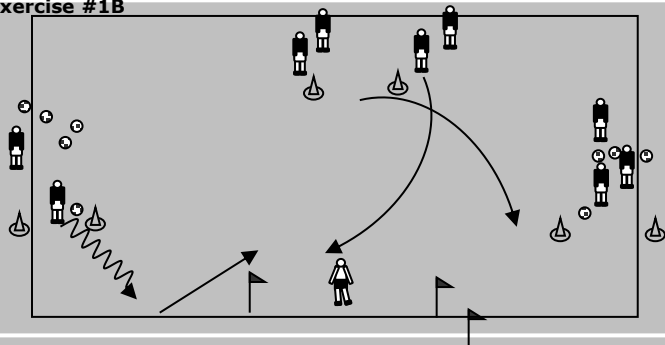


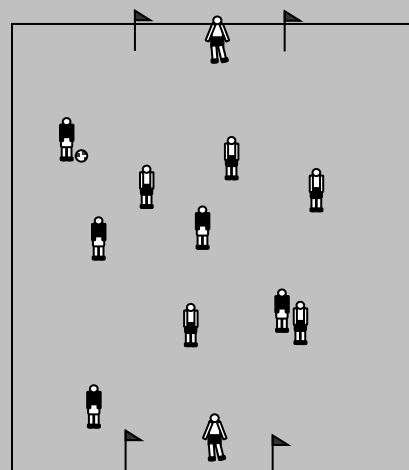
U11/U12 ATTACKING SESSION (CROSSING AND FINISHING)

CATEGORY	TOPIC	AGE	WEEK #
Attacking	Crossing and Finishing	U11/U12	
Exercise #1		Coaching Points	
Organization			
#1A- In 2's, long passing: Each player has a partner, working on longer passing on the ground, then moving to balls in the air. Preparation touch is key. <i>Time: 5 min.</i>		Encourage players to be active and move with the ball. When driving a longer pass players can use the inside of the foot or their laces to drive the ball. The ball needs to be passed very hard on the ground. A diagonal first touch will help the long pass be more consistent.	
#1B - Crossing and Finishing Inside the Box: Set players up wide and at the top of the box, with 1 GK. Players wide will dribble through the gate to the end line to cross the ball in the box on the ground. Players in the box will make a near and a far post run. Switch sides each time. After a few minutes at each station ask players to switch starting spots. <i>Time: 20 min.</i>		Wide players will dribble at speed to the end line. When they cross the ball to the runners in the box the ball must be low and very hard. They should look up when they play the ball in to pick out a player. For the players in the box, runs should be away from the ball first as the ball starts to move, when the ball is played in the box, runs should be made so they are running and not waiting when the ball arrives. Voice should be commanding when directing players.	
Exercise #2		Coaching Points	
Organization			
4v4 Game with Neutral Wide Players and GK's: 4v4 in a grid with wide channels. 1 Neutral player will be in each wide channel. When they receive the ball they cannot be defended. They will play with the team they received the ball from. Every few minutes change neutral players. <i>Time: 20 min.</i>		Encourage wide players to play at game speed. Praise them when they get a cross off, ask them to get to the end line to drive a hard ball in for a cross. Ask players in the box to make near and far post runs during the run of play.	
Exercise #3		Coaching Points	
Organization			
5v5 with GK's: Take away wide channels, free play. <i>Time: 15 min.</i>		Encourage a lot of wide play with runs in the box. Become a fan of the game; create excitement for the players by being excited about their crossing and finishing.	

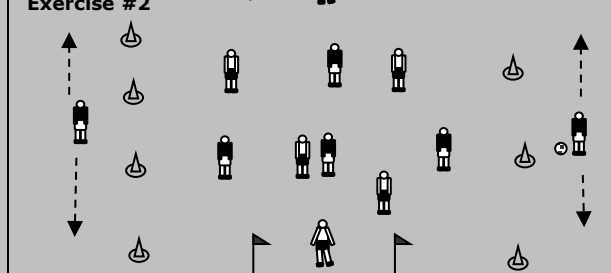
Exercise #1B



Exercise #3



Exercise #2



Light



Dark



Coach



Goalkeeper



Grid



Dribbling



Dribbling with feint



Ball Movement



Run



Cross



Priority Number



Ball



Cone



Flag



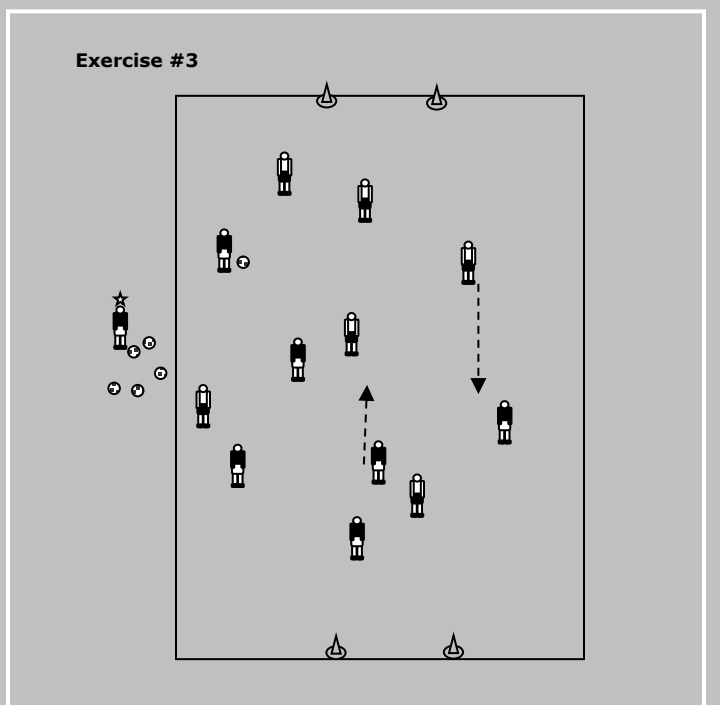
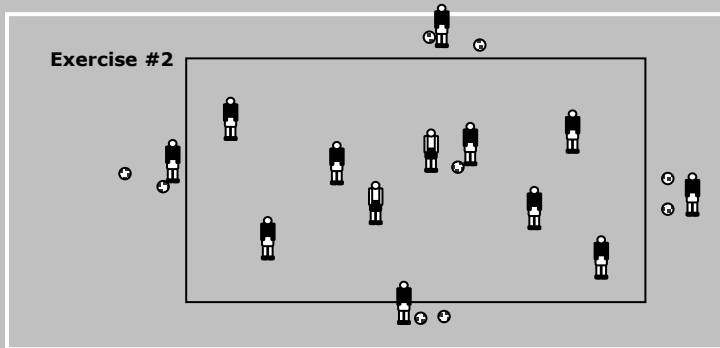
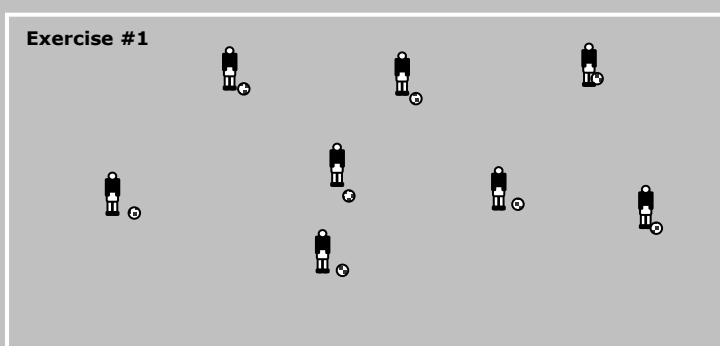


DUBLIN SOCCER LEAGUE

U11/U12 BALL CONTROL SESSION (AIR BALLS)

CATEGORY	TOPIC	AGE	WEEK #
Ball Control	Air Balls	U11/U12	

Exercise #1	Organization	Coaching Points
Juggling: Each player has a ball to work on the following touches - Thigh/Thigh/Thigh Catch, Right Foot Catch, Left Kick Catch, Thigh/Foot/Catch, Bounce/Foot Catch. Open juggling, players are trying to keep track of their record high without the ball bouncing two times in a row. Perform these touches in an open area. <i>Time: 10 mins.</i>		Laces/Foot, toe out, ankle locked. Thigh, make platform with thigh. Move feet a stay light to move to touch ball. Encourage players to know what their juggling record is and to keep trying to beat it anytime they are practicing in training or at home.
Control Ball out of the Air: Each player has a ball and is doing a small toss to themselves to receive the ball down to the ground. Start with receiving with laces to a "dead" ball right in front of player. Next progression is receiving with the inside of the foot across the body, moving the ball into space. Last progression is receiving with the outside of the foot into space. <i>Time: 10 min.</i>		Start with a low toss. As players get more confident challenge them to toss the ball a bit higher for the challenge. Players should be patient and let the ball drop just below the knee before they touch it. It will be a cushioned touch, timing is very important. When receiving the ball with the inside or outside of the foot, ask players to move the ball into space to one side or the other (getting the ball out from under their body).
Exercise #2	Organization	Coaching Points
7v2 Possession with 4 Bumpers: Line 4 players outside the grid, spread out with a few balls near them. Inside the grid is a 7v2 possession game. If ball goes out of bounds the ball is played in by the nearest bumper in the air for players to receive out of the air. Every few minutes switch in/out 4 players at a time. 5 consecutive passes equal 1 point. <i>Time: 20 min.</i>		When players are receiving the ball out of the air ask them to control the ball down to the ground as quick as possible and into space. Encourage possession and a lot of moving off the ball to create time and space. Become a fan of the game. Can add a point system to create more energy.
Exercise #3	Organization	Coaching Points
6v6 Game with Small Cone Goals: Coach will play a ball in the air for all restarts. Field size is 30x40 yards. <i>Time: 20 min.</i>		Encourage players to play under control and to be skillful with the ball. Become a fan of the game, get players excited to play.



Light		Dribbling		Priority Number	
Dark		Dribbling with Feint		Ball	
Coach		Ball Movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

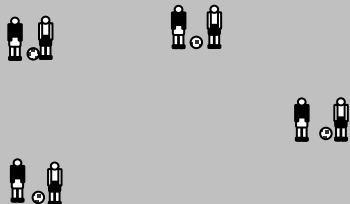


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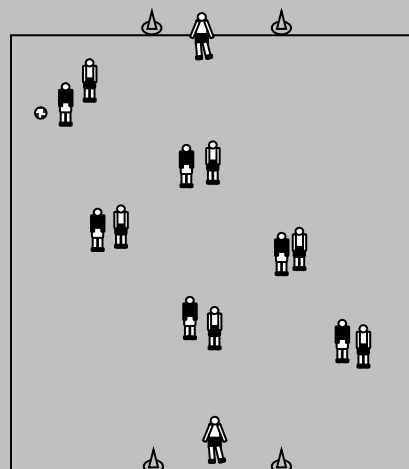
U11-U12 CHALLENGING SESSION (LOCKED ANKLE TACKLE)

CATEGORY	TOPIC	AGE	WEEK #
Challenging	Locked Ankle Tackle	U11/U12	
Exercise #1	Organization	Coaching Points	
1-2-3 Tackle: Two players with one ball. Players count to 3 and then both tackle the ball with the inside of the foot. Ball stays still, players are facing each other working on placing their planted foot next to the ball as they tackle. <i>Time: 10 min.</i>		Ask players to place their planted foot shoulder width next to the ball. Tackle foot should be a strong locked ankle with toe flexed up. The first few times keep they players only working on technique, not power yet. Repeat on both sides multiple times.	
Exercise #2	Organization	Coaching Points	
1v1 in Lanes: Line players up with 2-3 players at each end. Defender will play a ball into the attacker. The attacker tries to dribble over the end line. If defender wins it, they try and dribble over the attackers end line. Players will keep score. <i>Time: 20 min.</i>		Encourage defenders to be extremely patient and when they see a good time to win the ball do it strong with confidence. Ask players to close the attacker quick and then keep feet moving back with defender, forcing them one way. When the touch is poor from the attacker the defender will tackle strong to win the ball.	
Exercise #3/#4	Organization	Coaching Points	
1st Defender 7v7 with GK's/1v1: Match up with a player from the other team, you can only defend that player. <i>Time: 15 min.</i>		Very important for 1st defender to close down ball quickly, winning 1v1 battles, tackle when necessary.	
7v7 with GK's: Open the game up, free play. <i>Time: 15 min.</i>		Coaching is minimal. Game is fun and competitive.	

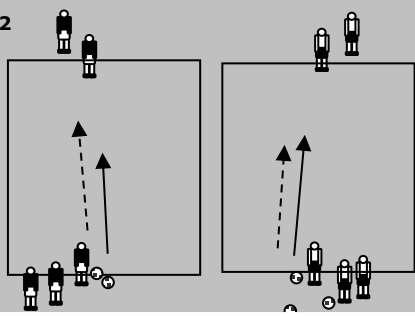
Exercise #1



Exercise #3



Exercise #2



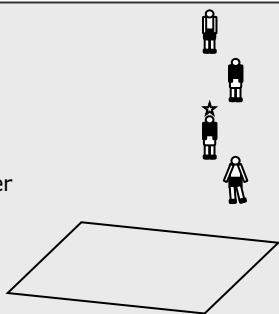
Light

Dark

Coach

Goalkeeper

Grid



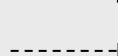
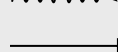
Dribbling

Dribbling with Feint

Ball Movement

Run

Cross



Priority Number

Nike ball

Cone

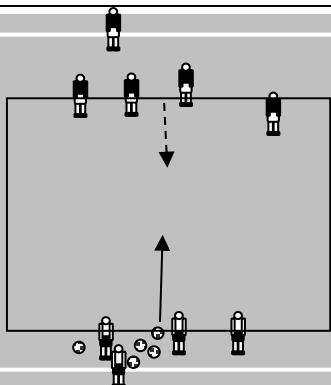
Flag



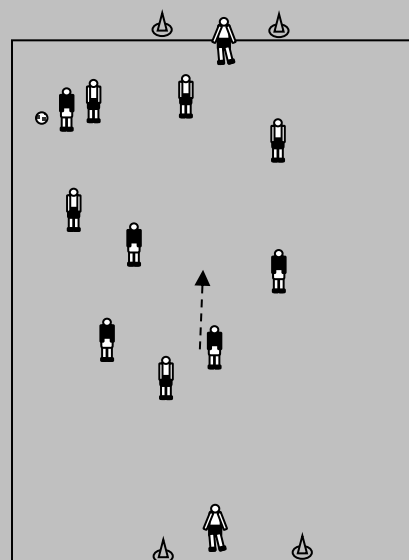
U11/U12 DEFENDING SESSION (DEFENDING IN 3's)

CATEGORY	TOPIC	AGE	WEEK #
Defending	Defending in 3's	U11/U12	
Exercise #1/#2 Organization In 2's: Passing and moving in a large group and open area. 4v3 Line Game: 4 attackers vs 3 defenders. Defender plays the ball in to attacker, attackers try and dribble over defender end line. If defender wins it, they score by dribbling over attackers end line.		Coaching Points Encourage players to keep lightly jogging in and out of players in the open space so they can find their partner to connect a pass. Technique of pass should be with the inside of the foot and clean and precise. First defender is patient and forces the attacker to dribble into the "covering" defender. Ask 3 rd defender to become a balance player to support the other 2 players. Once players win the ball ask them to play the way they face to keep the ball to start attacking.	
Exercise #3 Organization 7v4 Game: 7 attackers and 4 defenders with 1 GK. Start ball with Coach at the top of the field who plays in to attackers, 5 attackers go to big goal, 3 defenders win the ball and score through the small wide goals. Time: 20 min.		Coaching Points Encourage players to stick together moving as 1 unit. Line defending players with a left, center, right defender and 1 center midfielder floating. Ask for players to cover each other every time the ball moves. Every time the ball moves defenders shift together.	
Exercise #4 Organization 6v6 with GK's: Time: 20 min.		Coaching Points Coaching is minimal. Fun and competitive.	

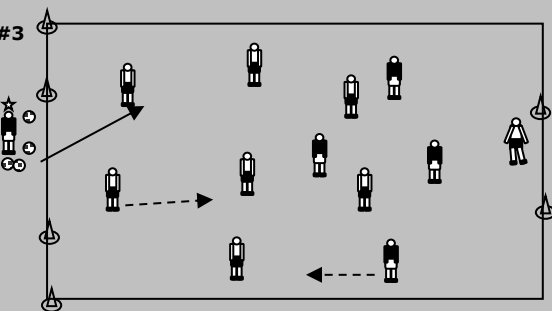
Exercise #2



Exercise #4



Exercise #3



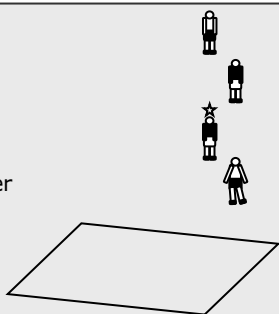
Light

Dark

Coach

Goalkeeper

Grid



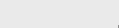
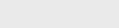
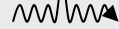
Dribbling

Dribbling with feint

Ball Movement

Run

Cross



Priority Number

Ball

Cone

Flag



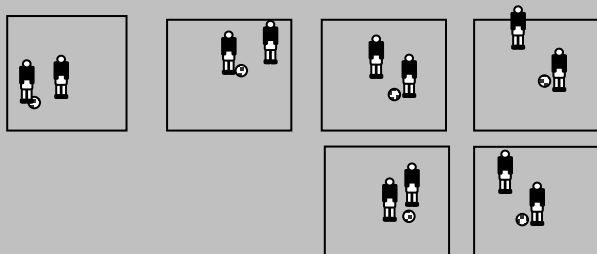


DUBLIN SOCCER LEAGUE

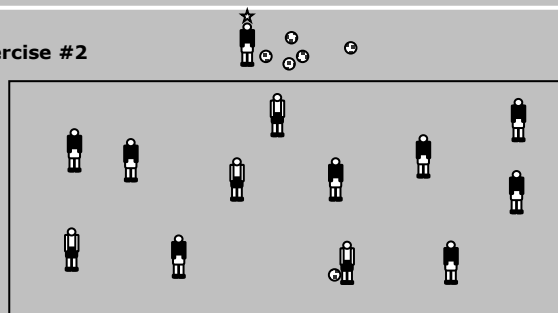
U11/U12 DRIBBLING SESSION (SHIELDING)

CATEGORY	TOPIC	AGE	WEEK #
Dribbling	Shielding	U11/U12	
Exercise #1 Organization #1A - Dribbling: Each player has a ball working on various moves: Inside Outside, Step Over, Pullback, Drag/Laces (pushing ball forward and back). <i>Time: 10 min.</i> #1B - Shielding: 1v1 in 10x10 yard grid. Emphasize shielding. Each game should last no more than 30 seconds. Winners move up a grid, losers move down which eventually creates a winner at the top grid (which will bring more energy to players shielding). <i>Time: 15 min.</i>		Coaching Points The focus of this exercise is on change of speed and direction. Dribbling should be done going from slow to fast. Look for high intensity in short periods of time. Players should have time to stretch during this exercise. Stay 4:1 on the positive to instructional comments throughout session. Keep body over the ball and maintain possession by keeping your body between the ball and the opponent. Good use of your arms is important in keeping the ball, protecting your space. Do not allow the players to "avoid", encourage them to shield and practice body contact.	
Exercise #2 Organization 4v4v4 Possession Game: Each team has a different color on. Game is 8v4 always. The team that loses the ball is on defense vs. the other two teams of 4. Each time a team loses possession of the ball the defenders change. <i>Time: 20 min.</i>		Coaching Points Talk to players about doing what it takes to keep possession of the ball. This includes dribbling out of presser and shielding to buy some time to connect a pass. Encourage movement off the ball to create options to keep possession of the ball.	
Exercise #3 Organization 7v7 w/Gk's: <i>Time: 15 min.</i>		Coaching Points Coach over the game, focus on combinations and keeping possession of the ball. Allow players to have some fun. Be very positive by finding good things in their play. Become a fan!	

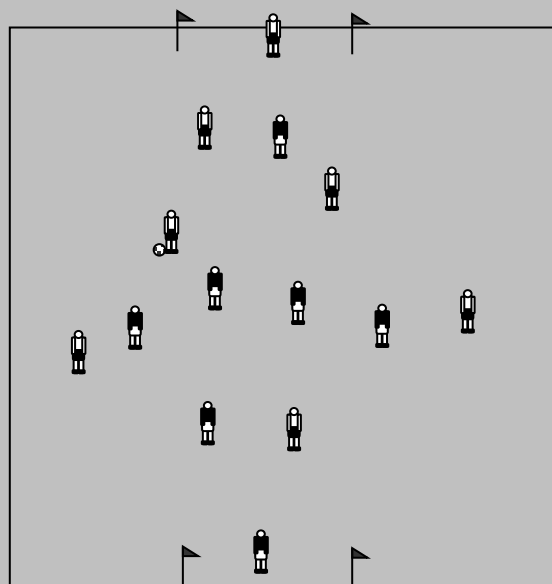
Exercise #1B



Exercise #2



Exercise #3



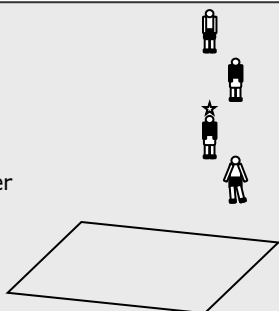
Light

Dark

Coach

Goalkeeper

Grid



Dribbling

Dribbling with Feint

Ball Movement

Run

Cross



Priority Number

Ball

Cone

Flag



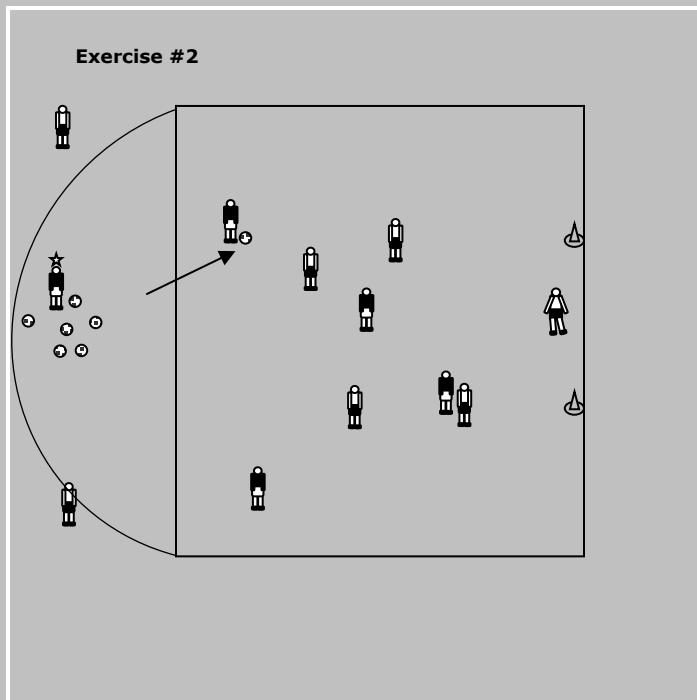
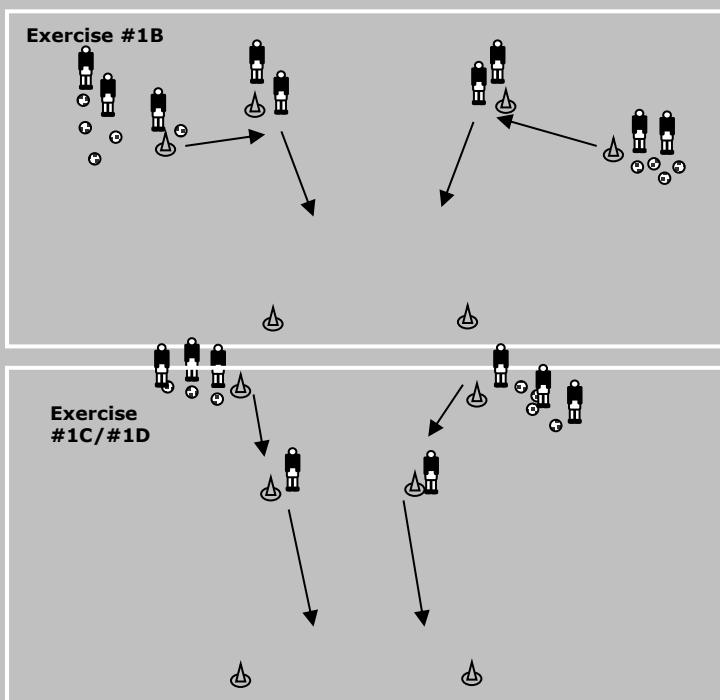


DUBLIN SOCCER LEAGUE

U11/U12 FINISHING SESSION (1 AND 2 TOUCH)

CATEGORY	TOPIC	AGE	WEEK #
Finishing	1 and 2 Touch	U11/U12	

Exercise #1 Organization Different Types of Shots: Keep players at each station for 3-4 minutes in groups of 4-5. Set up 2-3 stations all shooting at once for a lot of repetition. 1 group can be shagging balls to keep the rotations moving. Have each player hit 2-3 balls in a row, at game speed then switch quickly. A) Near foot, far post, 1 touch (line up about 12 yards out with balls near end line, passer plays shooting player near foot very soft pass) B) Two touches, farthest foot – with laces (from 18 yards out, receiving from a player 5 yards away) C) Through legs from player 5 yards away, one touch D) Turn and shoot <i>Time: 20 min.</i>	Coaching Points Ankle should be locked, and toe pointed down when striking with laces. Toe up and ankle locked when using inside of foot. Follow through big with shooting foot (take 2-3 steps "through" the ball. Close range, use inside of foot and shoot into corners. 4:1 on the positive to instructional comments throughout the session. Repetition is key to good form with shooting.
Exercise #2 Organization 4v4 Backcourt Game: Play in 18-yard box and arc. Unlimited touch. 4v4 teams with 1 GK. Extra players are target players at the top of the box. Attackers try to score in big goal, if defender wins the ball they backcourt to coach or target players and now they go to goal. Balls located at the top of arc. When goal is scored or ball leaves box, new ball is played in. Switch teams every 4 min. <i>Time: 20 min.</i>	Coaching Points Take as many shots as possible. Shoot or set your teammate up for a shot but be patient. Inside the box you should be looking to score. Find good moments in the game to comment on. Encourage players to have fun with this.
Exercise #3 Organization 5v5 w/GK's Box on Box: 5v5 with one team resting. No restrictions. Winner stays on. <i>Time: 20 min.</i>	Coaching Points Encourage lots of shots from anywhere on field. Shoot or set teammate up for shot. Become a fan of the game; create excitement for the players by being excited about their finishing.



Light		Dribbling		Priority Number	
Dark		Dribbling with Feint		Ball	
Coach		Ball Movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

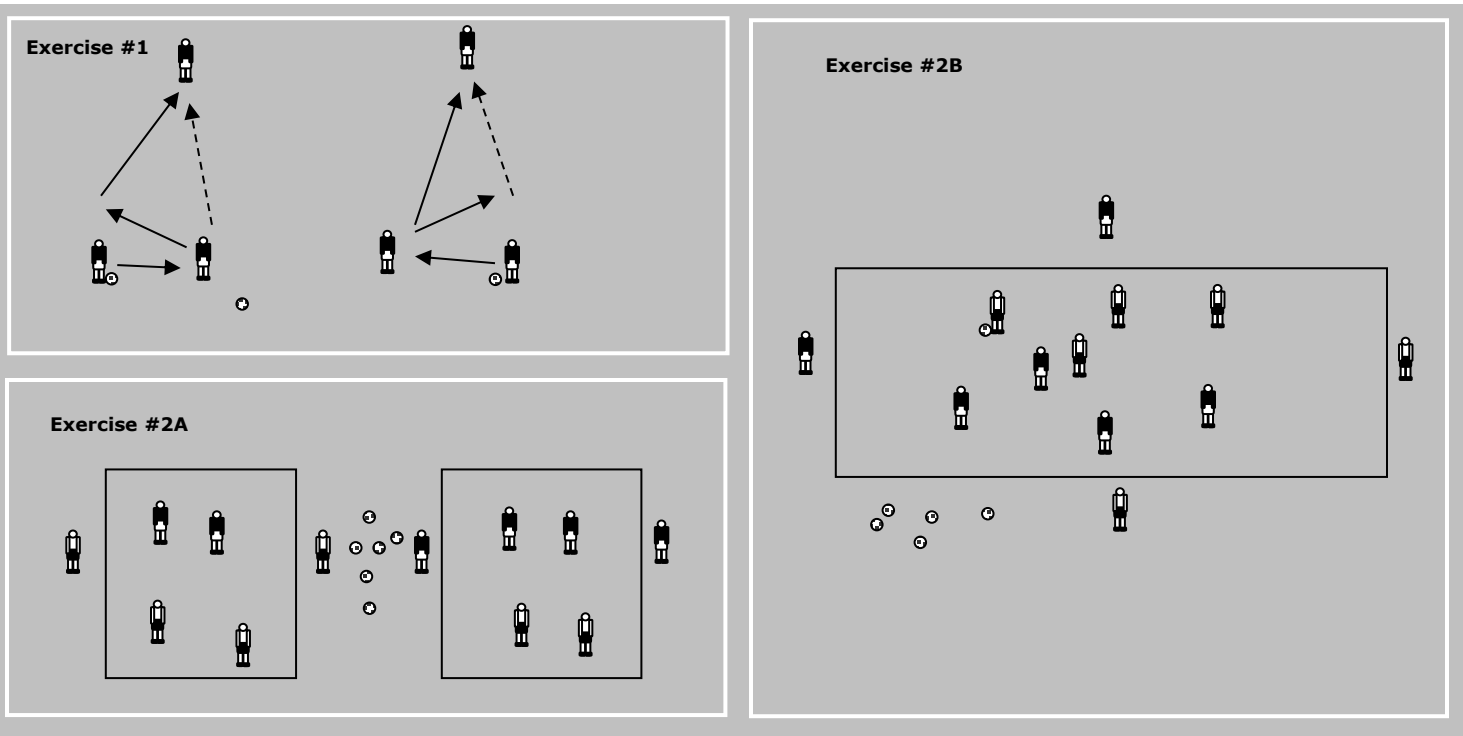


DUBLIN SOCCER LEAGUE

U11/U12 PASSING SESSION (COMBINATION PLAY)

CATEGORY	TOPIC	AGE	WEEK #
Passing	Combination Play	U11/U12	

Exercise #1	Organization	Coaching Points
3 Player Combination Play: Groups of 3 players with 1 ball, introduce combination play using half of the field. 1) Short passing, check long ball with 2 players on one side, after ball is played, 1 player goes to join the other. 2) Overlap 3) Wall pass <i>Time: 20 min.</i>		Technique of pass should be sharp with the toe flexed up. Make sure the pace of the pass in regard to the runner is correct. Introduce verbal and nonverbal communication between players on and off the ball. Stay 4:1 on the positive to instructional comments throughout the session.
Exercise #2A/#2B	Organization	Coaching Points
2v2 with 2/Bumpers (2 fields): 2v2 in 20x15 yard grid with 2 supporting players on the side. Players in possession are now 4v2. 4v4 with 4/Bumpers (combine fields): Open fields to now connect so the game is a larger version. Players in possession are now 8v4. <i>Total Time: 25 min.</i>		Emphasis on the wall pass and change of pace after the initial pass. Player receiving ball must be ready to play ball one touch, and into the runner's path. Focus on the technique of both players. Encourage movement off the ball to create options to keep possession of the ball.
Exercise #3	Organization	Coaching Points
7v7 w/Gk's: Free play. <i>Time: 15 min.</i>		Coach over the game, focus on combinations and keeping possession of the ball. Allow players to have some fun. Be very positive by finding good things in their play. Become a fan!



Light		Dribbling		Priority Number	
Dark		Dribbling with feint		Ball	
Coach		Ball Movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

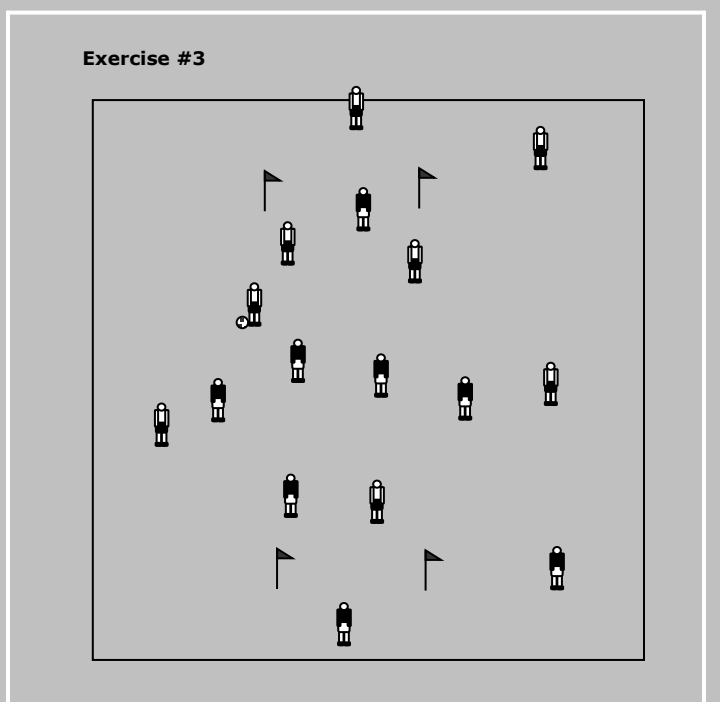
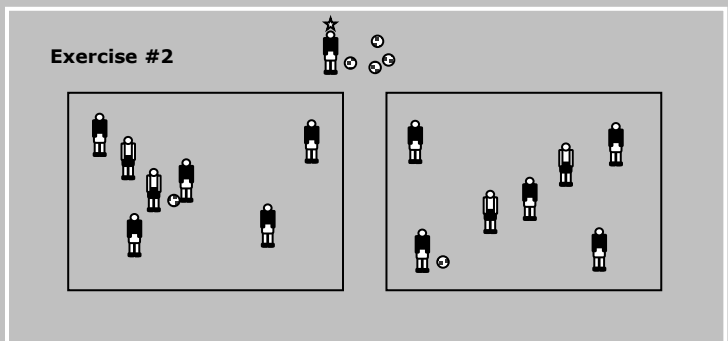
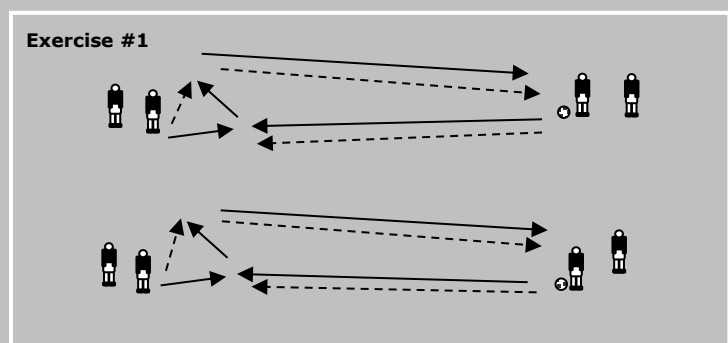


DUBLIN SOCCER LEAGUE

U11/U12 RECEIVING SESSION (RECEIVING GROUND BALLS)

CATEGORY	TOPIC	AGE	WEEK #
Receiving	Receiving Ground Balls	U11/U12	

Exercise #1	Organization	Coaching Points
3's Short, Short, Long (2-touch: 2 players are close to each other while the 3rd player is 15-20 yards away. The 2 players play short, short, and then a long pass, the player who plays long, supports the 3rd and repeat. <i>Time: 20 min.</i>		Encourage the pace of the pass to be appropriate, accuracy-play to correct foot, ask players to use the inside of foot to receive the ball. First touch should be at an angle forward. Ask players to communicate with each other to help the pattern along. Stay 4:1 on the positive to instructional comments throughout the session.
Exercise #2	Organization	Coaching Points
5v2 Possession: 20x15 yard grid (open grid up for more success if players are struggling). Make a few grids to include all players including GK's. 5 attackers play keep away from 2 defenders. <i>Time: 20 min.</i>		First touch moves ball away from pressure. Let the pressure dictate where the ball is played. Encourage players off the ball to move for support. Ask players to become more deceptive in their pass. Find positive comments.
Exercise #3	Organization	Coaching Points
8v8 Hockey Style: Can play behind the goals, only score through the face. <i>Time: 20 min.</i>		Coach through the run of play, emphasize first touch away from pressure. Allow players to have some fun. Encourage creativity, become a fan!



Light		Dribbling		Priority Number	
Dark		Dribbling with Feint		Ball	
Coach		Ball Movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			