



**Date:** 03/13/13      **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.
10	6:30pm	<u>Groups of 3 passing/receiving</u>	Passing/receiving	1 ball per group
10	6:40pm	<u>Over the Middle</u>	Passing/receiving	15X30 yard grid 6 cones per grid 1 ball per group of 3
15	6:50pm	<u>4V4 Bumper (receiving out of the air)</u>	Small sided games	30X30 yard grid 2 goals 3 teams 1 ball in play extra balls at bumper players

**Notes:** My practice is 90 minutes for this age group. This plan now has my technical warm up activities along with my focus activities. 2/3 of my practice is complete.

**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 )



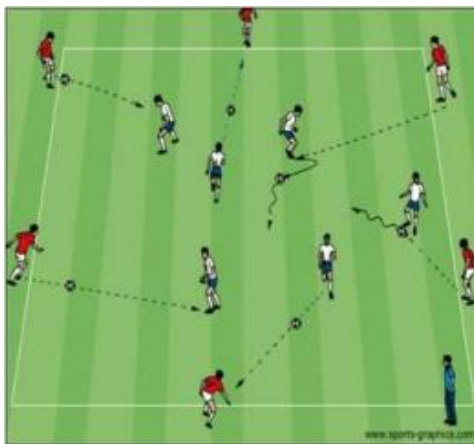
1-Pass on the ground alternating with middle player. Corner players move back and forth between 2 cones. Change middle player every minute.

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:

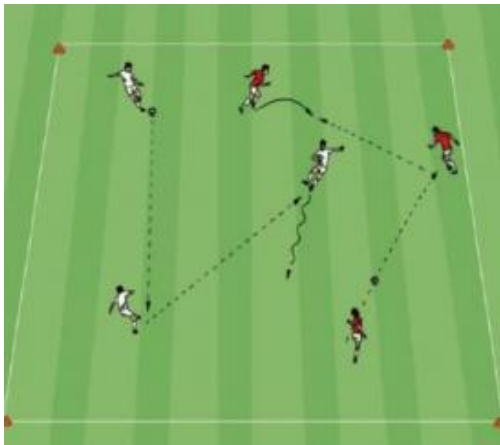
1-balls in the air from the outside players.

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.

**Drill Title:** Groups of 3 passing/receiving (1 Diagram )



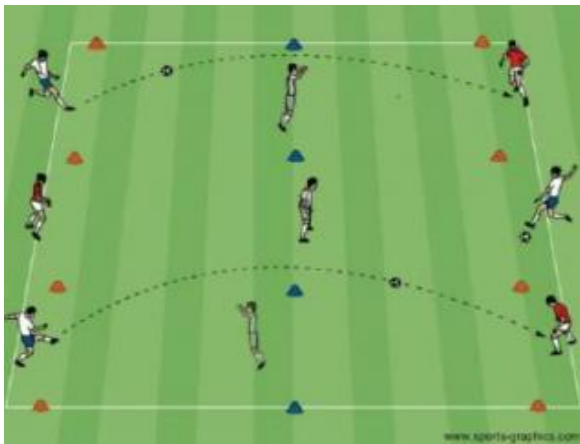
Each group of 3 passes the ball between the players while moving inside the practice area. Move to the different restrictions below.

- 3 touch: receive, set & pass
- 2 touch: receive & pass
- 1 touch: pass

3 seconds maximum in one location. Throughout this exercise all players shall be in constant communication.

**Key Points:** Groups of 3 Players pass and move with one soccer ball. Keep your head up Communicate with your group Passing accuracy and weight of passes

**Drill Title:** Over the Middle (1 Diagram )



2 players at the ends of a 15x30 yard grid are trying to hit soccer balls over the player in the middle. When the player in the middle intercepts or catches the soccer ball, he/she will change positions with the last player who struck the ball.  
Version 2: The middle player serves the ball to the kicking player

**Key Points:** Technique of striking a ball served to you Hitting the ball with the inside of the foot to curve it Hitting the ball straight

**Drill Title:** 4V4 Bumper (receiving out of the air) (1 Diagram )



Two teams of four in defined playing area with two goals. 4 "bumpers" are support players on both sidelines. Each "bumper" shall have 3-4 balls around them to toss or bounce back into playing area to team that passed them the ball. Goals scored on small goals on end lines.

**Key Points:** Small sided 4v4 working on receiving the ball out of the air