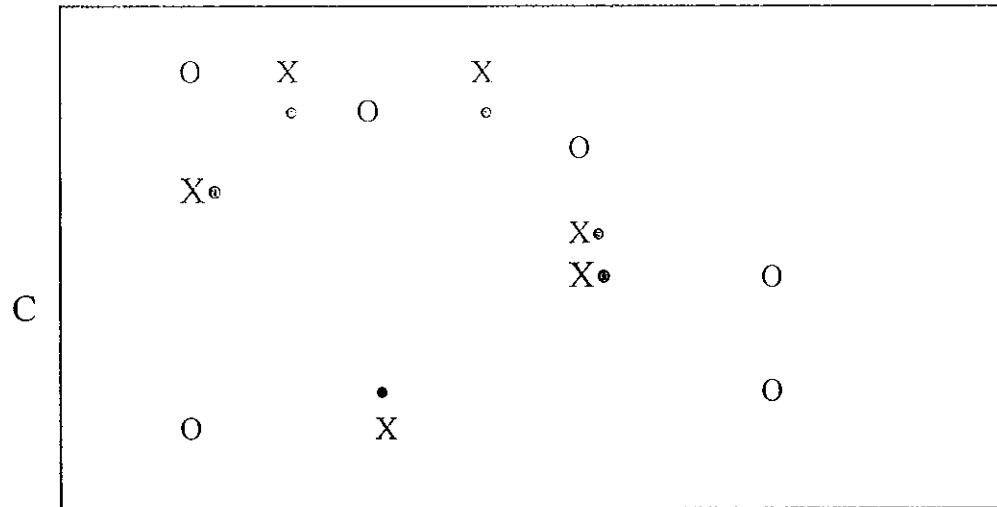


ACTIVITY 1: "Nutmeg"

Space: Confined Area -- 30 by 35 Sq. yds.

X<sup>o</sup>=Players with ball O= Players without balls C=Coach



**Organization:** Players are divided into two (2) groups. Each player in one group stand with their legs open in the grid, while the other group with a ball each tries to "Nutmeg" (that is push the ball between standing player's legs) as many players as possible in 30-60 seconds. Players cannot nutmeg the same player in succession. Rotate roles.

**Objective:** Improve dribbling, vision, speed with the ball, and changing directions with the ball.

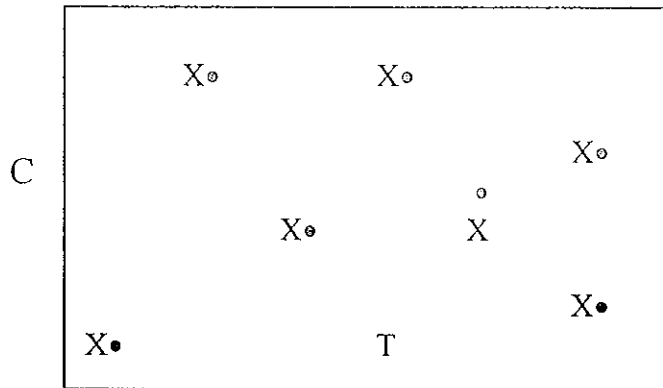
**Variation:**

- Add a defender who tries to take the ball away from any of the dribblers. Dribblers who lose the ball become the new defender.

## ACTIVITY 2: "Freeze Tag"

Space: Confined Area – 30 by 35 Sq. yds.

X<sup>o</sup>=Players with ball C= Coach T=Tagging Player



**Organization:** Every player with a ball in the grid. One player without a ball (tagger) tries to “freeze” players by touching them. Player who is frozen must stand with his/her legs open and wait for a teammate to “unfreeze” him/her by dribbling their ball between his/her legs. The tagging player tries to freeze the whole team within 60 seconds.

**Objective:** To improve dribbling and changing directions with the ball.

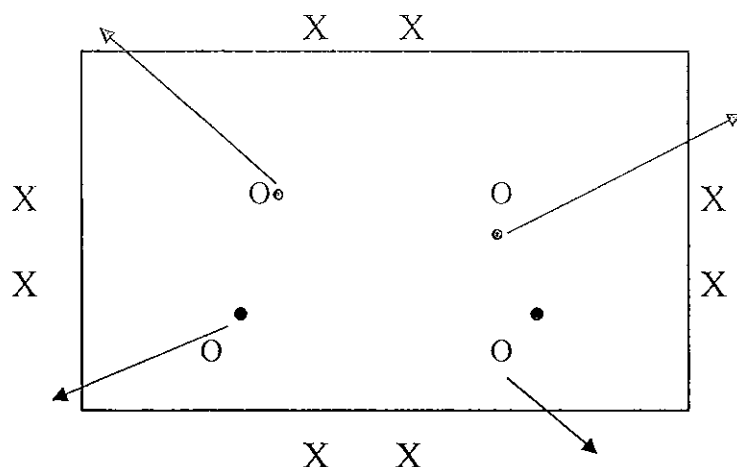
### **Variation:**

- Increase the number of player tagging to more than one.

### ACTIVITY 3: "Jail Break"

Space: Confined Area – 25 by 30 Sq. yds.

X=Players without ball O= Players with balls



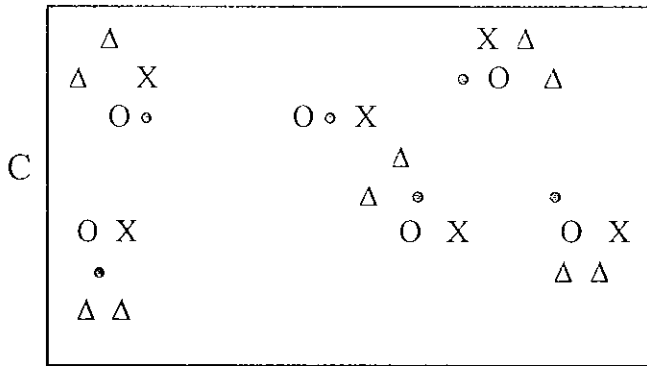
**Organization:** Divide team into two (2) groups. The players in the first group each have a ball inside the grid (prisoners). The other group stands along the perimeter of the grid (guards). The players inside the grid try to break out of jail by dribbling past the guards along the perimeter of the grid. Prisoners return inside the grid and attempt to break out again through another side. The prisoner who can break out the most times in 60 seconds is the winner. The guards are not allowed in the grid and cannot chase prisoners outside the grid. They can only move literally along the grid perimeter to block the prisoners from breaking out. Rotate roles

**Objective:** To improve dribbling to beat an opponent, changing direction, and accelerating with the ball.

## ACTIVITY 4: "Multi Goal"

Space: Confined Area – 35 by 40 Sq. yds.

O=Red Team X=Blue Team ◦=Balls C=Coach ΔΔ=Goals



**Organization:** Players are divided into two (2) groups. Each player is matched up against a player from the other team with a ball (1v1). Each attacker tries to score by dribbling through as many goals as possible in 60 seconds. If a defending wins the ball or the ball goes out of bounds, the defender becomes the attacker and play is continuous. Note: - this is a physically demanding game; give players plenty of rest (60 seconds work and 120 seconds rest).

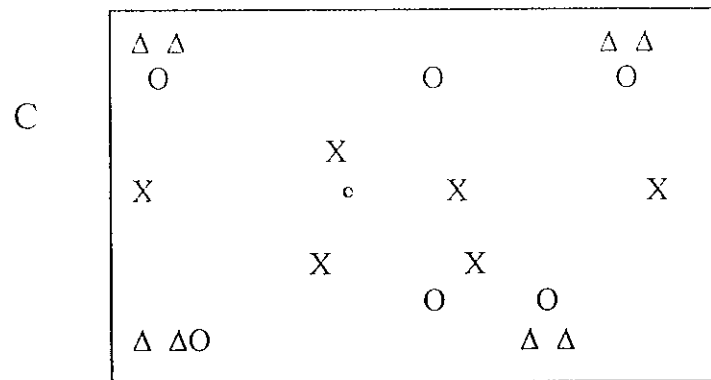
**Objective:** To improve dribbling past defenders, changing direction and acceleration away from defender.

**Variation:** Make it a 2v2, 3v3 game with just one ball. Attacking teams tries to score by dribbling through any of the goals.

## ACTIVITY 5: "Open the Gate"

Space: Confined Area – 35 by 40 Sq. yds.

X=Players with a ball O=Players standing at the gate C=Coach ΔΔ=Gate ◦ Ball



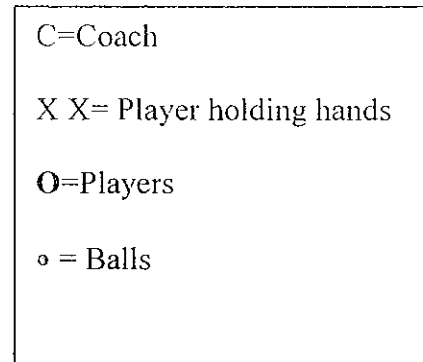
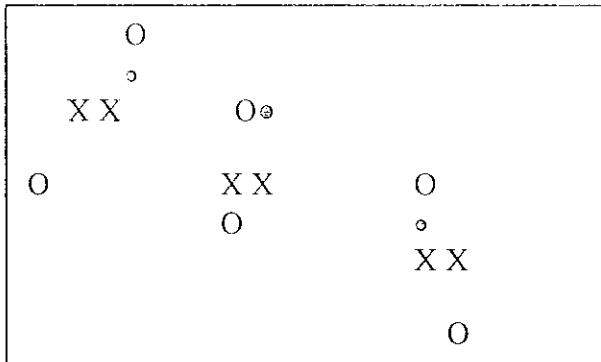
**Organization:** Players are put in two (2) groups; one group with a ball inside the grid playing against two defenders; while the other players stand in front of four (4) gates. The coach opens or closes the gates by pointing to a particular gate. Whenever a gate is open, the passing players try to pass the ball through the open gate. The passing team can only pass the ball through the gate. Coach should have supply of balls at his feet and serve a new ball every time the team kicks one out of the grid. Rotate roles.

**Objective:** To improve passing, develop vision, and reaction time.

**Variation:** coach can open more than one gate or close all gates to allow for a 6v2. Also add defenders to make it 6v4, etc.

## ACTIVITY 6: "Moving Goals"

Space: Confined Area – 35 by 40 Sq. yds.



C

Organization: 3 teams of 4 players each.

2 pairs of players form a goal by holding outstretched hands.

The three goals move around the grid. The objective is for each team to score points by passing the ball through the moving goals to a teammate on the other side of the goal. Rotate roles.

Objective: To develop passing and team cooperation.

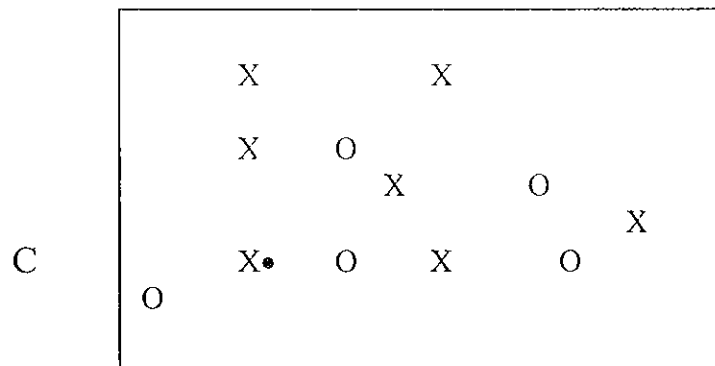
Variation:

- Let four (4) players keep the ball away from two (2) defenders in two sets of 4V2.

ACTIVITY 7: "Possession Handball"

Space: Confined Area -- 35 by 40 yd.

C=Coach c=Ball X=Red Team O=Blue Team



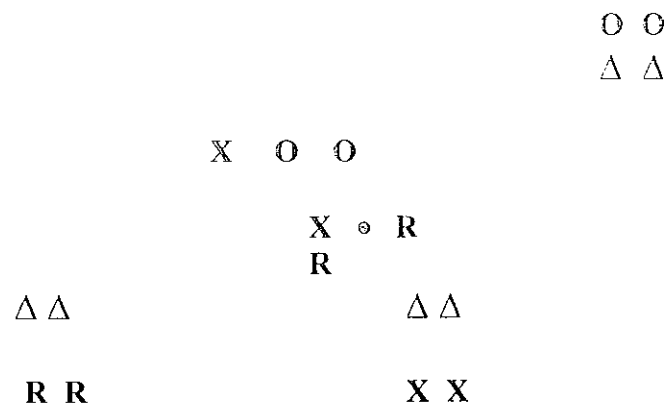
**Organization:** Coach puts players into two (2) groups, with number advantage to one team (7v5). Players pass the ball to teammates with their hands (on the ground and air). Team that gets five (5) consecutive passes gets a point.

**Objective:** This is a good warm-up activity to teach players to support the player with the ball by moving off the ball.

**Variation:** Make it a 6v6 possession game, with players passing the ball with their feet.

## ACTIVITY 8: "Three Goal Game"

Space: Open Area



ΔΔ=Cone

R= Red Player

O=Green Player

X= Blue Player

o = Ball

**Organization:** Three teams of four (4) players each. Two (2) players from each team defend one goal and attack the other two goals in a 2v2v2 inside the playing area. The other two (2) players from each team sit 5 yds. behind their goal. Play is continuous with no boundaries but goals can only be scored from inside the playing area. Rotate roles frequently.

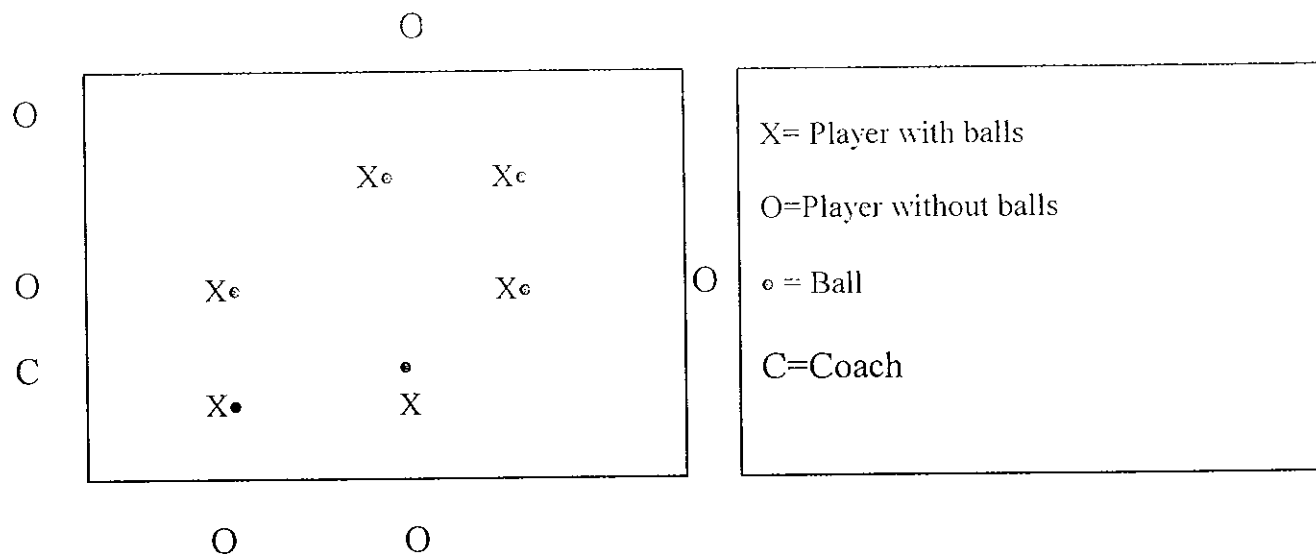
**Objective:** To improve dribble past defenders, creativity, and fitness.

**Variation:** Make it a 3v3v3. That is three (3) players from each team on the field. Then progress to a 4v4v4 possession game.



## ACTIVITY 9: "Cowboys and Indians"

Space: Confined Area – 35 by 40 Sq. yds.



**Organization:** Players are divided into two groups; group inside the grid, each player with a ball. The other team stands around the grid. On coach's command three (3) of the outside team enters the grid and tries to kick all the balls out of the grid. Once a player loses his/her ball he stays in the grid and help his teammates keep their balls. Play stops when all balls are kicked out; the winning team is one who clears all the balls in the quickest time.

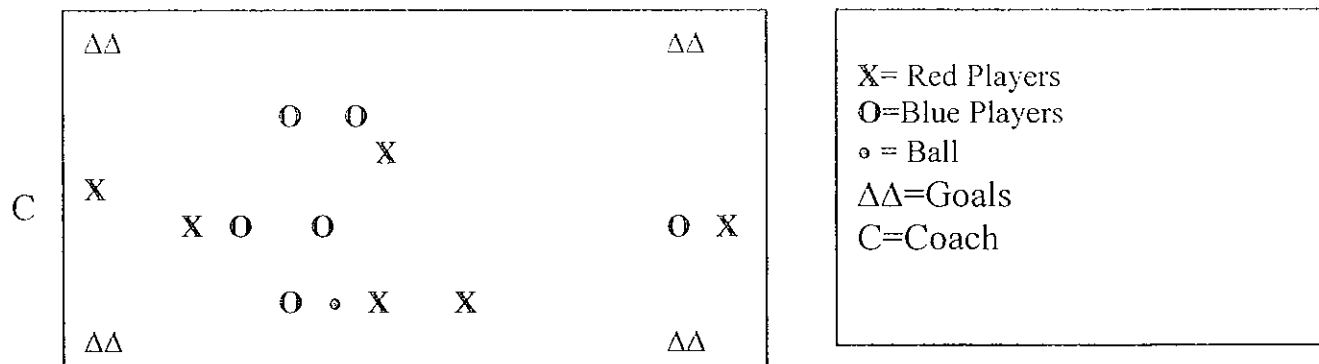
Rotate roles.

**Objective:** To improve dribbling, shielding, vision, passing, and teamwork.

**Variation:** Make all the outside players enter the grid at the same time.

## ACTIVITY 10: "Four Goal Game"

Space: Confined Area – 35 by 44 Sq. yds.



Organization: Players play a game of 6v6 with four goals made up of cones. Each team can score through the two goals at the other end.

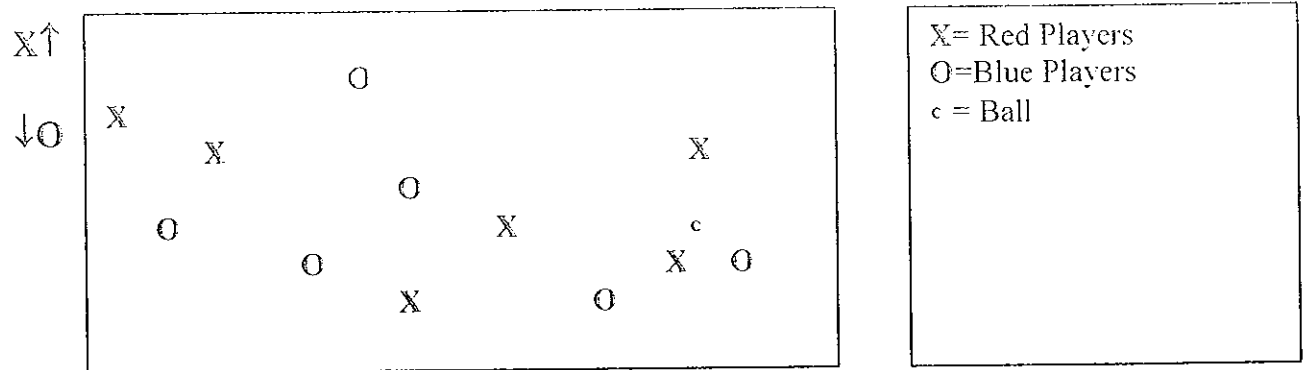
Objective: To improve dribbling, passing, and vision. Players will also develop awareness of when to switch play to the other side.

### Variation:

- Coach can remove one goal from each side of the grid.
- Add a neutral player
- Decrease the number of touches

## ACTIVITY 11: "End Line Dribble"

Space: Confined Area – 25 by 40 Sq. yds.



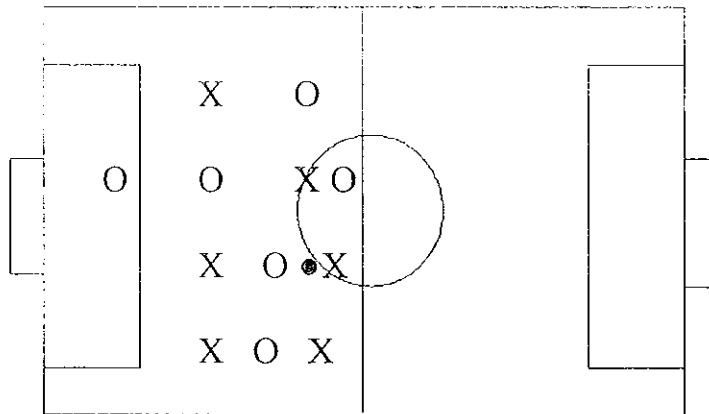
**Organization:** Players divided into two (2) teams. Two (2) teams playing against each other in a grid that is wide and short; teams score a goal by stopping the ball on the end line. Each team attacks the opposite end line and protects its own end line.

**Objective:** To develop dribbling, vision, and creativity.

**Variation:** Add a neutral player who plays for the team in possession of the ball (for example 5v5 with neutral player(s)).

## ACTIVITY 12: "Clear the Half"

Space: Confined Area – 30 by 50 Sq. yds.



O→  
←X

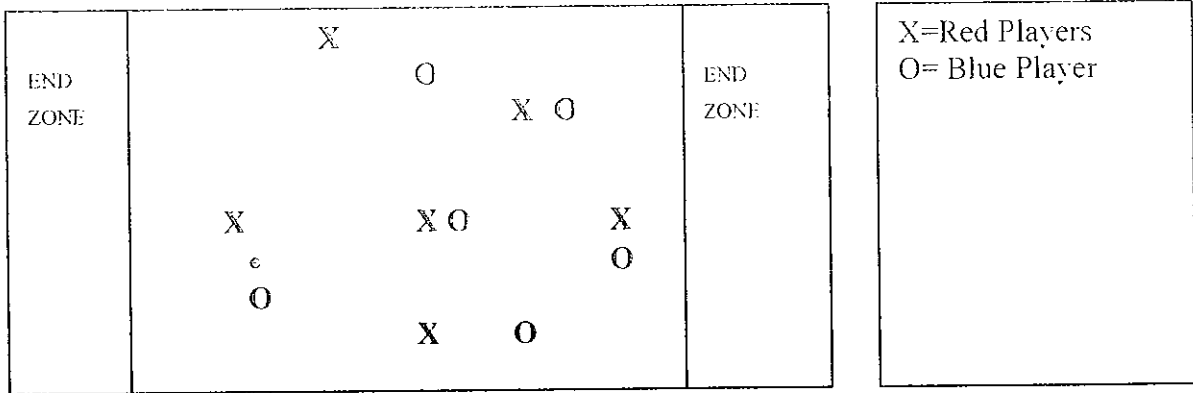
**Organization:** Two (2) teams play a regular game with no goalkeeper. A goal only count if the whole team crosses into the opponent's half before the goal is scored. Also the goal counts double if any of the defending team's players remained in the other half.

**Objective:** To encourage team compactness and support, and improve game fitness.

**Variation:** Take all restrictions off and play regular game.

ACTIVITY 13: "End Zone Game"

Space: Confined Area - 35 by 40 Sq. yds. with 7 yd. end zones



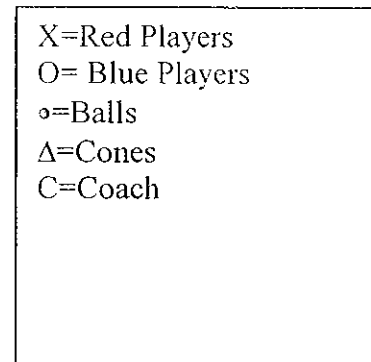
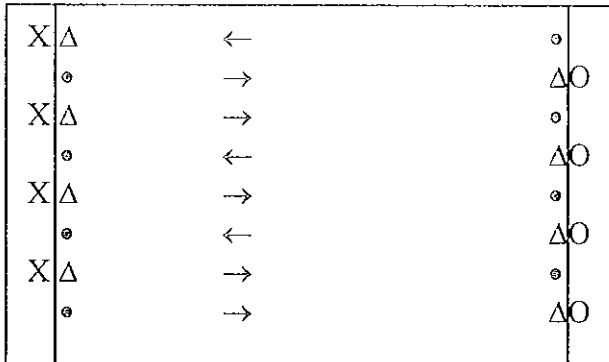
**Organization:** Two teams play in a grid that has two (2) end zones. A goal is scored by passing the ball into the opposite end zone for a teammate who must control the ball before it leaves the end zone. The ball cannot be dribbled into the end zone and players can not wait in the end zone for a pass. Defending players are not allowed in the end zones.

**Objective:** To develop passing and support runs, forward and diagonal passing, forward and diagonal runs.

**Variation:** Take off all restrictions and add a goal to both sides.

**ACTIVITY 14: “Team Battleship”**

**Space:** Confined Area – 30 by 35 yd.



**C**

**Organization:** Divide players into two (2) teams; each player with a ball and cone (preferably tall cones) in each 5 yd. end zone. On the coach’s command all players will shoot their ball in an attempt to knock down the other teams’ cones. Players cannot defend their cones after shooting. After every player has finished shooting, they gather their balls back and prepare to shot again. The first team to knock down all the other team’s cones wins (that is, sinks that team’s battleship).

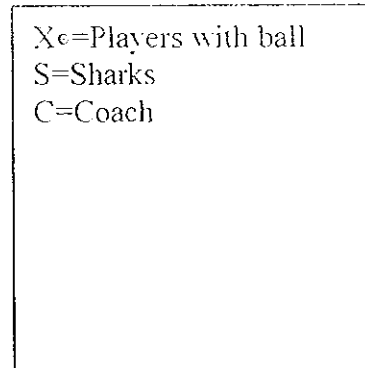
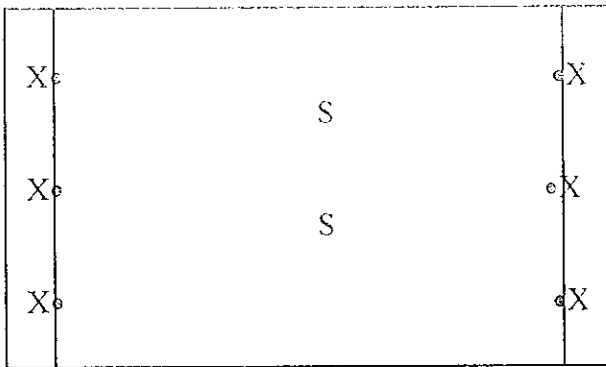
**Objective:** To improve shooting/passing technique and accuracy of shots/passes.

**Variation:**

- Increase or decrease the shooting distance
- Encourage players to use their weaker foot and all foot surfaces.

## ACTIVITY 15: "Island to Island"

Space: Confined Area – 30 by 35 Sq. yds.



**C**

**Organization:** A grid with a 5 yd. end zone on both ends. Assign two players on a color bib to be sharks. Sharks cannot kick the ball out when players are in the island (5 yd. zone). The other players (swimmers) with a ball try to dribble from one island to the other while the sharks try to kick their balls out. Swimmers become sharks when they lose their balls; and swimmers can start from either island.

**Objective:** To improve dribbling past defenders, changing direction, vision, creativity, and speed with the ball.

**Variation:**

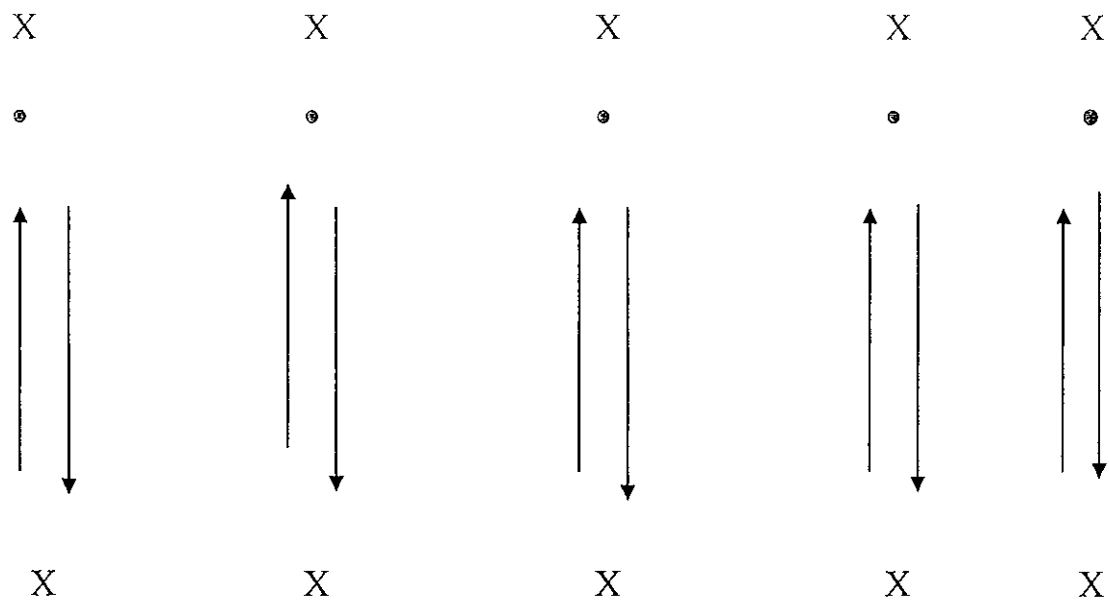
- Swimmers can not stay more than 5 seconds in the island
- Make the island further away from each other. Increase the number of sharks, etc.

## ACTIVITY 16: "Passing & Receiving"

Space: Open Area

X=Players

⊙=Balls



**Organization:** Players in pairs with a ball each. Every players standing 10–15 yd. apart from each other, and passing the ball to their partner.

**Objective:** To improve passing and receiving technique of each player.

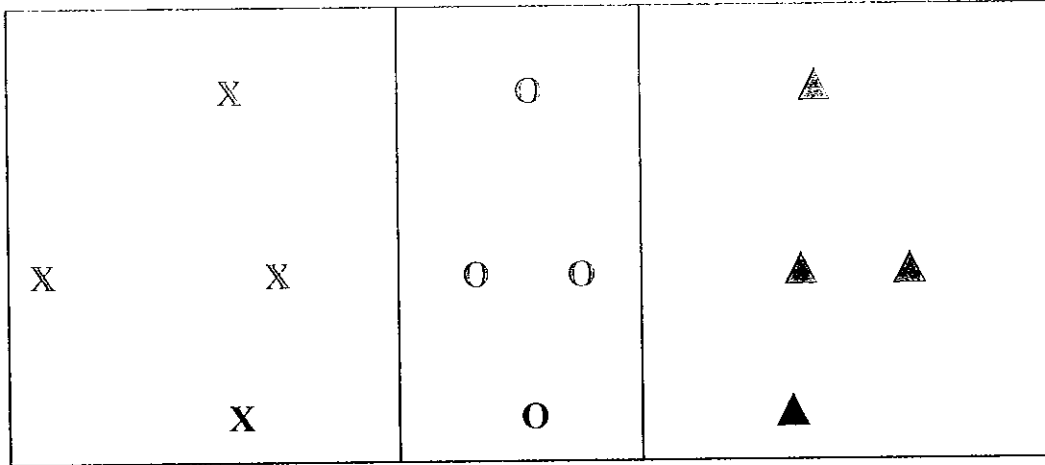
**Variation:**

- Gradually increase the distance to coach receiving floated balls.
- Encourage players to use both feet.
- Reduce the distance to coach receiving balls with all body parts.



ACTIVITY 17: "Thirds"

Space: 25 by 55 sq. yds.



X →

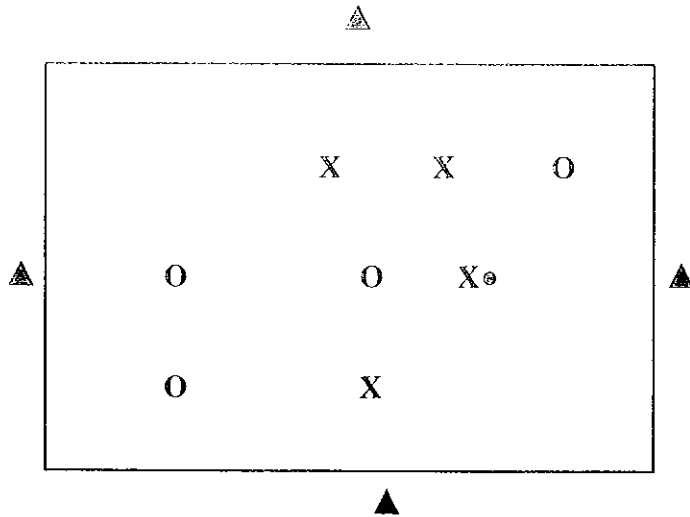
**Organization:** Coach splits players to three groups of four (4) players; each group at one third of the field. X player(s) tries to get the ball across to ▲ end line by going through the middle third while the O player(s) defends their zone. Rotate roles between groups.

**Objective:** To improve passing, dribbling, combination play, transition play, and defending.

**Variation:** manipulate the number of touches; make it a 4v4 with 2 neutral players; and then progress to 6v6 game.

ACTIVITY 18: "Wall Play"

Space: 35 by 40 sq. yds



**Organization:** Three groups of four (4) players. Two groups (X and O) are playing 4V4 inside the grid. The other group (▲) is outside the grid as target players or wall players. Rotate roles.

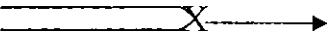
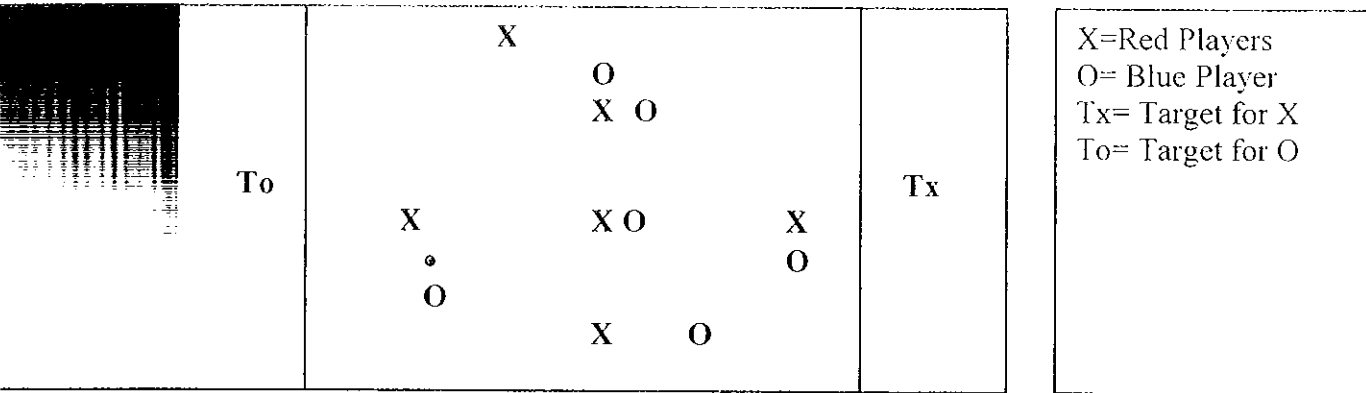
**Objective:** To encourage wall passes, target plays, and combination plays.

**Variation:** Manipulate the number of touches the target players can have.

Also coach can progress to 4v4v4 in a bigger grid – one group defending against the other two groups.

## ACTIVITY 19: "Target Game"

**Space:** Confined Area -- 35 by 40 Sq. yds. with 7 yd. end zones



**Organization:** Two groups of six (6) players. Two groups (X and O) are playing 6V6 inside the grid with two Target players for each group. Target has two touches to play the ball back to their group. The group with more passes to their Target wins. Rotate roles.

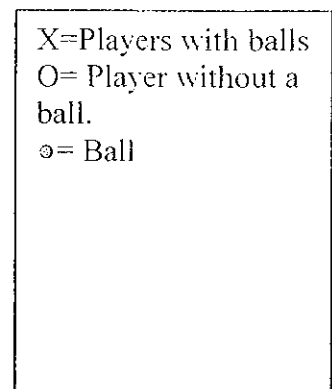
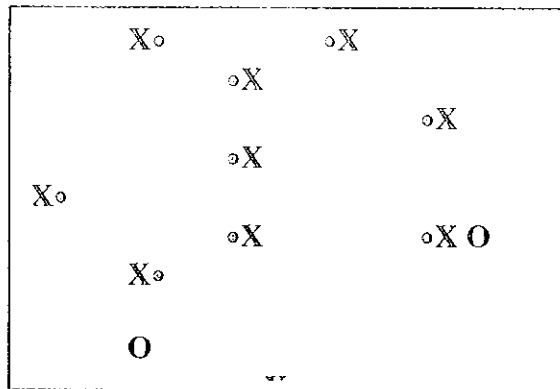
**Objective:** To encourage wall passes, dept in attack, target plays, possession play, and combination plays.

**Variation:** Manipulate the number of touches the target players came have.

Also coach can progress to 4v4v4 in a bigger grid – one group defending against the other two groups.

## ACTIVITY 20: "Get One"

Space: Confined Area – 30 by 35 Sq. yds.



**Organization:** All but two (2) players have a ball inside the grid. On coach's order players without a ball tries to get one from any of the other players. When a player loses his/her ball, they try to get one from another player. The player without a ball when the coach stops the play performs "five jumping jacks."

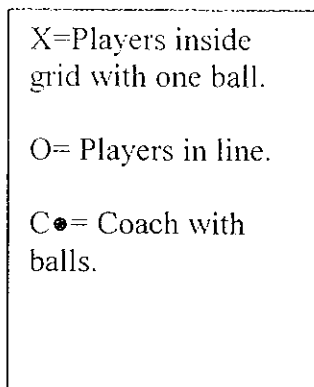
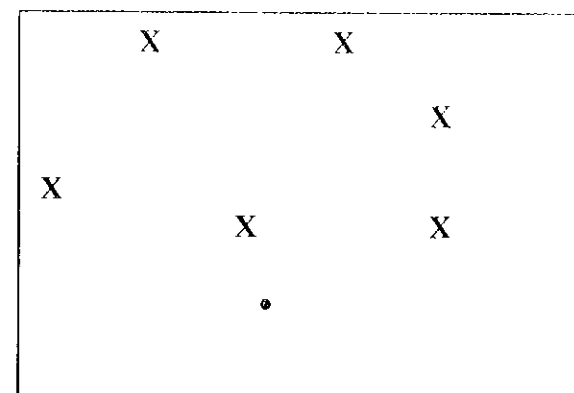
**Objective:** This helps to improve players' ability to dribble, shield, vision, and defend properly.

### **Variation:**

- Increase the number of players without a ball.

**ACTY 21: "Pressure Defender"**

Confined Area – 30 by 35 Sq. yds.



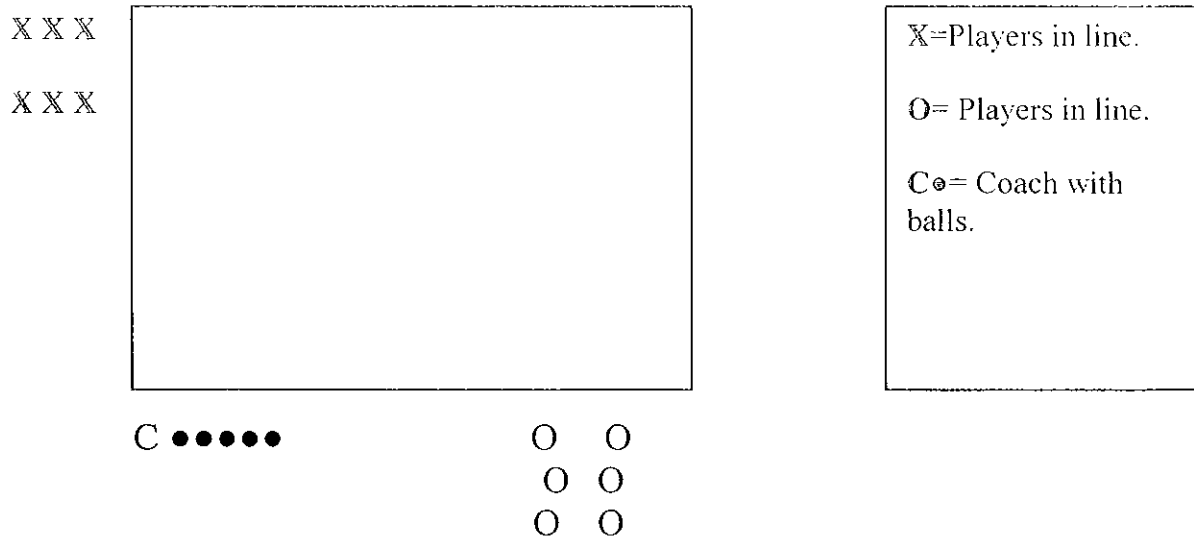
**action:** Players in two (2) groups of six (6); one group inside the grid other line up outside the grid in three lines. The coach will have balls and puts a ball into play for the players in the grid. The first two players in line then enters the grid to try and kick the ball out of play for the longest amount of time as possible. Once the ball goes out the coach puts in another ball immediately.

**purpose:** To improve the defending players' ability to pressure the ball, and the ability of the attacking players to keep possession of the ball.

**modification:** Increase the number of balls put into play.

## ACTIVITY 22: "2v2 End Lines"

**Space:** Confined Area – 30 by 35 Sq. yds.



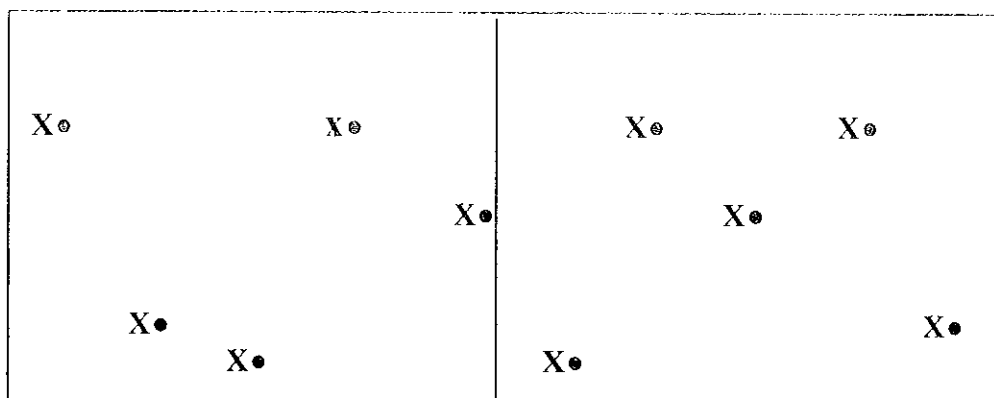
**Organization:** Players in two (2) groups of six (6); both groups are outside the grid and the coach puts a ball into play in the grid for a 2v2 play. Both teams attempt to dribble the ball to the end line of the opposing team's goal line. While the defending team tries to stop the attacking team.

**Objective:** To improve the defending players' ability to pressure the ball, and the ability of the attacking players to keep possession of the ball through passing, dribbling, and combination play.

**Variation:** Increase to 3v3 or 4v4.

## ACTIVITY 23: “Dribbling Moves & Feints”

Space: Open area



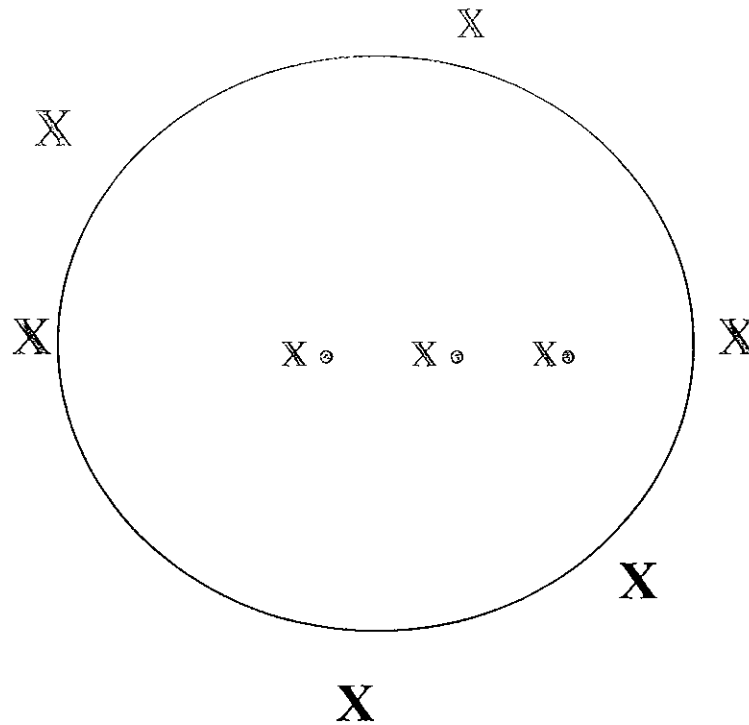
Organization: Every player with a ball in an open area. On the coach's command players perform dribbling moves or feints away from pressure (for example cut move, “v” move, inside/outside, step-over, double step-overs, pull back, cruyff, maradona, shinnie step-over, scissors, double scissors, etc.). Coach should first demonstrate the move or feints for easy understanding. Players can start slow, and then go game-speed when they get the technique right.

Objective: To improve players' ability to dribble and be creative.

Variation: Ask players to dribble away from pressure as soon as they perform the move or feint at game speed.

## ACTIVITY 24: "Passing & Receiving in a Circle"

Space: Circle



**Organization:** Form a big circle with your players. Have three players with a ball each in the center of the circle. At the coach's command players would pass the ball to one of the players standing on the circle, gets it back from that player and passes to another player. The play continues for about 60 seconds or so. Players on the circle have two touches. Then switch roles.

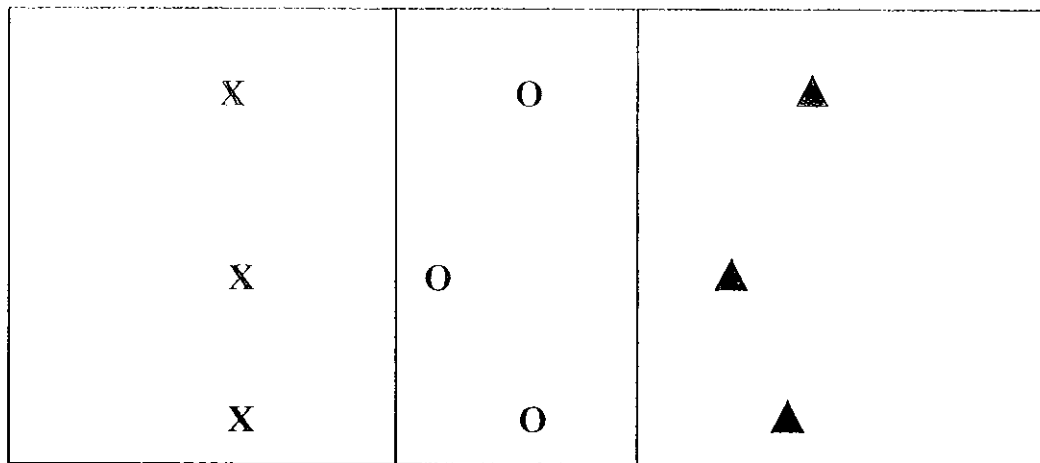
**Objective:** To improve passing and receiving of the ball.

**Variations:** Increase or reduce the number of players in the middle of the circle. Increase or reduce number of touches each player can have.



## ACTIVITY 25: "Pass Across"

Space: 25 by 40 sq. yds.



X →

**Organization:** Coach splits players into three groups of three players; each group at one third of the field (the middle third should be 5 yds. wide). X player(s) tries to get the ball across the middle third by passing it to the ▲ players. The players in the middle third "O" try to intersect the pass. Set up multiple fields if needed; change roles of players.

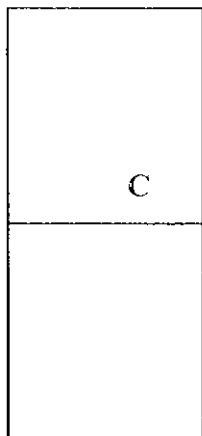
**Objective:** To improve passing and receiving techniques.

**Variation:** increase or decrease the number of defenders.

## ACTIVITY 26: "Receive and Shoot"

Space: 20 by 7 sq. yds.

A



B

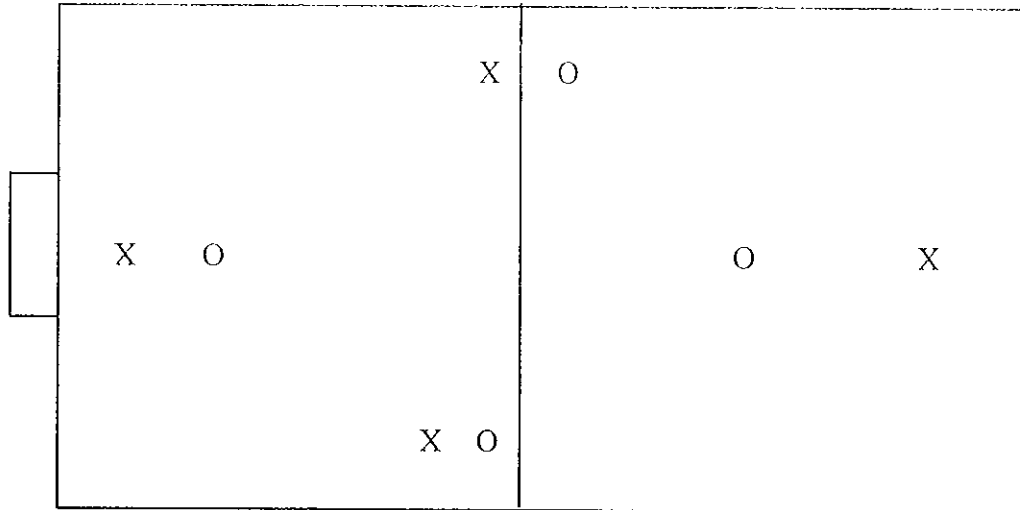
**Organization:** Set up multiple fields of 20 yds long and 7 yds. wide. There will be three players and one ball on each field. Player A passes to player B, who must now control the ball (two touches) and shoot on player C (serving as a goalkeeper). If B scores, C remain in goal, but if C stops the shot or B misses, B then becomes the goalkeeper.

**Objective:** To improve passing, receiving, and shooting.

**Variation:** manipulate the number of touches each player have before shooting.

## ACTIVITY 27: "One-goal Game"

Space: 35 by 40 sq. yds.



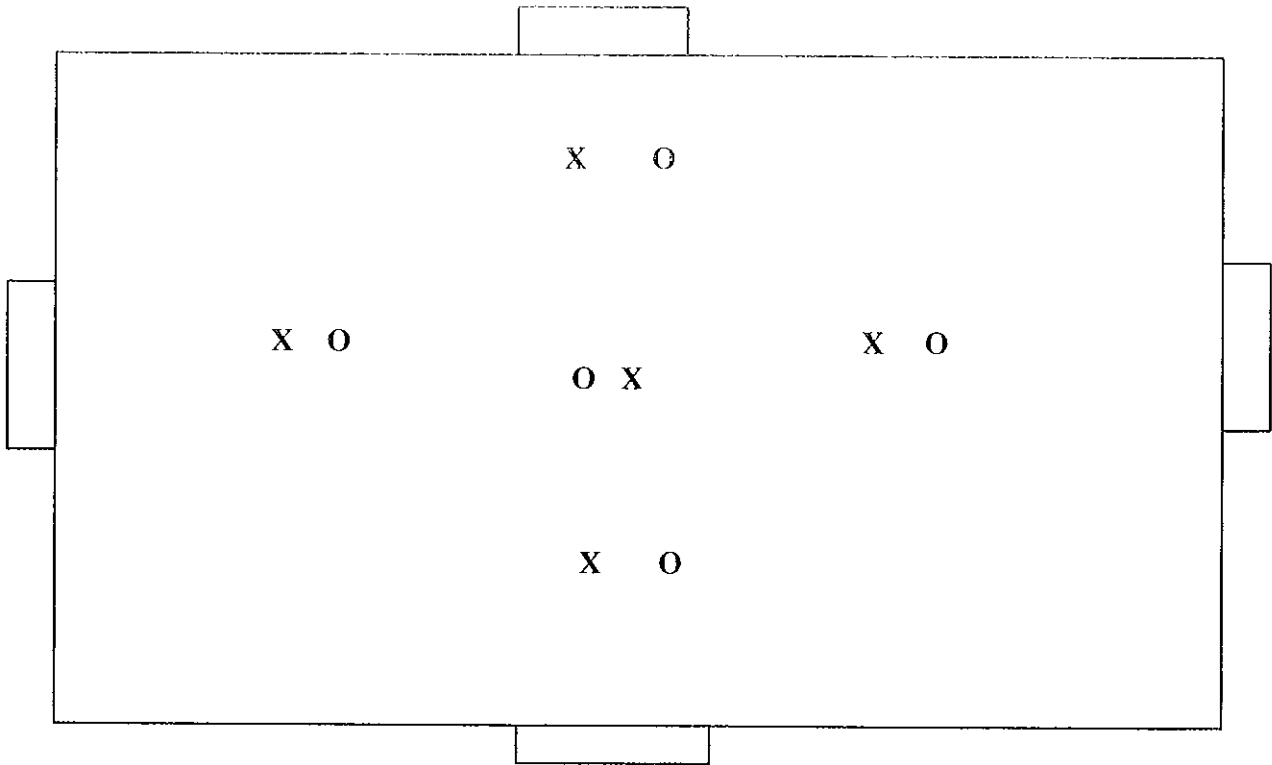
**Organization:** Play a regular game with both teams attacking and defending one goal. The attacking team gets five points for each goal scored while the defending team gets 5 points for ten (10) consecutive passes. Teams immediately change sides or roles each time a goal is scored or ten passes are made.

**Objective:** To improve passing, dribbling, attacking, transition play, and defending.

**Variation:** Create multiple fields and vary the number of players (2v2, 3v3, etc.)

## ACTIVITY 28: "Two Wide Goals"

Space: 35 by 40 sq. yds.



**Organization:** Play a regular game with two teams, with each team defending two goals and attacking two goals (one goal each at the side line and the goal line).

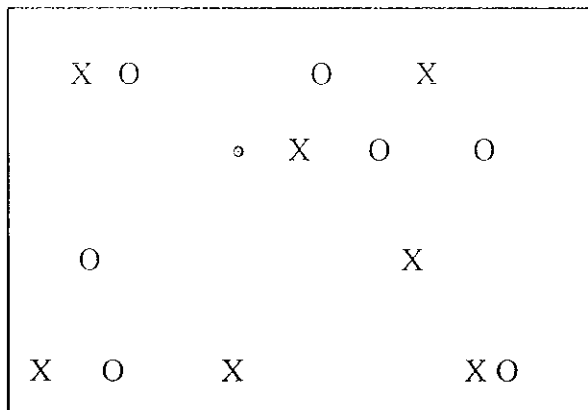
**Objective:** To encourage transition play, width in attack, switching the point of attacking, creativity, group defending and attacking, etc.

**Variation:** Manipulate the number of players and field size.

## **U12 PRACTICAL FIELD SESSIONS**

ACTIVITY 1: "Keep Away"

Space: 30 by 40 sq. yds.



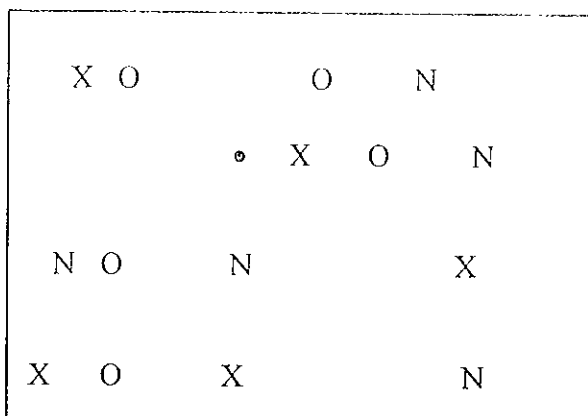
**Organization:** Two teams (7v7) with one ball playing keep away. A goal is scored when a team get ten (10) consecutive passes or combination plays or take-overs or over laps, etc.

**Objective:** Most tactical/technique topics can be coached in this activity; however coaches are encouraged to focus on one or two at a time.

**Variation:** Manipulate the number of touches, space, etc.

## ACTIVITY 2: "3 Teams"

Space: 30 by 40 sq. yds.



**Organization:** Three teams (5v5v5) with one ball playing keep away. That is, two teams (O & X) combines and playing against team "N" (defending team). The team that losses the ball becomes the defending team while team N combines with the other remain team.

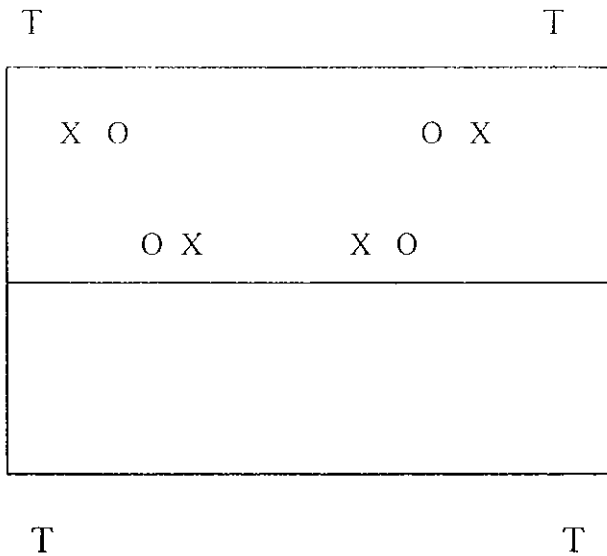
**Objective:** To encourage transition play, attacking, and defending tactics.

### **Variation:**

- Manipulate the number of touches, etc.
- Make it a 7v7 with a neutral player.

### ACTIVITY 3: "Target Game"

Space: 30 by 40 sq. yds.



**Organization:** Play 4v4 possession in one half of the field. A team can score by passing the ball to one of the targets (T), and receiving the ball back and keeping possession. All players must be in one half, players can't cross half line until ball does, either with a dribble or pass. If defending team wins the ball they can score in that half before crossing over. Switch roles.

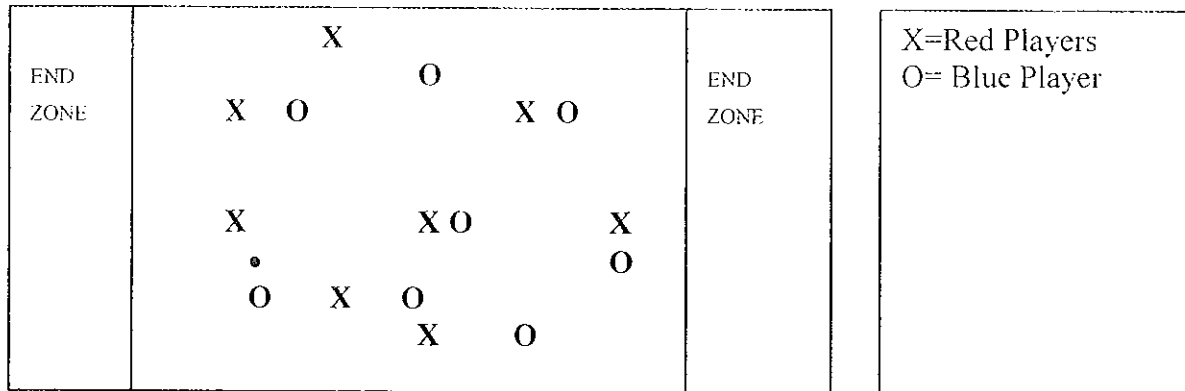
**Objective:** This activity encourages creativity, transition play, imagination, etc.

**Variation:** Take off the half line, etc.



## ACTIVITY 4: "End Zone Game"

**Space:** Confined Area – 40 by 50 Sq. yds. with 5 yd. end zones



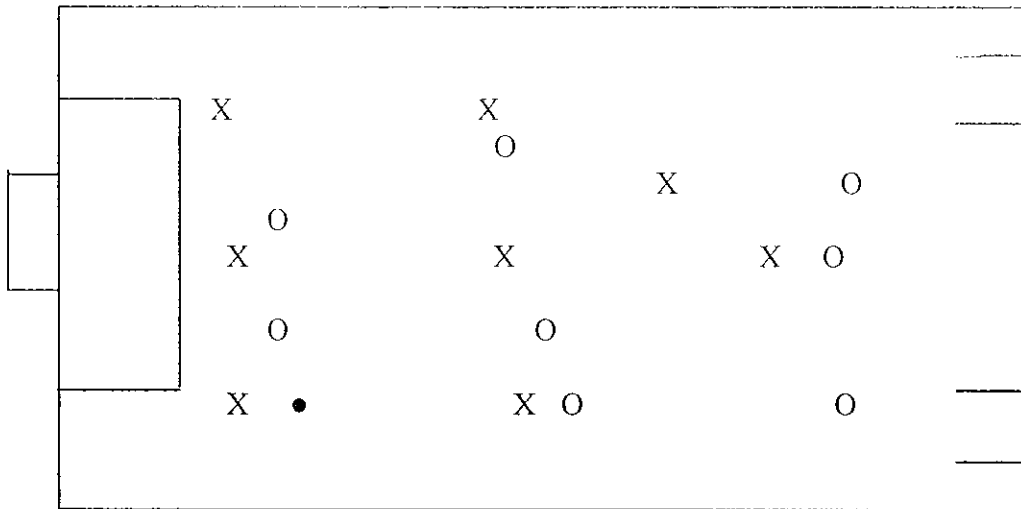
**Organization:** Two teams play in a grid that has two (2) end zones. A goal is scored by passing the ball into the opposite end zone for a teammate who must control the ball before it leaves the end zone. The ball can be dribbled or passed into the end zone and players can not wait in the end zone for a pass. Defending players are not allowed in the end zones.

**Objective:** To develop passing and support runs, forward and diagonal passing, forward and diagonal runs.

**Variation:** Take off all restrictions and add a goal to both sides.

ACTIVITY 5: "One Goal with Counter Goals"

Space: 50 by 40 sq. yds.



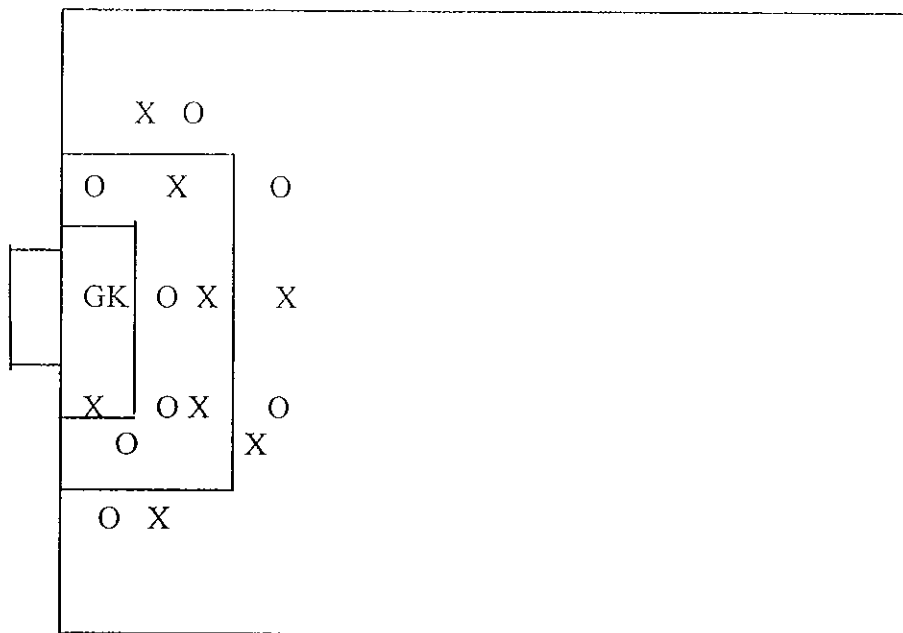
**Organization:** Two teams of 8v8, one defending the big goal and the other defending the two counter goals.

**Objective:** To coach group defending, attacking, midfielders, etc.

**Variation:** Add a center line and goalkeepers. Remove counter goals and add one big goal.

## ACTIVITY 6: "Goal Area Game"

**Space:** The goal area.



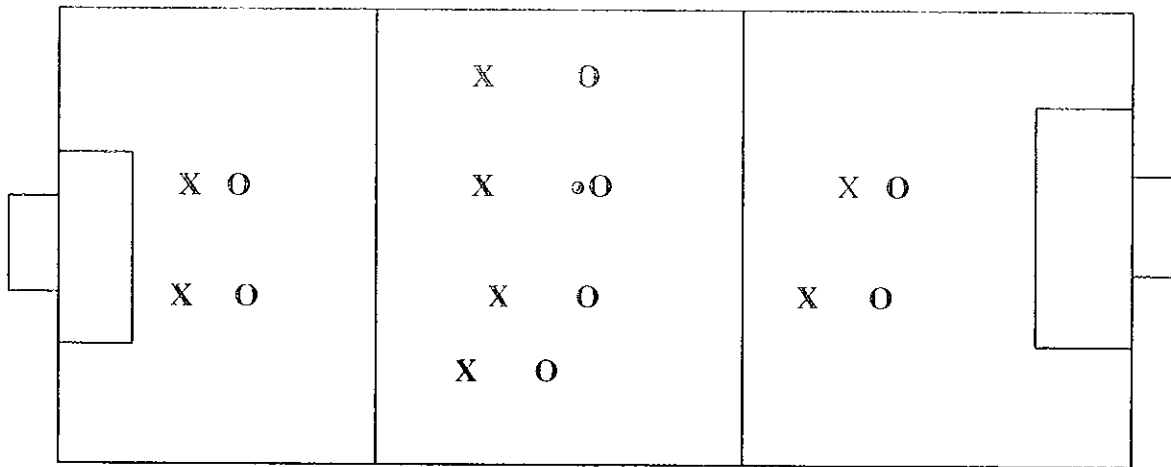
**Organization:** This is a 4v4 inside the 18 yard box with a goalkeeper. Each team also has four players spread out around the perimeter of the 18 yard box. Each team gets one point for a goal scored by players inside the box and three points for goals score by players outside the box (by shooting). Player around the perimeter cannot enter the box and can either shoot on goal or pass the ball back to players inside the box.

**Objective:** To encourage shooting from outside the box.

**Variation:** Manipulate the number of players inside the box and the number of touches the players outside the box have before shooting or passing.

## ACTIVITY 7: "Fields of Three"

Space: 40 by 50 sq. yds.



X →

**Organization:** This is an 8v8 game broken down into 2v2 in the defensive third, 4v4 in the middle third, and 2v2 on the attacking third. Players can not leave their third but can only pass the ball to their teammates on the other third.

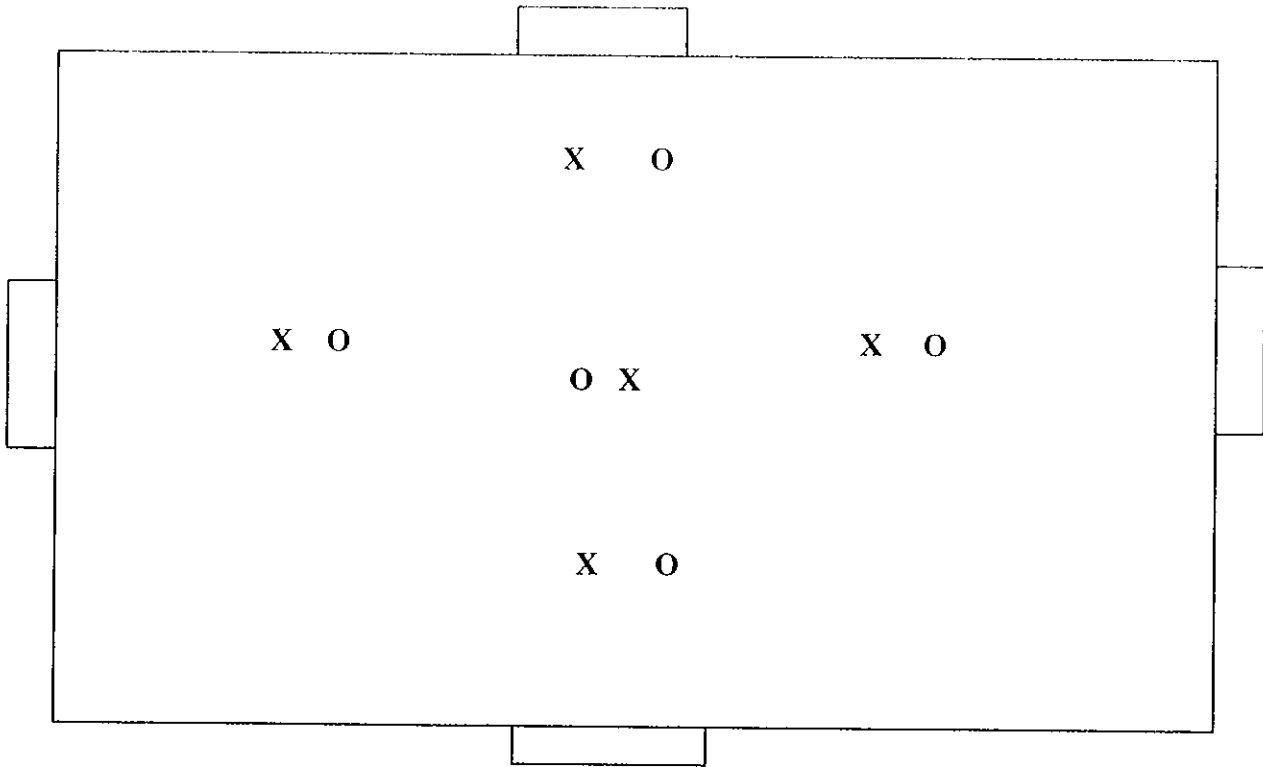
**Objective:** To coach passing, receiving, vision, defensive, attacking principles, etc.

**Variation:**

- A player that passes a ball into the middle or attacking third must follow their pass into that third.
- Take off all restrictions and add goalkeepers.

## ACTIVITY 8: "Two Wide Goals"

Space: 35 by 40 sq. yds.



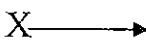
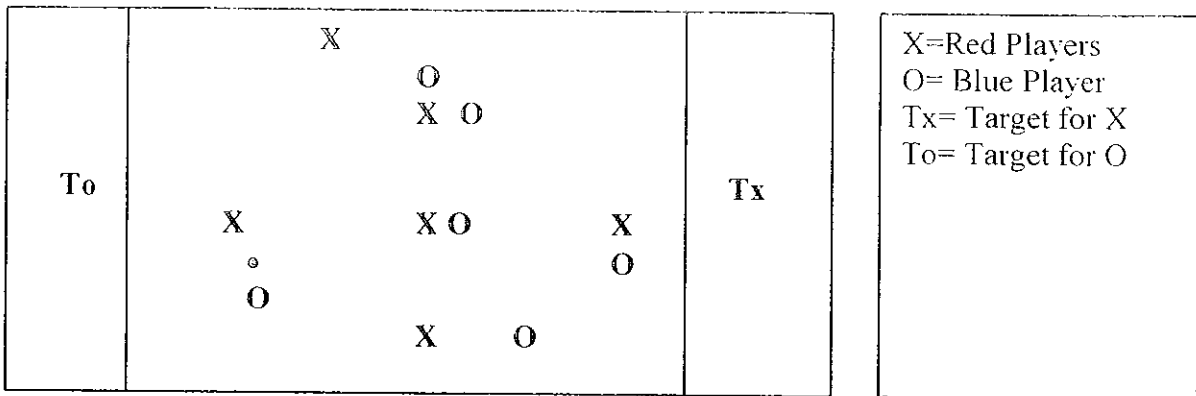
**Organization:** Play a regular game with two teams, with each team defending two goals and attacking two goals (one goal each at the side line and the goal line).

**Objective:** To encourage transition play, width in attack, switching the point of attacking, creativity, group defending and attacking, etc.

**Variation:** Manipulate the number of players and field size.

ACTIVITY 9: "Target Game"

Space: Confined Area – 35 by 40 Sq. yds. with 7 yd. end zones



**Organization:** Two groups of six (6) players. Two groups (X and O) are playing 6V6 inside the grid with two Target players for each group. Target has two touches to play the ball back to their group. The group with more passes to their Target wins. Rotate roles.

**Objective:** To encourage wall passes, dept in attack, target plays, possession play, and combination plays.

**Variation:** Manipulate the number of touches the target players came have. Also coach can progress to 4v4v4 in a bigger grid – one group defending against the other two groups.