

WSA U12 Meeting

Training Goals

1. Dribbling with control
 1. Proper laces technique and ball manipulation with various surfaces of the foot
 2. Adding speed
2. Proper passing, receiving, and first touch technique
3. Shooting technique
4. Receiving a ball out of the air
5. 1v1, 2v1, 2v2, 3v2, 3v3 attacking and defending principles
6. Positional roles and responsibilities
7. Building from the back
8. Recognizing space, shape, balance
9. Framing the goal for crosses
10. Pattern play/getting into the attack



U12 Passing Squares

Category: Technical: Passing & Receiving
Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Passing Progression 1 (10 mins)

Set Up

10x10 square

4 equal lines at each cone

Instructions pass forward run forward

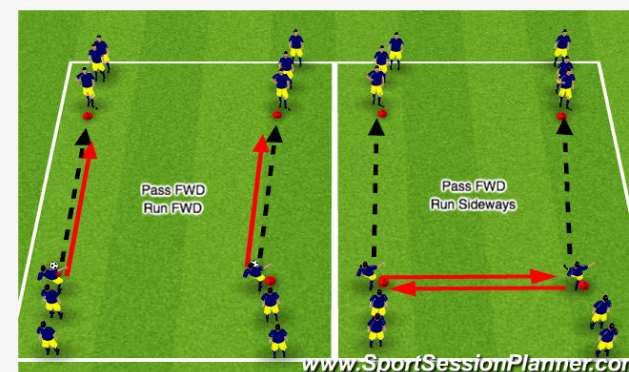
Players will pass to the line in front of them and follow their pass. Quickly integrate two touch, receive and pass. If that is going well go to 1 touch.

Instructions pass forward run sideways

Players will pass forward and run to the line beside them. Again, go to two touch and then to one touch if players need the additional challenge.

Coaching Points

1. Proper passing technique- toe up, ankle locked, pendulum swing, opposite foot comfortable placed beside the ball and pointed toward the target.
2. Proper receiving technique- toe up, ankle locked, cradling the ball in but keeping the ball in front not underneath or way out in front.
3. Keep the ball on the ground
4. If you try one touch, the weight of the pass is very important



Passing Progression 2 (10 mins)

Set Up

10x10 grid

Equal lines at each cone

Instructions for Pass diagonal, run forward

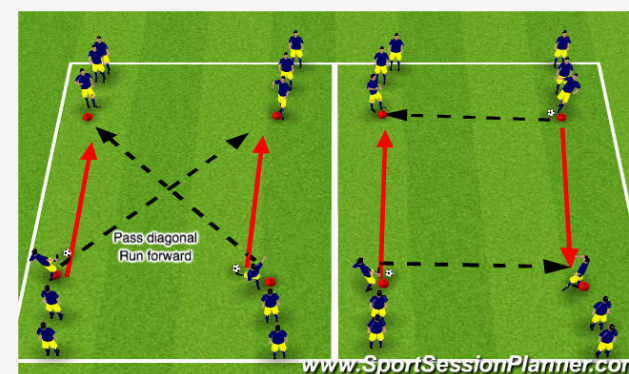
Players will pass to the line diagonal from them and run to the line in front of them. Quickly integrate two touch, receive and pass. If that is going well go to 1 touch.

Instructions for Pass sideways, run forward

Players will pass to the line beside them and run to the line in front of them. Again get into two touch if possible and then to one touch if players are excelling at two touch.

Coaching Points

1. Proper passing technique- toe up, ankle locked, pendulum swing, opposite foot comfortable placed beside the ball and pointed toward the target.
2. Proper receiving technique- toe up, ankle locked, cradling the ball in but keeping the ball in front not underneath or way out in front.
3. Players have their hips facing forward, but play the ball diagonally for the diagonal passing sequence.
4. For one touch passing the weight of the pass is very important



Passing Progression (10 mins)

Set Up

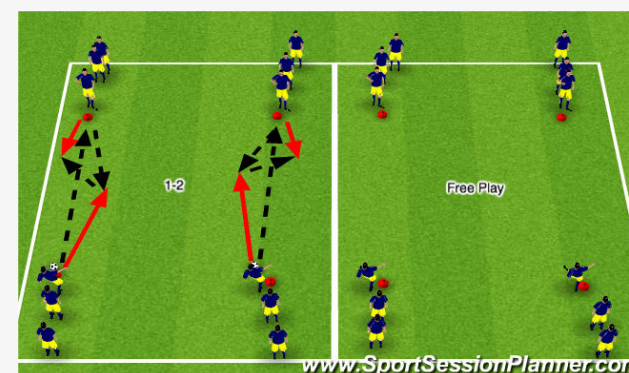
Same

Instructions

1-2- Ball should always be played at an angle

Free Play

Players can perform whatever combination they would like while playing the ball only directly across. Challenge them to create their own combination.



Technical:Tactical

- 1 game per week approximately one hour
- Two training sessions per week approximately 2.5 hours
- 70-80% should be technically focused
- 1hr 45min - 2 hours should be technically focused out of the 2.5 hours of training each week

Pro-Coaches

- Each team should have a pro-coach at their session once every two weeks
- Take advantage of these opportunities for you and your team to learn something. Could be anything from simple technique to tactical awareness
- Ask them questions
- If you can, connect with them ahead of time so everyone is on the same page and can possibly exchange ideas

Practice Cancelations

- If you are canceling a practice for any reason please let myself and Charlie know

Game Day

- If you have two or more coaches on the sideline please have one coach closer to the bench or sitting on the bench.
 - Great time to give some constructive feedback or reinforcement when players come off the field. *hand written notes
 - Keep the players off the field engaged
- Act professionally no matter how the ref, opposing coach or parents are acting.
 - You may be the most consistent adult for a player.
- If our parents are out of line it is up to you as the coach to approach them and get them under control.
 - Parents yelling affects everyone else not just their own player. Cheering is not prescriptive
- You are not judged on winning, does not mean we are not competitive

Training Tips/Tricks

- Lay out whole session at the beginning of practice
 - maybe using different thirds or maybe that's just picking up a few cones to make the space bigger
- Your own technique doesn't need to be perfect but let one of your players be an example if demonstrating the correct technique
- Use guided questions
 - can be for something you would have liked to see(i.e. if everyone is around the ball where is the space)
 - can be something that was done well(i.e. why did you decide to dribble towards a different goal)
- Each player can take what you say and change it into something you did not intend even though it's still within the words you instructed