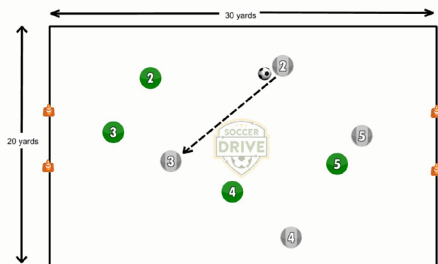




EMPHASIS ON TRANSITION

AGE LEVEL: U12 TIME: 60 MINUTES



4 VS. 4 PLAY

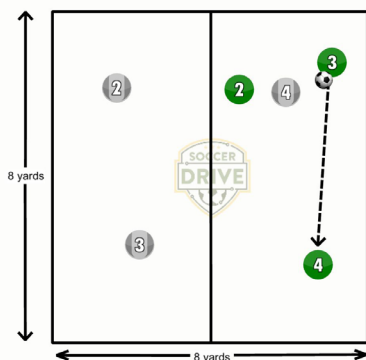
TIME 10 minutes

SETUP

- » Create two 30x20yd fields with a 2yd goal on each endline.
- » Divide players into four teams and play 4v4.
- » Play two-minute games, and rotate teams after every game to play a new one.
- » Encourage the teams to keep score, and try to beat each team they play.

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



3 VS. 1 TO 3 VS. 1 POSSESSION

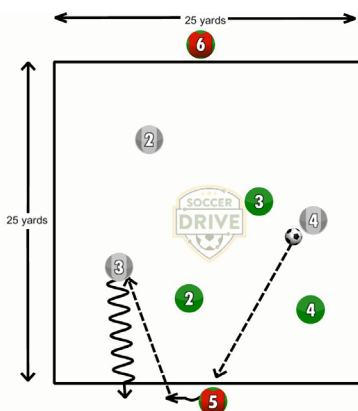
TIME 10 minutes

SETUP

- » Set up two 8x8 yard grids sharing one sideline.
- » Two teams of three players.
- » Play 3v1. If the defender wins the ball, or it goes out of bounds, they can play it to the other side of the grid. Defender then returns to their own grip, along with one player from the attacking team to play 3v1 in that grid.
- » Play for 2 minutes and repeat.

COACHING POINTS

- » Lots of movement off the ball in order to maintain possession.
- » Anticipate moment possession is lost and move into a space to prevent defender playing ball to other grid.
- » Communication in order to keep possession, or organize to win ball back quickly.



3 VS. 3 TO TARGETS + NEUTRAL

TIME 10 minutes

SETUP

- » Play in a 25x25yd grid.
- » Two teams of three players work to find target on opposite end of field. The neutral in the center is always on the team with the ball.
- » Teams always attack in the same direction. Score by passing to target on outside of field, who has two touches to pass to a member of that team who dribbles over the endline.
- » Game can be manipulated to allow a pass back to the neutral on the endline you are defending to help keep possession.

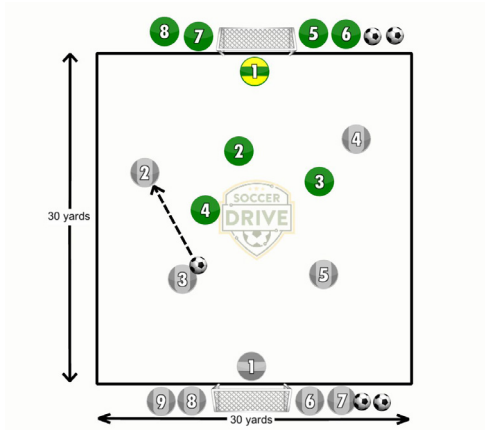
COACHING POINTS

- » Width/depth/mobility in attack that allows for possession and penetration.
- » Finding defensive shape, and applying pressure on the ball quickly when possession is lost. Need to get the attacker's head down!
- » Communication on attack and defense to organize quickly.



EMPHASIS ON TRANSITION

PRACTICE PLAN



NUMBERS UP AND DOWN

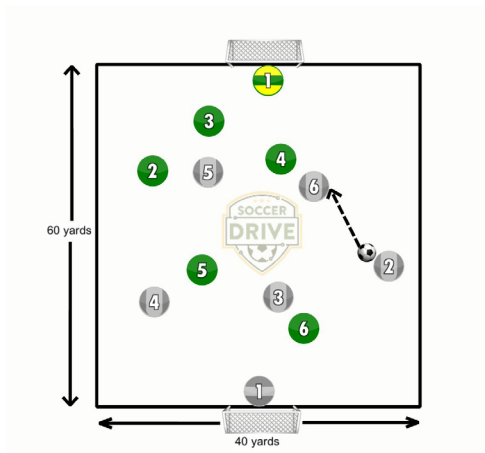
TIME 10 minutes

SETUP

- » Field is 30x30.
- » Play 4 vs. 3 plus a GK in each goal.
- » If white team scores, 3 new blacks come onto field with ball.
- » If blacks scores, the four whites leave field and are replaced with 3 new whites, and a new black is added to the field to create a 4v3 for the other team.
- » If ball goes out of bounds, game restarts with ball from GK on side ball went out.

COACHING POINTS

- » Teams have to play with intelligence in relation to being up vs. being down a player.
- » In moment of transition, players must adapt to the new situation quickly, and play fast to take advantage of numbers up/down.
- » Keep score of game.



6 VS. 6 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 6v6 with no restrictions. Full goals with GKs.
- » 60 x 40 yards.

COACHING POINTS

- » None! Just sit back and let them play. Can expand field for numbers.

END OF PRACTICE QUESTIONS:

- » Why is immediate pressure on the ball needed when possession is lost? (in order to get the attackers head down and slow the attack).
- » Why is immediate movement needed by players off the ball when possession is won? (the quicker we can get into an attacking shape, the better we can take advantage of the other team's poor defensive shape).
- » Why is anticipation needed when our team has the ball? (If you are moving into space, you show the person with the ball where you want it, and will be quicker to get into that space than the defender who has to react after the pass).