

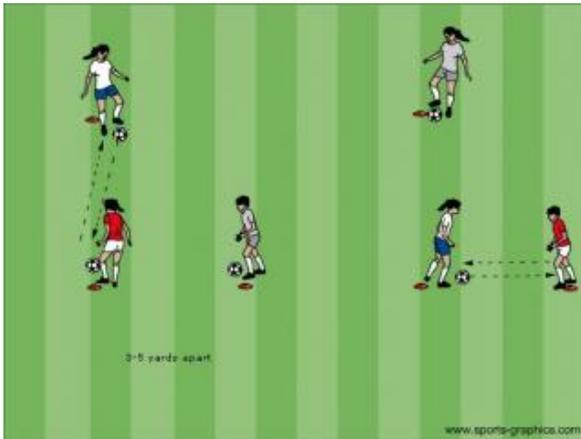


**Date:** 03/11/12      **Group:** Strikers  
**Length:** 90 mins  
**Start Time:** 6:00pm      **Focus:** Passing/Receiving  
**End Time:** 7:30pm      **Level:** U12

Length	Start	Drill Name	Category	Notes
10	6:00pm	<u>L touches</u>	Technical Warm Up Activities	Compete to see who gets the most touches in 1 minute. 3/group 3 cones/group 2 balls/group 2 yrd passing
10	6:10pm	<u>Grid -Cone to Grid</u>	Technical Warm Up Activities	10X10 grid 4 cones 2 balls/grid 4 player option-have two players in the middle (back to back)
10	6:20pm	<u>Dutch square</u>	Technical Warm Up Activities	4 cones Inside players with a ball.

**Notes:** My practice is 90 minutes for this age group. I spend 20-30 minutes on technical warm up and never skip this part of the session. There is nothing more important in my practice than this section-especially with the younger age groups.

**Drill Title:** L touches (1 Diagram )



Groups of 3 spread out around the field.  
2 balls per group. Players form an L with the players on the end of the L the servers. They take a knee and roll the ball to the person in the middle of the L who passes back. Alternate between players.  
2:00 per player then switch.  
Change skill after each player has gone.

Progress: out of the air volley, chest trap/volley, thigh trap volley, head

Cones 3-5 yards apart.

Key Points: Quick feet warm up activity

**Drill Title:** Grid -Cone to Grid (1 Diagram )



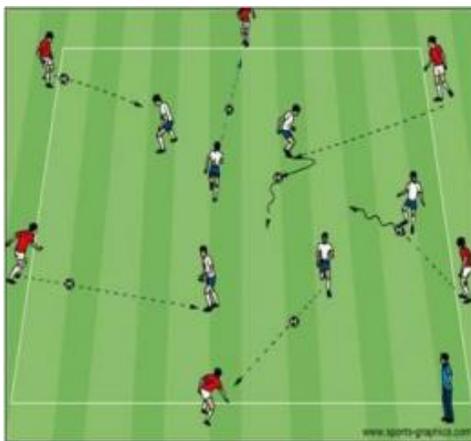
1-Pass on the ground alternating with middle player. Corner players move back and forth between 2 cones. Change middle player every minute.

2-Same as above but corner players now move around the entire grid from cone to cone after each pass. (corner players move in the same direction)

With both variations you can progress and require the corner players to pick up the ball each time and throw it under hand to the middle player and they must chest trap, thigh trap, or head the ball back. Use this progression for more skilled players.

Key Points: Grid drill for multiple touches on the ball.

**Drill Title:** Dutch square (1 Diagram )



Half the players on the inside of the square with a ball and half the players on the outside without a ball. Inside players pass the ball to the outside players. The outside players pass the ball back with one or two touches to the inside players. Inside players receive the ball and look for another outside player to pass too. After a few minutes switch inside and outside players.

Progress:

1-balls in the air from the outside players.

2-pass to outside players and move to another outside players to get a different ball back.

3-pass to outside player & the outside player dribble the ball in & is now the inside player and passer becomes outside player.

Key Points: Warm up passing drill with variations to progress too.