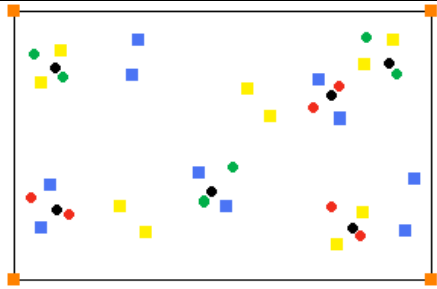


COACHING SESSION PLAN

Session Type	U12 week 7, practice 1
Theme of Session	CREATING SPACE (OFF-THE-BALL) WITH SHORT PASSING

Key phrases for today's theme;

- Golden gates- *run as high intensity warm up, players should go all over the area, moving off the ball to influence the direction of the play*
- Gunner drill- *focus on the technique, kids to use brains before they receive the ball (where to pass and where to move), ball will move quicker if players can learn to be "pro-active players"*
- Game 1- *focus on good passing and movement off the ball*
- Game 2- *FREE PLAY!*

Focus <i>Key points and things to watch out for.</i>	Diagram <i>Equipment and example</i>	Timing <i>Minimum time to be spent on exercise</i>
<p>Passing and Basic Control; Golden Gates</p> <p>Set up a 30x40 yard area, with a collection of mini "gates" inside, ensuring that some of the gates are golden (yellow).</p> <p>Players are then split up into pairs and given a ball between two. To start off the players are told to try and go to all the gates in the area as quickly as they can, playing the ball with a soft pass to their partner.</p> <p>Later, the players should be told that golden gates are worth 10 points, while other gates are worth just 1 point. They are only allowed to go through golden gates once but other gates as many times as they like. If the ball leaves the area, they lose 5 points.</p> <p>Key points for passing are;</p> <ul style="list-style-type: none"> • <i>Inside pass</i>- players should pass with the instep of either foot • <i>Punch pass</i>- players should look to punch the ball the ball to their partner, giving it more power but maintaining accuracy • <i>Making 10</i>- players should make a 10 or 01 with their non kicking foot next to the ball <p>Key points for basic control are;</p> <ul style="list-style-type: none"> • <i>On your toes</i>- players should be on their toes, showing readiness to receive the ball • <i>Cushion</i>- players should aim to 'cushion' the ball with the instep • <i>Adjust the body</i>- the player should adjust their body prior to controlling the ball so that they are facing the way they wish to play • <i>Rolling not stopping</i>- there should be a focus on keeping the ball rolling not stopping it • <i>'baby-pass'</i>- players should be more mobile, moving into the ball and playing a small 'pass' into space to open the body up before passing the ball to a teammate 		<p>10mins</p>

Passing with off-the-ball movement; Gunner drill

Set up two octagons (8-10 yards in diameter) joining each other on one side, as in either diagram. The coach should label the space between two cones as 'gates' so that they can get every player into a 'free gate'. The players should also be split into two equal groups (reds and greens in diagram 1).

There should be one ball per octagon (to begin with) and the aim for the players is to pass the ball to another player in there octagon, and then instantly move into a new, free space.

The idea is for passing to be quick and sharp, for this to be achieved; the coach should tell players to use their brains before receiving the ball, so they know **who they will pass to**, and **where they will move to**.

When the players have 'passed and moved' without pressure, as in diagram 1, the coach should take one player from each octagon, and have them apply **passive** pressure (pressuring the player without challenging for the ball). This is shown in diagram 2.

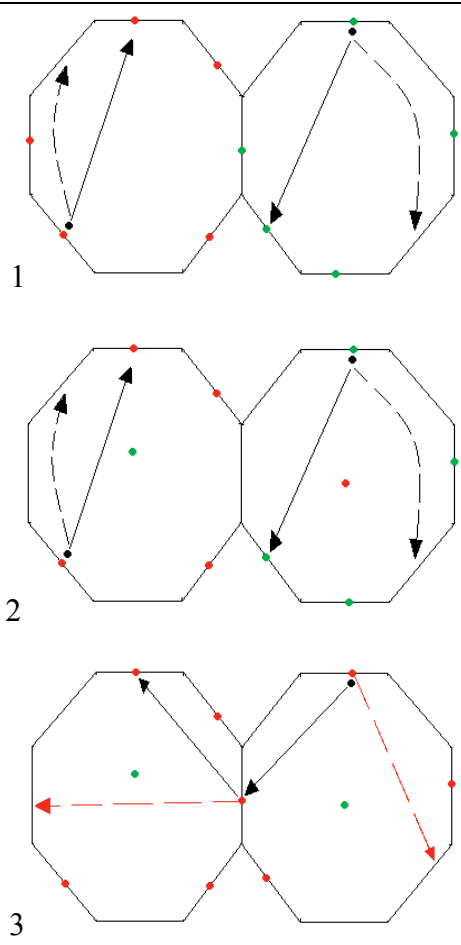
The final progression, if the players are performing well, is to remove a ball and have the player moving from octagon to octagon, as in diagram 3. The players should play a normal pass and move in whichever octagon the ball is in, but whenever a player receives the ball in the centre gate, joining the two octagons, they should perform a turn and play into the other octagon.

Key points for passing are;

- *Inside pass*- players should pass with the instep of either foot
- *Punch pass*- players should look to punch the ball to their partner, giving it more power but maintaining accuracy
- *Making 10*- players should make a 10 or 01 with their non kicking foot next to the ball

Key points for off-the-ball movement are;

- *Sharp diagonal runs*- opens up space quickly for the ball and gets player quickly into space
- *Curved runs*- curve goes away from the ball, in a game it draws a defender away, as well as opening up space for the ball carrier

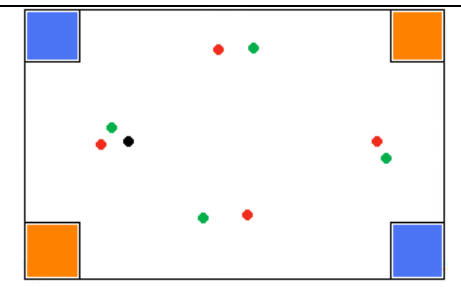


15mins

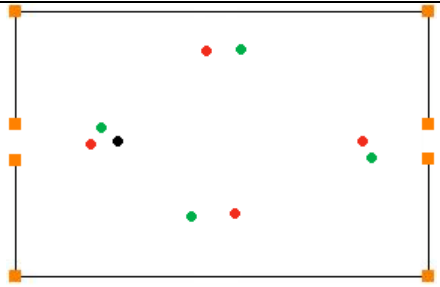
Small-sided-games; four-corner model

Maximum of 4v4 players for U12s. Four-corner soccer should be used for short passing, turning and ball control practices.

The aim for the players is to get the ball, **under control**, into one of their two target corners. If one team is doing far better than the other, remove one of their target areas so that the weaker team has two target corners but the stronger can only aim for one.



10mins

<p>The set up should be a 25x35 yard area, with four 5x5 yard corners.</p>		
<p>Small sided games; regular mini game</p> <p>Maximum of 6v6 players for U12s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		<p><i>Until practice ends</i></p>