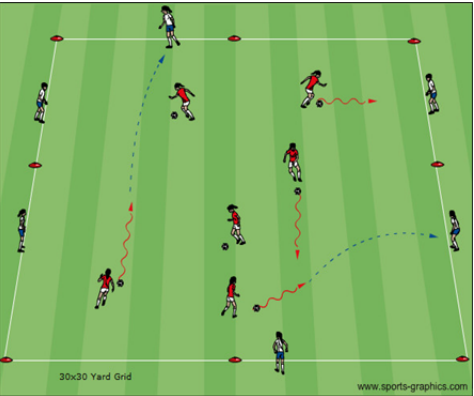
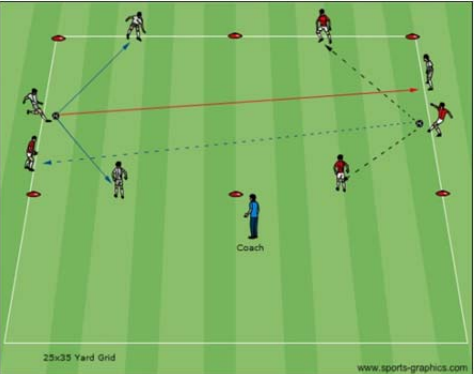


Dynamic Activities for U12 Players

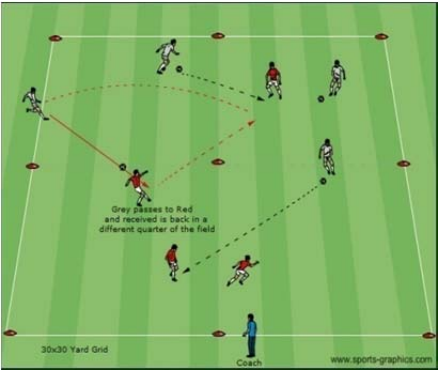
(10, 11 and Some 12 Year Olds)

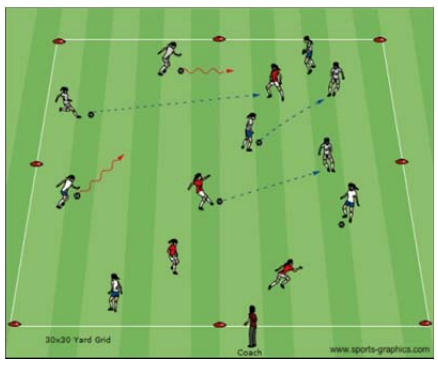
Inside-Outside	Activity Description	Coaching Objective
 <p>30x30 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 30x30 yard grid. • Coach separates the players into 2 groups with 1 soccer ball for every 2 players. • 1 group of players, without soccer balls, spread out around the perimeter of the grid. These are the Outside players. • The other group, with soccer balls, position themselves inside the grid. These players are the Inside players. • The Inside players dribble around and look for an outside player to pass their soccer ball to. • The Outside player now dribbles in and becomes an Inside player while the former Inside player finds a place on the Outside. • Coach can time how long it takes all players to receive and pass 10-15 times. 	<ul style="list-style-type: none"> • Passing and receiving technique • Proper 1st touch (preparation touch) • Vision to locate outside players <p>*Variations: Outside players can serve the soccer balls in air for inside players to receive and dribble or pass back out. After an outside player serves, he immediately enters the grid and looks for a player to receive a ball from.</p>

Simultaneous 4v0 or 5v0 Pattern Play	Activity Description	Coaching Objective
 <p>25x35 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 25x35 yard grid. • Coach separates the players into groups of 4 or 5. • Each group has 1 soccer ball. • 2 groups enter the grid and independently pass the soccer ball within their group. • The groups are passing the soccer ball from end to end without interfering with the other group. • Outside players can move up and down the sideline while the end players can move side to side on their end line. (5th player, if needed, maintains a central position for his group) • Groups can have a competition to see which group can get the ball from end to end the most without interfering with the other group. • Neither team defends the other. 	<ul style="list-style-type: none"> • Passing and receiving technique • Body shape for receiving the ball. • Preparation touch • Maintaining group shape and positional discipline (maintain a kite shape) <p>*Variation: Groups must have a certain number of passes before playing the soccer ball to the other end of the field.</p>

Dynamic Activities for U12 Players

(10, 11 and Some 12 Year Olds)

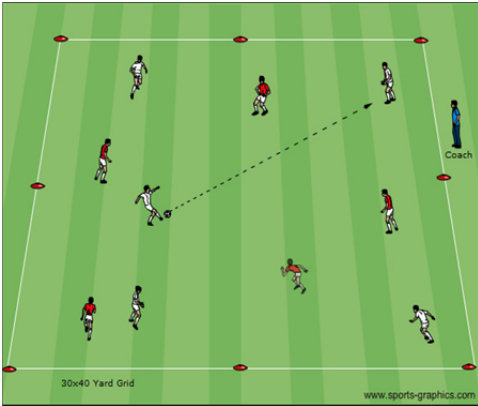
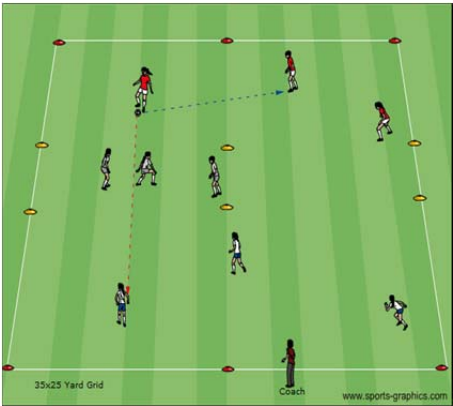
Combination Square	Activity Description	Coaching Objective
 <p>Grey passes to Red and received is back in a different quarter of the field.</p> <p>30x30 Yard Grid Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> Coach sets up a 30x30 yard grid which is sectioned in quarters. Coach selects 4 or 5 players to wear vests and they can roam around the entire grid in order to give support to the other players. Players in vests do not have soccer balls but all other players do. Players with soccer balls dribble around the grid and try to connect with the vested players. However, in order for this to happen, the player with the soccer ball must pass to a vested player in a different quarter and the pass back must be into a 3rd quarter. The player with the soccer ball now looks for another vested player to combine with. How many combinations can each player make in 1 minute? Coach can rotate the vested players each round. 	<ul style="list-style-type: none"> Firm passing to target Recognizing and using open space Proper support runs from vested players

Passing and Moving	Activity Description	Coaching Objective
 <p>30x30 Yard Grid Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> Coach sets up a 30x30 yard grid. Coach divides the players in 3 equal, colored groups. Half the players start with a soccer ball, the other half without. If you have a soccer ball, find someone without a soccer ball to pass to. First round, players can pass to any open players. Each round after, add a pattern: <ol style="list-style-type: none"> Take a long first touch into space and away from pressure. Turn with the soccer ball to a new direction. Must pass the ball to a different color so at the end of time, your team doesn't have any soccer balls. Coach's choice for touch incentives, passing combination or passing targets. 	<ul style="list-style-type: none"> Passing and receiving technique Body shape for receiving the soccer ball and turning. Preparation touch Bent passes around other players



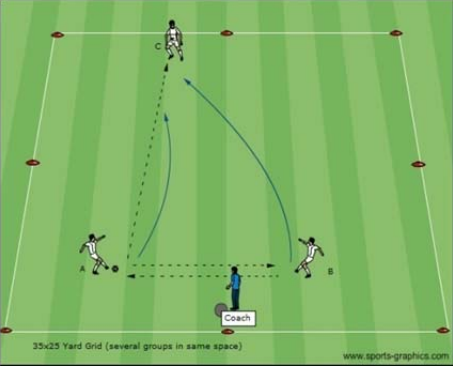
Dynamic Activities for U12 Players

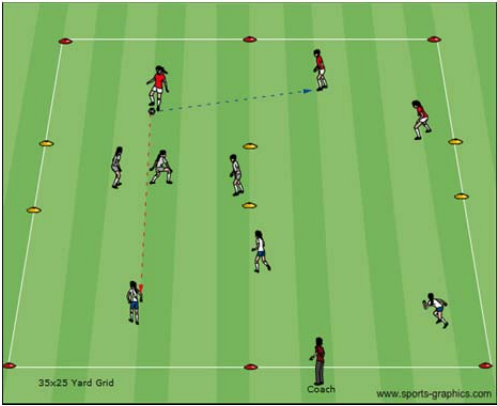
(10, 11 and Some 12 Year Olds)

Colors Passing	Activity Description	Coaching Objective
 <p>30x40 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 30X40 yard grid. • Coach divides the players into 2 teams, 1 red team and 1 white team. • 1 teams starts passing the soccer ball but must pass the ball to the opposite colored team. • White must pass to red and red must pass to white. • The soccer ball can never stop moving. • Once the players are comfortable passing the soccer ball, the coach can change the pattern: <ul style="list-style-type: none"> ○ Red, red then white ○ Red, red then white, white • Coach can limit touches or surfaces to receive and play the soccer ball with. 	<ul style="list-style-type: none"> • Communications • Technical passing • Decision making
 <p>35x25 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach set up a 35x25 yard grid with a 5 yard defensive zone in the middle. • Coach divides the players into 3 groups of 3 (play multiple games if needed). • 3 red attackers in 1 end, 3 white attackers in the other end and 3 grey defenders in the middle. • Red starts with the soccer and is looking to penetrate the defense with a pass to the white. Pass must travel below the waste. • Whites receive the soccer ball and try to play it back to the reds. • Both attacking teams can play the soccer ball directly back or to their teammates to find the penetrating pass. • The defense is trying to intercept the pass. • If the defense intercepts a pass, they come out of the middle and switch places with the team they won the soccer ball from. 	<ul style="list-style-type: none"> • Passing for penetration • Accurate passing • Quick soccer ball movement <p>*Variations: Coach can limit the touches for the attacking players</p>

Dynamic Activities for U12 Players

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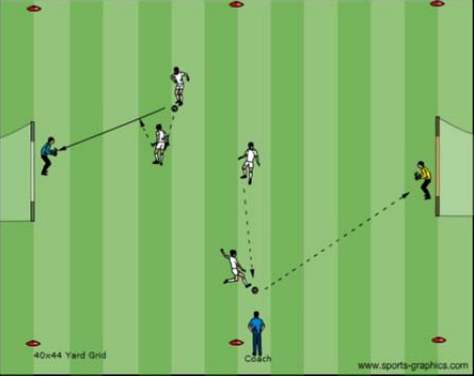
Introduction to Pressure-Cover	Activity Description	Coaching Objective
 <p>35x25 Yard Grid (several groups in same space) www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 35x25 yard grid. Several groups will use the same space. • Coach divides the players into groups of 3 who will be identified as players A, B & C. • Players A and B are about 4-5 yards apart with 1 soccer ball. Player C is about 12-15 yards away. • Players A and B pass the soccer ball back and forth. After 4-5 passes, Player A passes to player C. • Player B approaches Player C to apply pressure to the soccer ball. At the same time, Player A provides appropriate cover for Player B. • Player C attempts to split Players A & B with a dribble or a split pass to the coach. • Reset scenario with players taking different roles. 	<ul style="list-style-type: none"> • Pressuring opponent while the soccer ball is traveling • Applying proper cover behind and at an angle to pressuring player

Introduction to Group Defending	Activity Description	Coaching Objective
 <p>35x25 Yard Grid Coach www.sports-graphics.com</p>	<p>Note: Same game as Penetration Passing but now the coach will focus on the shape of the defenders in the middle zone</p> <ul style="list-style-type: none"> • Coach set up a 35x25 yard grid with a 5 yard defensive zone in the middle. • Coach divides the players into 3 groups of 3 (play multiple games if needed). • 3 red attackers in 1 end, 3 white attackers in the other end and 3 grey defenders in the middle. • Red starts with the soccer and is looking to penetrate the defense with a pass to the white. Pass must travel below the waist. • Whites receive the soccer ball and try to play it back to the reds. • Both attacking teams can play the soccer ball directly back or to their teammates to find the penetrating pass. • The defense is trying to intercept the pass. • If the defense intercepts a pass, they come out of the middle and switch places with the team they won the soccer ball from. 	<ul style="list-style-type: none"> • Defensive communication • Pressure and cover • Small group defensive shape



Dynamic Activities for U12 Players

(10, 11 and Some 12 Year Olds)

Middle Zone Shooting (Sequence Shooting)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 60x44 yard grid with a goal at each end. The grid is divided into 3 zones. • Coach separates the players into 2 teams; a red team and a white team. Each player has a soccer ball. • Both teams number themselves 1-6 (or 1-number of players). • The red team shoots at one goal and the white team shoots at the other. • Both teams start in the middle zone and they are dribbling their soccer balls through each other. • On the Coach's command, red player #1 and white player #1 dribble out of the zone and shoot on goal. When they are safely out of the way, Player #2 dribbles out and shoots. • Players retrieve their soccer balls and re-enter the middle zone. • Players in the middle zone must actively dribble. 	<ul style="list-style-type: none"> • Proper shooting technique • Long range and short range shots • Deceptive shooting (toe, inside foot, outside foot and laces) • Mechanics of shooting on the run
	<ul style="list-style-type: none"> • Coach sets up a 40x44 yard grid with a goal at each end. • Each goal has a goalie and all other players are divided into pairs with 1 soccer ball between every 2 players. • Field players pass and move throughout the grid. • Field players experiment with different combinations and finish the combination with a shot to the keeper. • After 4-5 minutes, the field players continue to combine and finish with a well placed shot. • Final round, after the combination finish with a shot. Attempt to score with either power or placement. 	<ul style="list-style-type: none"> • Combination play close to the goal • Shooting technique • Decision making (power shot vs. placement shot)



Dynamic Activities for U12 Players

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