



AGE GROUP/PROGRAM: U12
TOWN

WEEK # 1

THEME: TURNS & MOVES/MADRID

SESSION GOALS:

- ★ Increase quality of turns
- ★ Improve confidence in 1v1 attacking situations
- ★ Work both feet, to keep defenders guessing

COACHING POINTS:

- ★ Push ball out in front
- ★ Encourage passing to set up 1v1 situations or goal scoring opportunities
- ★ Use feints, deception to elude defenders
- ★ Change direction in order to go for any of the goals

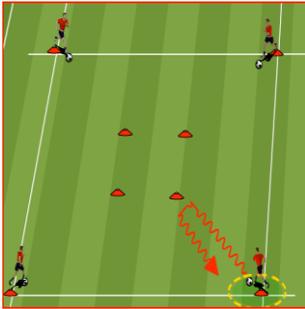
UNDERSTAND YOUR AUDIENCE:

- ★ Developing more physically
- ★ Beginning to understand tactics
- ★ Enjoys being part of the team
- ★ Individual targets & achievement set

WARM UP: TURNS & MOVES

SET UP: 20x20 YARD AREA

PROGRESSION



Each player dribbles up to each cone and executes a turn and dribbles back to their start cone. Start with the easiest: drags and hooks (both feet) and work up to more difficult turns.

1. First player to make four turns?
2. Once they have made turn can they change direction and dribble to the next start cone (all players go the same direction)
3. Moves

CORE GAME 1: 1V1 END ZONE

SET UP: 15x15 YARD AREA

PROGRESSION



Defenders are stationed at side of square. Attacker starts in middle of one side of square. Defender starts with ball and passes to attacker – is allowed to move on attacker's 1st touch. Attacker tries to get into end zone to score. If defender wins ball, they can dribble over attacker's end line to score.

1. Start defenders on other side.
2. Defender can move as ball moves.
3. Attacker starts with the ball – on ground and then in hands.
4. Move defender to opposite end line from attacker.

CORE GAME 2: CORNER DRIBBLING

SET UP: 40 x 30 YARD AREA

PROGRESSION



Set up 4 goals in each corner of field. Player can score a goal by dribbling through any of the mini goals. Play for a designated time or for a predetermined number of goals.

1. Teams can only score in 2 of the goals – start with diagonal and then move to two goals on same end line.
2. Players' score by passing through mini-goals – make goals smaller.

SMALL SIDED GAME

SET UP:

8v8 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U12
TOWN

WEEK # 2

THEME: 1 & 2 TOUCH
PASSING/BARCELONA

SESSION GOALS:

- ★ Develop quality first touch
- ★ Correct weight of passing
- ★ Maintaining possession

COACHING POINTS:

- ★ All players on their toes
- ★ Quality of pass
- ★ Speed of support
- ★ Create a wide angle to get a pass
- ★ Big touch out of feet when receiving

UNDERSTAND YOUR AUDIENCE:

- ★ Developing more physically
- ★ Beginning to understand tactics
- ★ Enjoys being part of the team
- ★ Individual targets & achievement set

WARM UP: 1-2 PASSING

SET UP: 20x10 YARD AREA

PROGRESSION



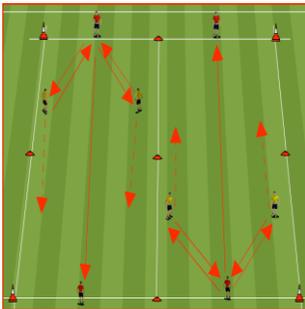
Set up groups of 4 with one ball per group. Place 2 players at opposite end of area. First player in line (A, B) must dribble towards (C) and (D) and passes to player facing them. When each player (A, B) is approximately 2-3 yards away they play a give and go with receiving player. The sequence is repeated for a designated number of reps or for a predetermined period of time.

1. Use only one foot.
2. Lay ball off to both sides so receiving player must take with left and right foot.
3. Extend distance and have give and go from further away.

CORE GAME 1: PASS & MOVE

SET UP: 20x10 YARD AREA

PROGRESSION



Four players to a group with one ball. Two players in middle provide support for the target players at either end. Play starts when a target player passes into a support player to their left, then to their right and plays a long pass into the opposite target player. The support players then move to the other end to repeat the process.

1. All players must take 2 touches.
2. Inside players are only allowed 1 touch.
3. Make it competitive. 1 goal scored for getting ball from one end to the other. First team to 10.

CORE GAME 2: PASSING 5v5

SET UP: 60 x 40 YARD AREA

PROGRESSION



Set Up: 60x40Yard Area with 4 support players on the side lines and 2 GK's. Normal rules apply but players in possession can play to any of the four support players on side. The support player can only play back to the team they received from.

1. Support players are only allowed 2 touches.
2. Support players are only allowed 1 touch.
3. Move support players to end line.

SMALL SIDED GAME

SET UP:

8v8 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U12
TOWN

WEEK # 3

THEME: BALL CONTROL/ARSENAL

SESSION GOALS:

- ★ Consistency in controlling the ball
- ★ Developing a quality 1st touch
- ★ composure

COACHING POINTS:

- ★ Eyes on ball and get in line of ball
- ★ First touch is soft to take the impact of the ball
- ★ 2nd touch is a pass back

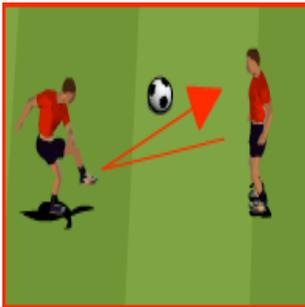
UNDERSTAND YOUR AUDIENCE:

- ★ Developing more physically
- ★ Beginning to understand tactics
- ★ Enjoys being part of the team
- ★ Individual targets & achievement set

WARM UP: BALL CONTROL

SET UP: 5 YARDS APART

PROGRESSION



In pairs 5 yards apart, one player serves, the other player is on their toes ready to receive. Start with 2-3 touch on the right foot and then work to the left. Progress to 2 touch and then 1 touch.

Then ask the servers to throw the ball, so their partner can make a side foot volley back, work both feet. Then progress to volley the ball back with the laces (not power just technique). Move on to 2 touch; thigh & then chest with a volley back to the server (allow the player one bounce if they need it). Play for 1 minute then rotate positions.

1. Work your way up; inside foot volley, laces volley, thigh-volley, chest-volley
2. How many times out of 10 can you get it back to the server?
3. Headers

ISOCCKER

TEST: 14 AERIAL CONTROL

PROGRESSION

For more information visit www.isoccer.org

Set Up: Have a square made of cones 5m x 5m for each pair. One player serves throwing the ball under arm, and the other player controls the ball using different body parts and passes it back with a volley using the designated foot (RV or LV). 8 control/volley – Head RV, Head LV, Chest RV, Chest LV, R Thigh RV, L Thigh LV, R Foot RV, L Foot LV.

1. Attempt to complete set of 8 control/volleys from 2.5m away. For every successful control/volley they get 1 point.
2. If you score 6 or more point, server a move back and does another set of 8 control/volleys from 5m away (can only move if scored 6 or more).

CORE GAME 2:

SET UP:

PROGRESSION



2 teams playing against each other. No GK, corners or goal kicks, every time the ball goes out of play it's a THROW IN. The sequence must be player 1 throws for player 2 to head the ball to another player to catch.

You score a goal by heading the ball into the goal.

Players can't be contested when going to head the ball.

1. Add a GK
2. If ball touches ground you lose possession
3. Heading and volleys used to score

SMALL SIDED GAME

SET UP:

8v8 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U12
TOWN

WEEK # 4

THEME: TURN WITH BACK TO
PRESSURE/MAN UTD

SESSION GOALS:

- ★ Improve turning under pressure
- ★ Work both sides and different turns
- ★ Speed of play

COACHING POINTS:

- ★ Quick movement on an off the ball
- ★ Striker looks to check away and gain a yard on defender, and comes to meet the ball
- ★ Look to turn and face goal immediately.
- ★ if it's not on, be creative to turn past defender
- ★ Play back to server when appropriate

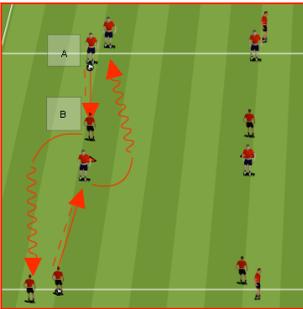
UNDERSTAND YOUR AUDIENCE:

- ★ Developing more physically
- ★ Beginning to understand tactics
- ★ Enjoys being part of the team
- ★ Individual targets & achievement set

WARM UP: BACK TO PRESSURE

SET UP: 20x10 YARD AREA

PROGRESSION



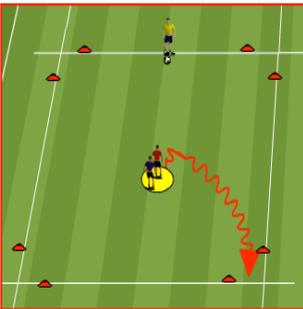
Groups of 4 with 2 balls. Place 2 players on end lines with balls and 2 in the middle. A passes to B and follows pass. B turns to left using inside of foot and dribbles to the opposite end. As A arrives at the middle cone they turn to face the group they started at to receive a pass.

1. Turn to the right with inside of foot.
2. Turn to the left with outside of foot.
3. Turn to right with outside of foot.
4. Receiving player passes instead of dribbles.

CORE GAME 1: TURNING WITH PRESSURE

SET UP: 20x20 YARD AREA

PROGRESSION



The red player will receive a pass from the server at the edge of the box. The red player must turn and attempt to dribble through one of the three goals. The yellow player is the defender and must try to win the ball. If they do, they attempt to dribble through the two top goals.

1. Take away the side goals and make the centre goal wider
2. Now add a GK

CORE GAME 2: POSSESSION

SET UP: 15x15 YARD AREA IN THE FINAL 3RD

PROGRESSION



Reds must keep possession of the ball for five passes. They must then pass into the feet of the striker who tries to turn and shoot on goal.

1. The player who passes out can join the attack to create a 2v1
2. One defender can join the 2v1 to create a 2v2

SMALL SIDED GAME

SET UP:

8v8 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U12
TOWN

WEEK # 5

THEME: ATTACKING IN THE FINAL
3RD / SPURS

SESSION GOALS:

- ★ Improve quality & composure in front of goal
- ★ Decision making in the final 3rd

COACHING POINTS:

- ★ First touch out of feet
- ★ Get head up and look to cross to the front post
- ★ Attack the front post
- ★ Attackers need to get in front of defenders
- ★ Look for rebounds

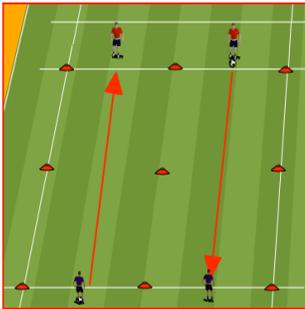
UNDERSTAND YOUR AUDIENCE:

- ★ Developing more physically
- ★ Beginning to understand tactics
- ★ Enjoys being part of the team
- ★ Individual targets & achievement set

WARM UP: LONG RANGE PASSING

SET UP: 30x15 YARD AREA

PROGRESSION



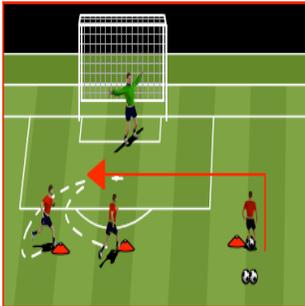
Players in pairs are to pass to each other whilst trying to keep the ball in their channel.

1. Use both feet
2. Inside and outside of the foot to curl the ball
3. Laces
4. Number of passes race

CORE GAME 1: CROSSING & FINISHING

SET UP: FINAL 3RD

PROGRESSION



The exercise starts with one player passing to themselves down the line; they then run after their ball and cross it for two forwards who are making runs in to the box. One forwards will finish the other will look for rebounds. Work both sides of the field.

1. First time finish (1 touch)
2. Forwards crossover their runs
3. Crosser chips the ball in to the area

CORE GAME 2: CHANNEL GAME

SET UP: 30x30 YARD AREA

PROGRESSION



Players must attempt to get wide into a channel with the ball. Here they cannot be challenged. Once in the channel players must cross or pass only before rejoining play. Players cannot dribble back into play.

1. Allow player only 7 seconds within the channel before passing or crossing
2. Take away the channels
3. Allow players a point if the run with the ball for more than 3 seconds

SMALL SIDED GAME

SET UP:

8v8 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U12
TOWN

WEEK # 6

THEME: FINISHING/INTER MILAN

SESSION GOALS:

- ★ Develop a variety of finishes in front of goal
- ★ Confidence in using both feet

COACHING POINTS:

- ★ Keep eye on the ball
- ★ Head down and follow through with the strike
- ★ Attempt to hit corners
- ★ Follow up for re-bounds

UNDERSTAND YOUR AUDIENCE:

- ★ Developing more physically
- ★ Beginning to understand tactics
- ★ Enjoys being part of the team
- ★ Individual targets & achievement set

WARM UP: SHOOTING

SET UP: 30x15YARD AREA (6-8 YARD GOAL)

PROGRESSION



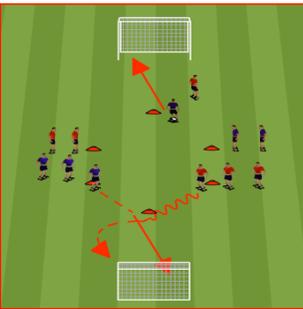
Have two players each end with a GK in the middle. Players take it in turns to shoot at the goal.
Progression:

1. GK serves the ball (play 2-3 touch)
2. GK serves a bouncing ball
3. Add player at each end so players can play a wall pass or overlap pass before shooting
4. Add defender so the striker has to take the ball to the side before shooting

CORE GAME 1: FINISHING IN PAIRS

SET UP: 15 YARDS AWAY FROM GOAL

PROGRESSION



With a 5x5x5 triangle

Red player will dribble towards the cone at the point of the triangle and stop the ball dead, continuing with a curved run looking for rebounds as the blue player runs up to strike the dead ball at goal.

1. Finish with inside of foot
2. Finish with laces
3. Use the weaker foot
4. Add in a GK

CORE GAME 2: SHOOT ON SIGHT

SET UP: 40x30 YARD AREA

PROGRESSION



Players are split into two teams. The goal is centrally placed in the field. Both teams can score on either side of the goal. Normal scrimmage rules apply such as throw-ins. No GK at first.

1. Add a GK who is neutral. They play the ball into space if they save.

SMALL SIDED GAME

SET UP:

8v8 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U12 TOWN

WEEK # 7

THEME: SWITCHING THE POINT OF ATTACK/LYON

SESSION GOALS:

- ★ Awareness
- ★ Speed of play
- ★ Possession
- ★ Exploiting space

COACHING POINTS:

- ★ Head up – Look for best pass
- ★ Communication with and without ball
- ★ Receive on half turn and play out. – i.e. ball comes from left and played out to the right
- ★ Can the play change direction

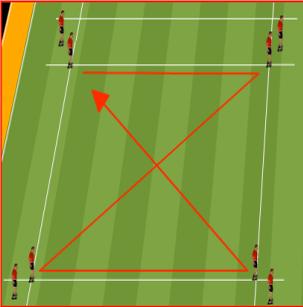
UNDERSTAND YOUR AUDIENCE:

- ★ Developing more physically
- ★ Beginning to understand tactics
- ★ Enjoys being part of the team
- ★ Individual targets & achievement set

WARM UP: FIGURE OF 8

SET UP: 15x15 YARD AREA

PROGRESSION



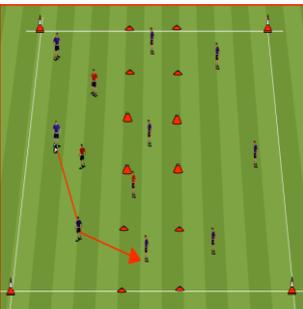
The practice starts in the top left of the box. After every pass made, the player making the pass must follow to the next cone. Players on the left always pass up the line. Players on the right play diagonally.

1. Limit the players to 3 or 2 touch
2. Use other foot to control and pass
3. Check away to receive the ball

CORE GAME 1: SWITCHING THE POINT OF ATTACK

SET UP: 40x30 YARD AREA

PROGRESSION



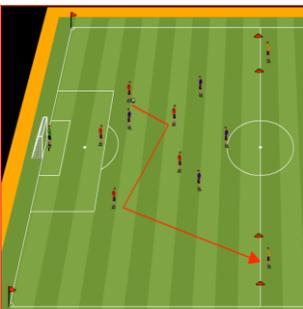
One player in each of the three boxes. 9v3. Players must try to keep possession and feed the ball into one of the box players who pass the ball back out to their teammates. Remember to swap the defenders and box players

1. When you pass into a box you must swap with that person
2. When the box player receives, they must play a wall pass with someone
3. Set three or two touch for box players

CORE GAME 2: SWITCHING

SET UP: 50x40 YARDS OR HALF FIELD

PROGRESSION



It is 6v4 in favor of the defensive side with an extra 2 target players. The attacking teams try to score a goal and the defensive side must attempt to pass to a target player in one of the gates in the corners of the field. The point of the game is to play out wide immediately, and if one target man is covered can the point of attack be switched.

1. Players limited to 3 touches
2. Players must dribble through the gates

SMALL SIDED GAME

SET UP:

8v8 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U12
TOWN

WEEK # 8

THEME: GK: ANGLES/CHELSEA

SESSION GOALS:

- ★ Knowledge of GK position
- ★ Correct technique

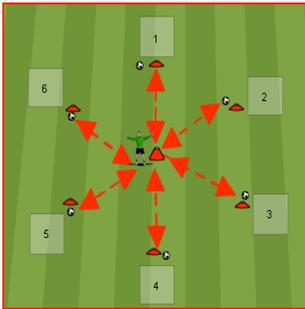
COACHING POINTS:

- ★ Plant step is towards the flag you are diving to
- ★ Never dive backwards, position yourself so you can dive at a 45 degree angle
- ★ Cut off the angle.
- ★ Get set for the shot.
- ★ React to the different types of service.

UNDERSTAND YOUR AUDIENCE:

- ★ Developing more physically
- ★ Beginning to understand tactics
- ★ Enjoys being part of the team
- ★ Individual targets & achievement set

WARM UP:



SET UP:

Set-up: 6 flags (different colored cones can be used as well) placed eight yards from the center cone. Place a ball at each of the six flags. Goal keeper starts at the center cone and lines themselves up parallel with the first flag. The GK lowers their center of gravity and performs a low dive to the ball positioned at the flag.

PROGRESSION

1. Coach shouts a different number flag each time the goal keeper returns to the center cone. Goalkeeper performs dive to the indicated flag.
2. As goalkeeper approaches the ball with hands, try and kick the ball loose.

CORE GAME 1:



SET UP:

Set-up: Set two cones 1 yard off the goal line and two yards in from the posts. Servers line up with balls just behind the corners of the six yard box. Goalkeeper(s) faces forward and moves in front of the cone, gets set and receives the volley or shot. Throw the ball back to the server and repeat.

PROGRESSION

1. Goal keepers start in kneeling down position, and starts facing the goal.
2. Goal keeper makes low dive save from server 1 and collapse dive save from server 2.
3. Servers take and touch a then shoot.

CORE GAME 2:



SET UP:

Set-up: Set up four different stations: Goalkeeper starts at the near post facing the first server. At the "1" they receive a volley from the first server, a low dive from the second server "2" and recovers quickly to their feet. At the third station, the goalkeeper jumps over the cone laterally and makes a collapse dive save. The fourth service is from the hands and is a power dive over the cone to the near post. Repeat to the other side as well.

PROGRESSION

1. Increase the amount of reps to 5 in a row.
2. If the goalkeeper drops or fumbles a ball they must start at the beginning.

SMALL SIDED GAME

SET UP:

8v8 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U12
TOWN

WEEK # 9

THEME: DEFENDING (BALANCE)/BAYERN

SESSION GOALS:

- ★ Learning the roles & responsibilities of the 1st, 2nd, and 3rd defender

COACHING POINTS:

- ★ Apply quick pressure, slow up on approach and delay the attack
- ★ Get the defense compact so ball can't be played through
- ★ Intercept or steal the ball where appropriate
- ★ Communicate to each other! 'You pressure!' 'Cover!'

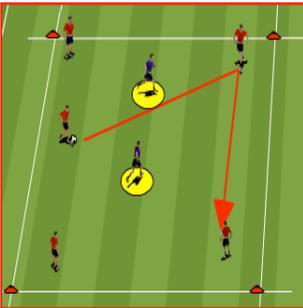
UNDERSTAND YOUR AUDIENCE:

- ★ Developing more physically
- ★ Beginning to understand tactics
- ★ Enjoys being part of the team
- ★ Individual targets & achievement set

WARM UP: 5v2

SET UP: 15x15 YARD AREA

PROGRESSION



Play 5 attackers vs. 2 defenders, rotate positions after 90 seconds. If defenders win the ball they can keep position or pass back to the attackers and try to win possession again.

1. How many passes can the attackers complete?
2. How many touches can the defenders make in 90 seconds

CORE GAME 1: PRESSURE-COVER-BALANCE

SET UP: 3 BOXES 5x5 YARD AREA

PROGRESSION



2 cones on either side of the 5x5 two yards back. Players outside the squares attempt to get the ball to the other side by passing through the defense. Whichever outside player has possession of the ball the defender nearest applies the Pressure. The other two become the cover and balance. Use the lines if you are Cover and use the cones if you are Balance. (See Diagram) No one can come out of their box or their cone.

1. Lanes - 3v3 game so that there are three channels where everyone is restricted to their own zone. Attackers must get past the defense and run the ball over the line.

CORE GAME 2: 3v3 WITH GOAL

SET UP: FINAL 3RD OR 30x20 YARD AREA

PROGRESSION



Defenders start by passing into the opposite attackers. Defenders starting position is on the 6 yard box. Attackers must keep the ball under control and try to score. Defender must win the ball or force the attacker out of bounds to the sides to win a point. Progressions:

1. Now add in goals with goalkeepers

SMALL SIDED GAME

SET UP:

8v8 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U12
TOWN

WEEK # 10

THEME: ATTACKING/AJAX

SESSION GOALS:

- ★ Confidence to finish from crosses
- ★ Improve crossing & delivery
- ★ Support play

COACHING POINTS:

- ★ Movement of strikers to receive ball
- ★ Try to attack the front post and get in front of GK
- ★ Get ball out of feet to strike
- ★ Quality of shot. Don't take too long to shoot
- ★ Crosses need to be aiming for front post

UNDERSTAND YOUR AUDIENCE:

- ★ Developing more physically
- ★ Beginning to understand tactics
- ★ Enjoys being part of the team
- ★ Individual targets & achievement set

WARM UP:

SET UP: 14 AERIAL CONTROL

PROGRESSION

For more information visit www.isoccer.org

Set Up: Have a square made of cones 5mx5m for each pair. One player serves throwing the ball under arm, and the other player controls the ball using different body parts and passes it back with a volley using the designated foot (RV or LV). 8 control/volley – Head RV, Head LV, Chest RV, Chest LV, R Thigh RV, L Thigh LV, R Foot RV, L Foot LV.

1. Attempt to complete set of 8 control/volleys from 2.5m away. For every successful control/volley they get 1 point.

CORE GAME 1: FINISHING FROM CROSSES

SET UP: 30x30 YARD AREA

PROGRESSION



Set Up: 30Wx30L Yard Area split into 2 halves. 2 goals with GK's. 2 strikers in each half with 3 servers per team numbered 1, 2, and 3. Coach calls out either, 1, 2 or 3 and the servers for each team will pass the ball into their strikers who must try and score. Whichever pair scores first gets a point. Position the servers at different points as shown.

1. Finish with either one or two touch
2. Add one defender in
3. Vary the type of serve – throws if necessary

CORE GAME 2: THROWN IN GAME

SET UP: 50x40 YARD AREA

PROGRESSION



2 teams playing against each other. No GK, corners or goal kicks, every time the ball goes out of play it's a THROW IN. The sequence must be player 1 throws for player 2 to head the ball to another player to catch. You score a goal by heading the ball into the goal. Players can't be contested when going to head the ball.

1. Add a GK
2. If ball touches ground you lose possession
3. Heading and volleys used to score

SMALL SIDED GAME

SET UP:

8v8 with normal rules. Play 2 periods of 12-15 minutes.