

Northern Triad Soccer Club
Model U12 Session

Coach – Garry Norman, Director of Coaching, NTSC/KYSL
USSF National 'B' and Youth License Coach
NSCAA Premier Diploma and Level I Goalkeeping License

Duration – 1 Hour to 1.5 Hour

Warm-Up: 5-10 mins Team Handball – Players play possession except with their hands, ball advances by tosses to each team member, player can not run with the ball. If the ball hits the ground or if it is intercepted it is a turnover. The way to score depends on what you have available, it can be headers, or drop kicks into the goal, crossing an end line (Stretching as you play)

1st Activity: 15-25 mins Windows – Put half your team in a small square of four cones, these set of cones form four windows, The rest of your players and maybe a parent or coach form a circle around the small grid on the outside about 20-25 yds away, each player with a ball, The middle players all check to a player on the outside and one touch the ball back and then run through two windows and then checks to another outside person, go a few mins and switch out the players. The second rotation is volleys, third rotation is thigh traps, fourth rotation is headers, or chest traps, there are many things you can setup in this activity.

2nd Activity: 25 Mins – End Zone Game - Divide team up into two teams, setup a 30x40 or 40x50 grid depending on number of players, each end line has an end zone, The game is a transition game in which each team begins by going a certain direction. Once the ball is either passed or dribble into the end zone, that team gets a point and maintains possession of the ball and then is attacking the other direction trying to score. If the ball goes out on the sides it is a throw-in. Other rules, defenders can not go into the end zone, attacking player can not stand in the end zone.

3rd Activity: 10-15 Mins – Some different race/fitness activities you can run

5 or 6 cone pickup

Pennies race around flags, 5 or six players

Takeover Activity (three players, two cones about 15 yards apart)

4th Activity: 10-15 Min – Four Goal Game – Setup a grid of 40x40 or 30x30 depending on number of players, setup four goals, two on each end line. If the ball goes out on the side, it is a throw in. Each team attacks two goals and defends two goals, keys in this game is passing, change of direction, field awareness, An variation is use three goals on each end line, or a goal on each side.

Game: 15-20 3v3 or 4v4 game or 5v5 to cones goals or real goals, in here I would teach the topic of the training sessions, defending, attacking, combination play, finishing field awareness, etc...

Cool Down: Cone pickup or light jogging and light Stretching In this age group a cool down becomes more important, 5-10 mins, come up with different ways to cool down, juggling, jogging, side steps, high knees, skips, heel touches

Some Thoughts: Set up Learning Games for this Age Group, The games will be the teacher, The biggest skill in this age group is learning team defending and team attacking, understanding how to work together for a desire outcome. Heading, receiving balls out of the air, Teach Cobination play(Wall Pass, Takeover, Overlaps)

Things to avoid – The three L's No Laps, No Lines, No Lectures

Things to Do – have players bring their own water, Soccer Ball, take water breaks