



5TH-6TH/U12 – Session 1

1v1 Attacking

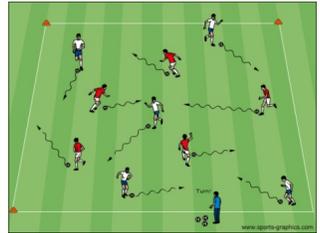
Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Free Dribble:

All players dribbling in a defined space. Players should use all surfaces of their feet. Coach will prompt players to work on attacking moves: scissors, V, fake shot and push ball forward at an angle with the outside of the foot. Have them try on their own, then ask them to do on coach's command. *Change direction and change pace!



1v1 to Two Small Goals:

In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to their opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of their own score.

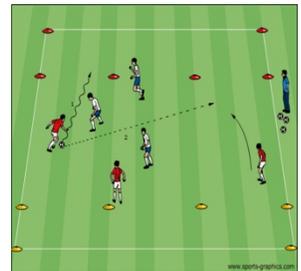
Coach: The goals are 4 yards wide.



3v3 or 4v4 End-zone Game:

Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent's end-zone under control.

Coach: Encourage players to recognize opportunities to burst into space under control.



Scrimmage:

Create field based on playing numbers and size of area.





5TH-6TH/U12 – Session 2

Shooting

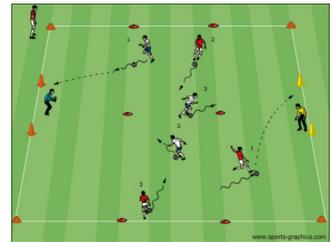
Intentional Free Play:

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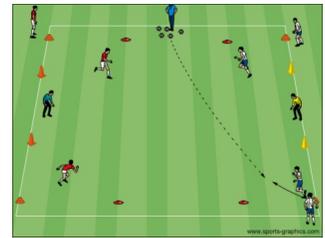
Numbered Shooting:

Two goals with GK's set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out.



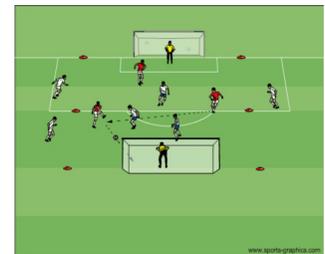
4 Corner Shooting (15 min):

Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on. Coach starts next group of 4.



3v3 (4v4) Plus Team on Deck (15 min):

Two goals with GK's set up about 25-30 yards apart. Team is divided into 3 groups. Two teams compete to score a goal. The team that scores defend that goal. The team on deck comes onto the field to defend quickly while the scored on team quickly leaves the playing field. This game teaches teams to go to goal with pace and to take chances quickly.



Scrimmage:

Create field based on playing numbers and size of area.





5TH-6TH/U12 – Session 3

Passing/Receiving

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Numbered Passing:

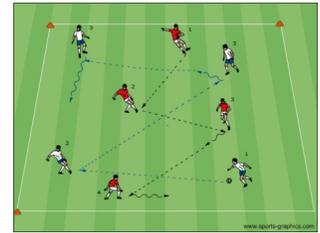
In a defined space create small groups of 5 players with one ball. Each player is numbered 1-5. Sequential passing: 1, 2, 3, 4, 5, 1, 2, 3, etc.

Version 1: Two touch

Version 2: Two touch, one touch

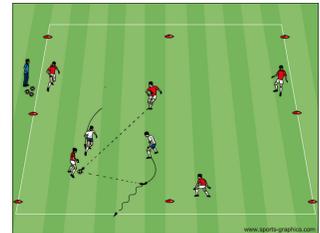
Version 3: One touch

Focus: Technique of passing and when receiving, move with the ball



5v2 possession:

In a 15x20 grid, five players keep the ball away from two defenders. The five players score a point if they string together 4 consecutive passes (can change the amount of consecutive passes to make it easier/harder). If the two defenders dispossess the opposing team; they try to dribble out of the grid to score a point. Change defenders every 1-2 minutes.



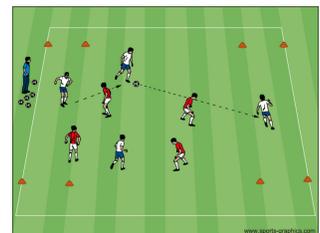
3v3 to 4v4 to four goals:

In a grid place small goals (3 yards wide) near each corner. The goals are set up along the 25-yard lines for extra width in the attack. Play a 3v3/4v4 match. Each team attacks the 2 goals opposite them and defends the 2 goals behind them.

Method of Scoring:

- 1 Point for each pass between the cones

All goals must be below knees and may not touch the cones



Scrimmage:

Create field based on playing numbers and size of area.





5TH-6TH/U12 – Session 4

Team Shape

Intentional Free Play:

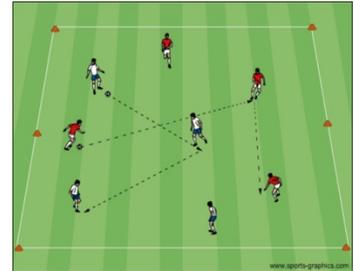
Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Inter Passing in 3's or 4's:

Players are in teams with different colors. Each team has one ball and passes and moves freely in the 30x 40 yard grid.

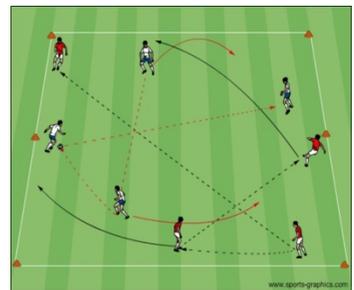
Coach: Concentrate on polishing the mechanics of passing and receiving as well as player's technical speed and individual/group shape.



4v0 + 4v0:

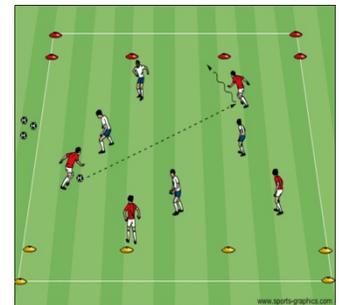
Two groups of 4 players each with one ball per group. Play through each other in the same 30x40 yard grid. Each group focuses on their ball, individual/group shape, and speed of play.

Coach: Encourage players to keep a diamond/kite shape with players always being in good supportive positions.



4v4 or 5v5 to End Zones:

Two teams of 4 or 5 players each play in a 30x40 area with a 2-3 yard end zone on the 30 yard lines. Each team defends one end zone and attacks the other. If a team successfully plays the soccer ball into the opposite end zone, they receive a goal. In order to score, the player receiving the soccer ball must arrive into the end zone when the ball is arriving. Waiting for the soccer ball in the end zone will be off-sides. The defenders cannot enter the end zone.



Scrimmage:

Create field based on playing numbers and size of area.





5TH-6TH/U12 – Session 5

1v1 Defending

Intentional Free Play:

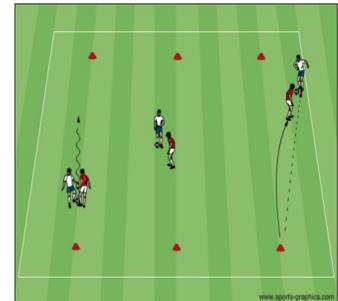
Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Defend the Cone Warm-Up:

Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to their opponent who tries to hit the cone where the ball was served from. The passing player defends their cone, but first and foremost comes out to defend against player with the ball (always the most dangerous person on the field).

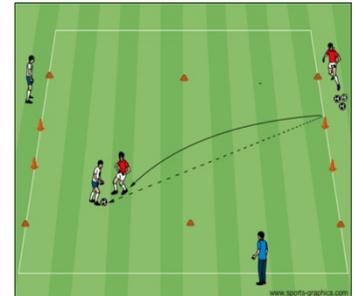
Version 2: Player starts at same cone and defender starts by passing through attacker's legs who turns and tries to score on goal (cone)



1v1 to Small Goals:

In a 10x15 yard grid, two groups of players will play 1v1 bouts. One group of players will serve to the other and defend the player with the ball, applying the principles of 1st defender. The play is over when one player scores or goes out of bounds. The next 1v1 will commence with a service from the defender.

Players will switch sides after their turn is over.



3v3 to Small Goals

In a grid of 30x35 yards, two teams will play to score in the goals. Player will defend by pressing the player with the ball (applying the principles and role of 1st defender).



Scrimmage:

Create field based on playing numbers and size of area.





5TH-6TH/U12 – Session 6

Combination Play

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.

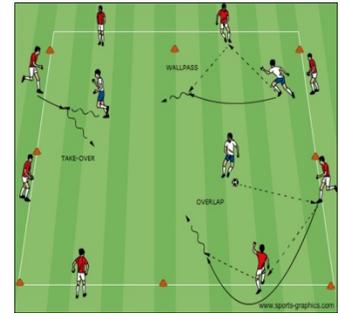


Dutch Square:

Half the players create a square in a defined space with a ball. Players without balls are in the middle and check to receive a pass from outside players. Once they are inside, players have the ball, and they look to connect a pass with another outside player.

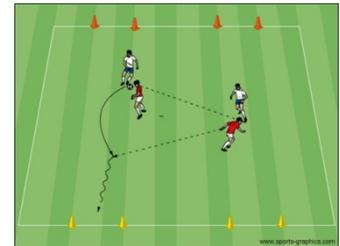
Review technique of passing & receiving

- Introduce Take Overs
- Introduce Wall Passes
- Introduce Overlaps



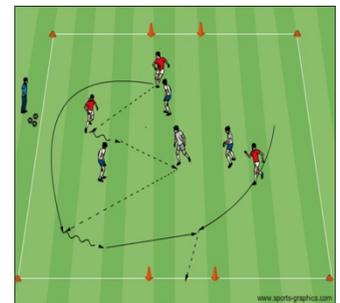
2v2 to 4 Goals:

Two teams trying to score through the cone goals by passing or dribbling, looking for the appropriate chance to execute a combination. Stress the opportunities to combine (wall passing, overlaps, and takeovers).



3v3 or 4v4 +1:

In a 25x30 yd. grid, two teams of 3 or 4 players, each with a neutral player who plays for the team in possession of the soccer ball, will play to score by passing through the cones. A goal scored after a combination play is worth 5 points.



Scrimmage:

Create field based on playing numbers and size of area.

