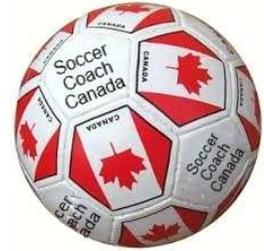


Soccer Coach Canada Practice Plans



U-12 Passing Practice Plan

Coaches Tip: Show your players how to execute a proper push pass. Use instep to contact ball, ankle should be locked, foot slightly off the ground to make contact with middle of ball (keeps it on the ground), plant foot should land beside ball and should be pointed in the direction you would like your pass to go in. Finally after striking the ball, follow through.

Warm Up: Half In-Half Out

Objective: Warm-up and develop passing, dribbling and communication skills

Set up: Set up a 40' x 30' playing area with flat cones. 6 of those cones should be yellow spaced evenly apart. Divide team into 2 even groups and differentiate with practice vests.

Rules: 6 players are stationed at 6 cones along the perimeter of the playing area. The other 6 players have their own ball. Players with ball dribble around playing area passing to one of the players at stations. The player at station passes ball back and the player then moves on to make more passes. The two teams switch off every 3 minutes.

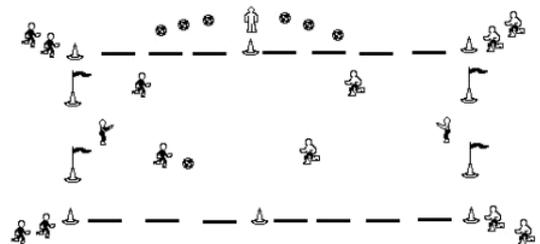
Variations: A. Player one passes to player two who then dribbles into the playing area. Player one takes player two's spot on the perimeter.

B. Player one passes to player two and then accelerates around player two and then receives the return pass.

Game: 2 vs 2 To the Goal

Objective: Develop quick passing and moving skills.

Set up: See diagram.



How to play: Select a goalkeeper for each goal and rotate that player every five minutes. You are positioned at the midfield line, outside the field, with all the balls. When you kick a ball into the field, the first person in each of the four corner lines enters the field of play. The game becomes a 2v2 + keepers activity. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, keepers stay on, and you kick the next ball in for the next four players.

Scrimmage: 4 vs 4. Player can have three touches only before passing or shooting.

Cool Down: Divide your team into pairs with one ball per pair. Using one touch only, pass the ball back and forth while slowly jogging around the playing field. End with 5 minutes of stretching head to toe.