 • Emphasize pressure and cover principles. • Encourage quick decisions and good communication • Discuss balance in attack and defense • Let them play!

Jog and Stretch (2 minutes)

Cool Down



Player Development Model

U12 Practice Plan



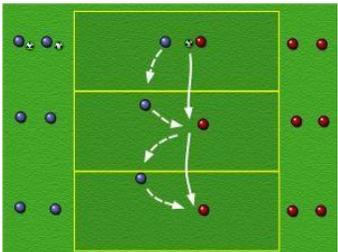
Session Theme: Zone Defending – Sessions 3 & 4

Session Objective: PWBAT work as a unit of 3 to close down and delay an opponent effectively

- Key Points:
- 1 Pressure, Cover, Balance
 - 2 Compactness
 - 3 Patience

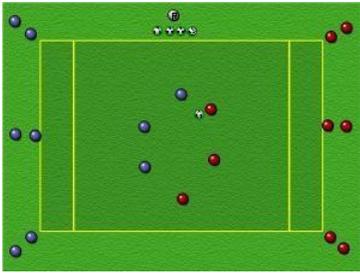
General Warm-up and Pressure and Cover (20 minutes)

Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>3 channels of 8yd x 16yds</p>	<ul style="list-style-type: none"> • Players move around in a general warm up • Players use various surfaces for change of direction, include toe taps, step over ... • Technique: Pressure, Cover, Balance • Ball is passed across area to opponents who then enter area with ball in their channel, attackers try to get over end line playing 3 v 3 • Defender in the channel with the ball pressures to force the attacker towards covering defenders. If play switches zones so do defender roles 	<ul style="list-style-type: none"> • Reinforce key points • Encourage defenders to pressure ball early • Covering defenders should be balanced (in line) and behind pressuring defender • Defender should force attacker towards support • Players are to stay in their zone but attempt to compact space near ball

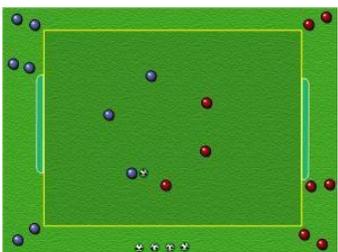
End Zone Game (20 minutes)

Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area</p>	<ul style="list-style-type: none"> • Set-up is similar to the #'s game • Players play 3 v 3 and score by dribbling into opponents' end zone. • Players must close down opponent using the pressuring defender and covering defender and balancing defender tactic to prevent them from entering end zone 	<ul style="list-style-type: none"> • Encourage the key points • Keep score • Vary area size to vary difficulty • Encourage team work and communication to force opponents into tight spaces • Play the next players in as soon as the ball is out of play

Wave Game (20 minutes)

Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area</p>	<ul style="list-style-type: none"> • Players are split for two balanced teams, numbered off and given a corner. • The coach will send a ball in from the sideline and the first player from each line will play. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage key points • Play 3v3 • Emphasize pressure, cover and balance principles. • Encourage quick decisions and good communication • Discuss balance in attack and defense • Let them play!

Jog and Stretch (2 minutes)

Cool Down



Player Development Model U12 Practice Plan

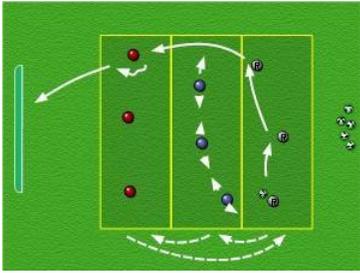


Session Theme: Zone Defending – Sessions 5 & 6

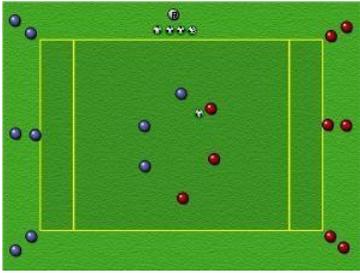
Session Objective: PWBAT work as a team to close down and delay an opponent effectively

- Key Points:**
- 1 ~~Pressure, Cover, Balance~~
 - 2 ~~Compactness~~
 - 3 ~~Patience~~

General Warm-up and Zone Tennis to Goal (20 minutes) Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>3 channels of 8yd x 24yds</p>	<ul style="list-style-type: none"> • Players move around in a general warm up • Players use various surfaces for change of direction, include toe taps, step over ... • Technique: Zone Tennis to Goal • Players restricted to their zone • Ball is passed into 1st zone, players move ball and try to get it past defenders in central zone to attackers in 3rd zone who then turn and shoot • Shooters rotate into 1st zone, defenders into 3rd zone and passers into 2nd zone 	<ul style="list-style-type: none"> • Reinforce key points • Encourage defenders to pressure ball early • Covering defenders should be balanced (in line) and behind pressuring defender • Defender should force attacker towards support • Prevent through passes

End Zone Game (20 minutes) Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area</p>	<ul style="list-style-type: none"> • Set-up is similar to the #'s game • Players play 3 v 3 and score by dribbling into opponents' end zone. • Players must close down opponent using the pressuring defender and covering defender and balancing defender tactic to prevent them from entering end zone 	<ul style="list-style-type: none"> • Encourage the key points • Keep score • Vary area size to vary difficulty • Encourage team work and communication to force opponents into tight spaces • Play the next players in as soon as the ball is out of play

Wave Game (20 minutes) Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area</p>	<ul style="list-style-type: none"> • Players are split for two balanced teams, numbered off and given a corner. • The coach will send a ball in from the sideline and the first player from each line will play. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage key points • Play 3v3 • Emphasize pressure, cover and balance principles. • Encourage quick decisions and good communication • Discuss balance in attack and defense • Let them play!

Jog and Stretch (2 minutes) Cool Down



Player Development Model

U12 Practice Plan

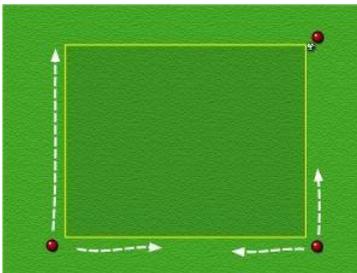


Session Theme: Attacking – Sessions 1 & 2

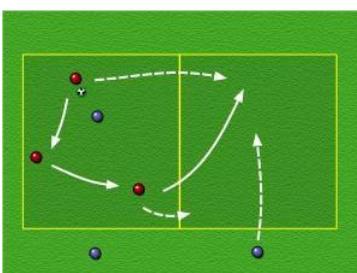
Session Objective: PWBAT combine effectively to beat an opponent

- Key Points:
 1 Forward first
 2 Quick passes
 3 Supporting Angles

General Warm-up and 3 v 0 (20 minutes) Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20 yd x 20 yd area</p>	<ul style="list-style-type: none"> • Players move around in a general warm up • Players use various surfaces for change of direction, include toe taps, step over ... • Technique: 3 v 0 • Ball is passed to open cone. Players without ball must move towards open cone as the ball is traveling • Players can change direction of play 	<ul style="list-style-type: none"> • Reinforce key points • Open body shape when receiving the ball • Firm and accurate passes • How many passes in 30 seconds

3 v 1 Transition (20 minutes) Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 40yd area</p>	<ul style="list-style-type: none"> • Play 3 v 1 in first area, after a set # of passes in a row, players can attack adjacent area. • Once players enter adjacent area that defender can step in and pressure the opponents – the game is always 3 v 1 • Defenders can sub each other out when needed. • Attackers have 1 minute to see how many times they can get into adjacent area. 	<ul style="list-style-type: none"> • Encourage the key points • Keep score • Vary area size to vary difficulty • Encourage team work, movement and talk to get ball out of tight spaces • Encourage constant ball movement and player movement

Wave Game (20 minutes) Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area</p>	<ul style="list-style-type: none"> • Players are split for two balanced teams, numbered off and given a corner. • The coach will send a ball in from the sideline and the first player from each line will play. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage key points • Play 3v3 • Emphasize quality possession and off ball movement • Discuss balance in attack and defense • Let them play!

Jog and Stretch (2 minutes) Cool Down



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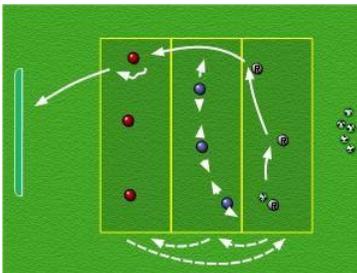


Session Theme: Attacking – Sessions 3 & 4

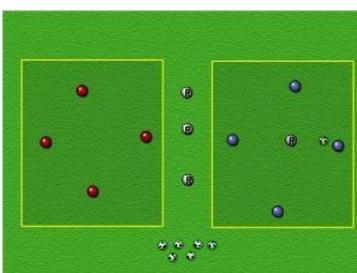
Session Objective: PWBAT use width, depth and shape to effectively beat an opponent

- Key Points:
- 1 Forward first
 - 2 Early shape
 - 3 Quick ball movement

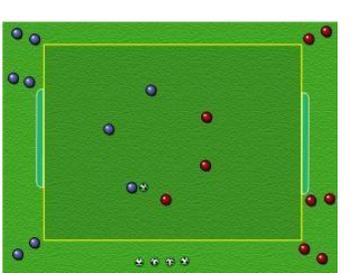
General Warm-up and Zone Tennis to Goal (20 minutes) Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>8 yd x 24 yd channels</p>	<ul style="list-style-type: none"> Players move around in a general warm up Players use various surfaces for change of direction, include toe taps, step over ... Technique: Zone Tennis to Goal Ball is passed into 1st zone, players move ball and try to get it past defenders in central zone to attackers in 3rd zone who then turn and shoot Shooters rotate into 1st zone, defenders into 3rd zone and passers into 2nd zone 	<ul style="list-style-type: none"> Reinforce key points Open body shape when receiving the ball Firm and accurate passes Move the ball quickly to unbalance defenders Pass ball forward when it is on.

Soccer Tennis – 3 Teams (20 minutes) Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 45yd area</p>	<ul style="list-style-type: none"> Three teams, each restricted to their own part of the field. Team A must complete a set # of passes (2, 3, 4, 5...) and then pass ball through the middle section (the net) into the opposite area to score. After the ball enters opposing area, the team in the middle can send one player into the area to try and force a loss of possession Team who loses possession becomes the team in the middle. 	<ul style="list-style-type: none"> Encourage the key points Keep score. Vary area size, # of defenders or # of passes to increase difficulty (4v1, 4v2) Encourage good movement and accurate passes for clean possession. Pass ball quickly.

Wave Game (20 minutes) Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area</p>	<ul style="list-style-type: none"> Players are split for two balanced teams, numbered off and given a corner. The coach will send a ball in from the sideline and the first player from each line will play. Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> Encourage key points Play 3v3 Emphasize quality possession and off ball movement Encourage good attacking shape (width and depth) Let them play!

Jog and Stretch (2 minutes) Cool Down



Player Development Model

U12 Practice Plan



Session Theme: Attacking – Sessions 5 & 6

Session Objective: PWBAT use penetrating passes to effectively beat an opponent

- Key Points:
- 1 Forward first
 - 2 Early Shape
 - 3 Quick ball movement

General Warm-up and Zone Tennis to Goal (20 minutes) Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>32 yd x 24 yd area</p>	<ul style="list-style-type: none"> Players move around in a general warm up Players use various surfaces for change of direction, include toe taps, step over ... Technique: Zone Tennis Ball must be passed from one team past central defenders into opposite area. Defenders remain in middle for set amount of time or set # of interceptions. Attackers must keep ball below waist height 	<ul style="list-style-type: none"> Reinforce key points Open body shape when receiving the ball Firm and accurate passes Move the ball quickly to unbalance defenders Pass ball forward when it is on.

End Zone Game (20 minutes) Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area</p>	<ul style="list-style-type: none"> Set-up is similar to the #'s game Players play 3 v 3 and score by dribbling into opponents' end zone. Players must score by receiving a pass in end zone – ball must enter area before the player. 	<ul style="list-style-type: none"> Encourage the key points Keep score Vary area size to vary difficulty Open body shape when receiving ball Move ball quickly to unbalance defenders

Wave Game (20 minutes) Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area</p>	<ul style="list-style-type: none"> Players are split for two balanced teams, numbered off and given a corner. The coach will send a ball in from the sideline and the first player from each line will play. Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> Encourage key points Play 3v3 Emphasize quality possession and off ball movement Encourage good attacking shape (width and depth) Players should look to pass between, around and behind defence Let them play!

Jog and Stretch (2 minutes) Cool Down