

U12 THINK THE GAME PLAY THE GAME



★ KEEP IT FUN! ★

CHALLENGING DRILLS
Put **SKILLS** into
game-like scenarios

ANALYZING PLAY

STOP practice occasionally
to ASK, "WHY did we score/get
scored on there?"

LEADERSHIP

Identify potential **LEADERS**
and put them **IN CHARGE** of
brief parts of practice

CONSTRUCTIVE FEEDBACK

Start using soccer **TERMS**:
"Great run to **CREATE SPACE!**"

POSITIVITY & CRITIQUE

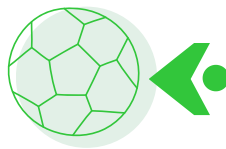
Players are ready for **FOCUSED**
improvement, keep it **BALANCED!**

SKILLS TO TEACH



FINISHING

Driven shots, volleys



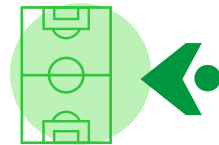
ADVANCED PASSING & RECEIVING

Driven passes, first-touch passes,
receiving on the turn.



DRIBBLING

Mastering moves and using them
under pressure



DEFENDING AS A UNIT

Marking, winning the ball in the air

COMPETENCIES

Problem Solving:
Players start to see
situations on the
field and choose a
solution.

Teamwork:
Making runs for
teammates,
defensive
coverage, more
complex passing
patterns

Adaptation:
Reacting to how
the opponents are
playing.

1. WORLD CUP TOURNAMENT

A multi-game tournament creates a fun and competitive environment.

2. CONDITIONED GAMES

Scrimmages, but with a twist: only left-foot shots, etc. Makes strategy fun.

3. BREAK AWAYS

2v2 or 3v3, with big focus on counter-attacks and transitions from defending to attacking.

4. WING PLAY

Focusing play down the sides of the fields - crosses and fullbacks getting in the play. Teaches specific positional skills.

5. PASSING PATTERNS

Set patterns the players must follow with passes (wall pass, overlap, etc.). Technical and tactical skill work.

DRILLS + GAMES

PRACTICE STRUCTURE

WARM UP 5-10 MINUTES

Passing pattern drills in small groups.

SKILL ACTIVITY #1 15 MINUTES

Wing Play focused on crosses/shots from wide positions.

SKILL ACTIVITY #2 15 MINUTES

Conditioned Scrimmage (ex: only left footed goals count).

GAME 15 MINUTES

Larger scrimmage, focus on strategy for that day's practice.

COOL DOWN 5 MINUTES

Stretches, highlight specific players who showed the skill you worked on.

TECHNIQUE MEETS TACTICS

IMPORTANT NOTES!

FLEXIBILITY IS KEY:

ADAPT BASED ON KIDS' ENERGY LEVELS, NUMBER OF KIDS WHO SHOW UP, ETC.

WATER BREAKS:

FREQUENT BREAKS ARE ESSENTIAL, ESPECIALLY FOR YOUNGER KIDS.

ENTHUSIASM:

IF THE COACH HAS FUN, THE KIDS WILL TOO!

ADJUST GAME LENGTH:

SCRIMMAGES CAN BE LONGER OR SHORTER DEPENDING ON HOW THE PRACTICE IS GOING



SoccerCoach Weekly.net

Offers practice plans, new training ideas, and a focus on fun drills for younger kids.

WEBSITES WITH DRILLS, GAMES, AND SKILL DEVELOPMENT



SoccerHelp.com

Extensive collection of drills, practice plans, coaching tactics, and tips. Filter by age and skill level.



SoccerXpert.com

Detailed drills with diagrams and articles on player development, coaching strategies, and soccer psychology.



BeastMode Soccer.com

Focuses on individual skill development with drills and training programs for players.



TheCoaching Manual.com

A massive resource of drills, session plans, tactical analysis, and other insights specifically for soccer coaching.

