
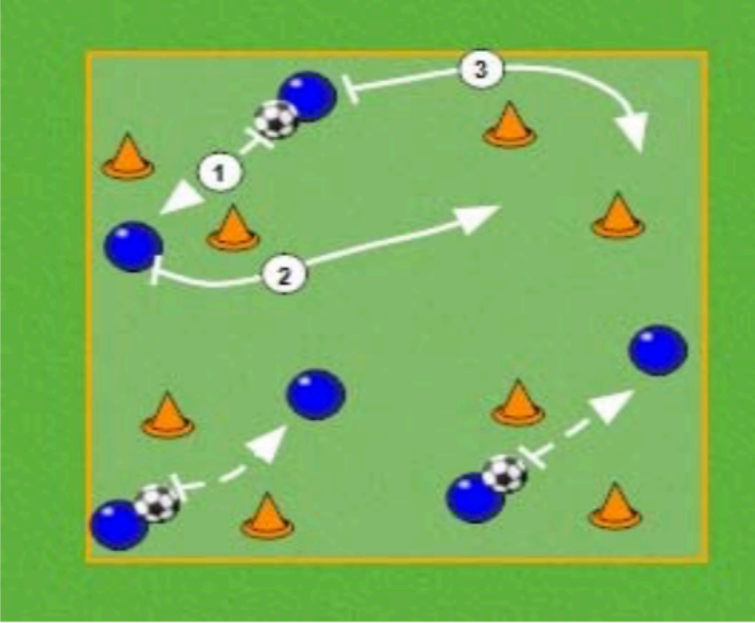


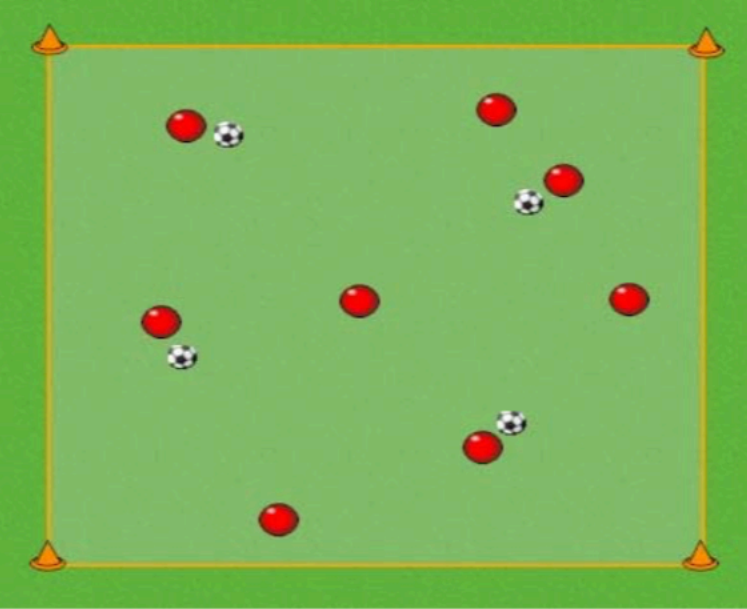
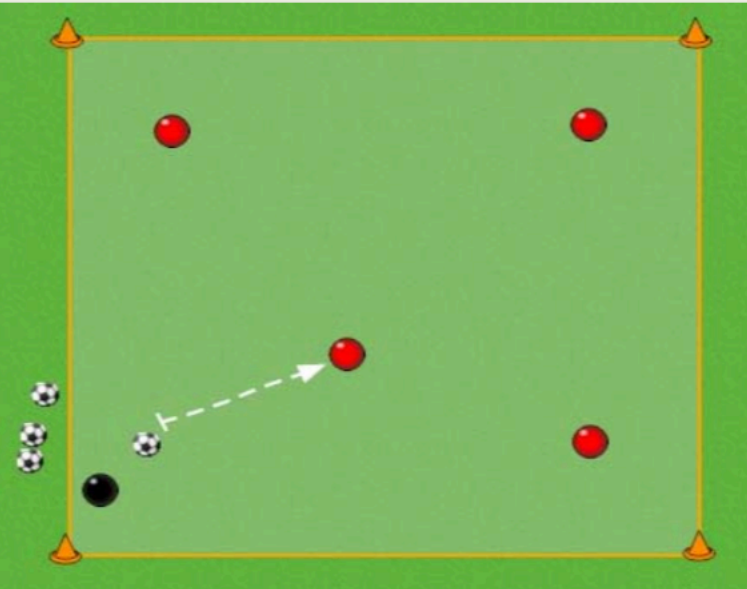
Boise Timbers|Thorns Youth League Seasonal Practice Plan U12

<p>Week 1 Passing Warm up Objective: To improve general coordination.</p>	<p>Organization: 30 yard x 20 yard area. 2 players to a ball. Six 5 yard mini goals (as in diagram)</p>	<p>Procedure: 2 players to a ball, inter-passing, when coach yells "go", one tries to beat the other & dribble through a mini-goal. Only 1 goal can be scored at each goal.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Passing basics - Dribbling moves - Change of speed - Agility - Vision 	
<p>Week 1 Passing Individual Activity Objective: To improve individual passing skills.</p>	<p>Organization: 40 yard x 30 yard area. In groups of 2 with 1 ball. Various 2 yard goals are placed in and around the area</p>	<p>Procedure: In pairs players have 1 minute to pass the ball through as many different goals as they can. Players must find the open goals and work together to get as many points as they can. 1 point per successful pass through an open goal.</p> <p>Progress:</p> <ul style="list-style-type: none"> - Inside foot only - Outside foot only - Alternate feet at each goal - 3 passes at each goal 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Head up and communicate - Passing technique - Receiving touch to find next goal - Accuracy of over power 	

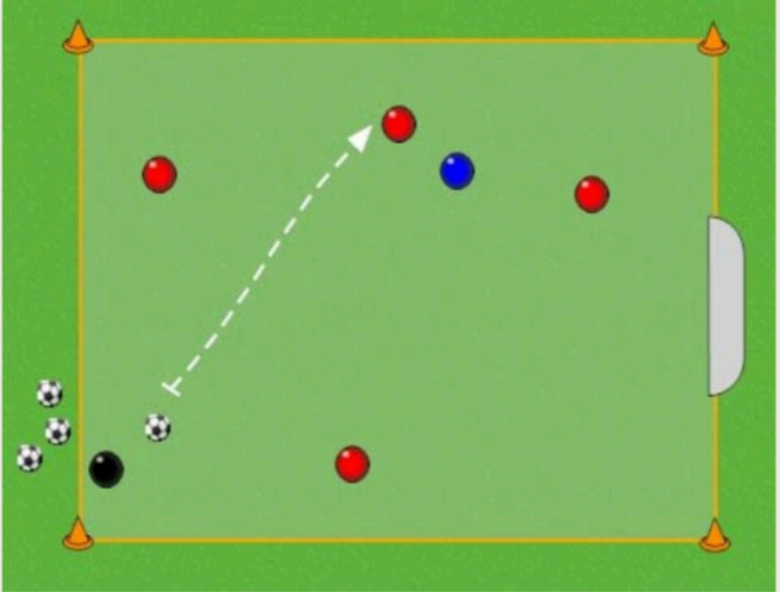
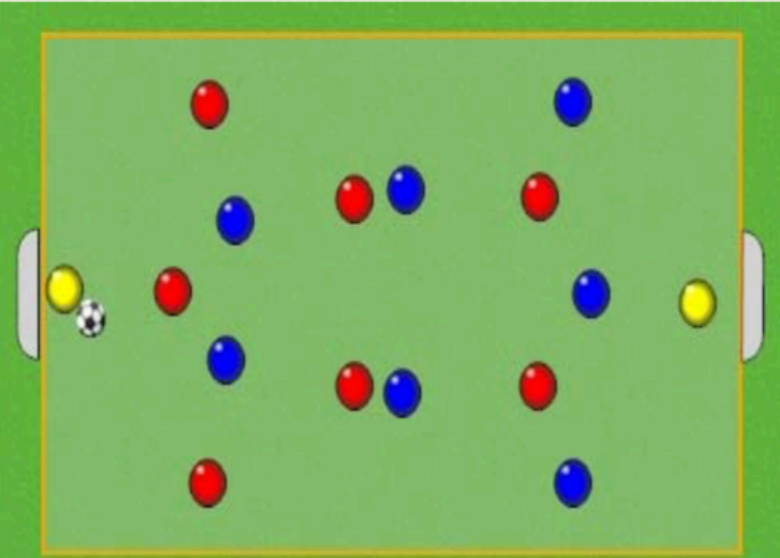
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<p>Week 1</p> <p>Passing Small Group Activity</p> <p>Objective: To improve individual passing skills under pressure.</p>	<p>Organization:</p> <p>3v3 (or 4v4) to targets. Area is 30x20 (3v3) or 40x25 (4v4).</p>	<p>Procedure:</p> <p>The Game: Pass to the opponent's end line player to score. The end line players (targets) are outside of the playing space and can also support their own team as they play out of the back or are under pressure in the defensive third. Play to five and rotate the targets.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Head up and communicate - Passing technique - Receiving touch to find next goal - Accuracy of over power 	
<p>Week 1</p> <p>8 v 8 Small Sided Game</p> <p>Objective: To improve individual & small group game understanding.</p>	<p>Organization:</p> <p>30 x 50 yard area Play a 8 v 8 match</p> <p>2 Goals</p> <p>Size 5 ball</p>	<p>Procedure:</p> <p>Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	

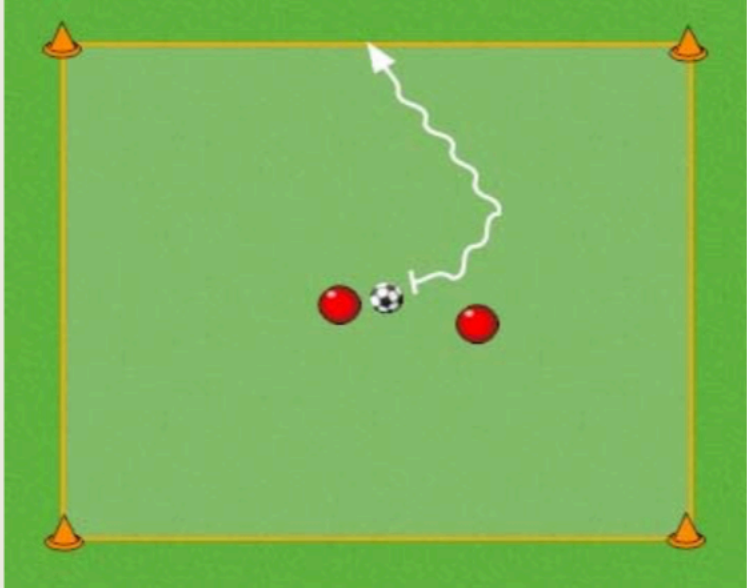
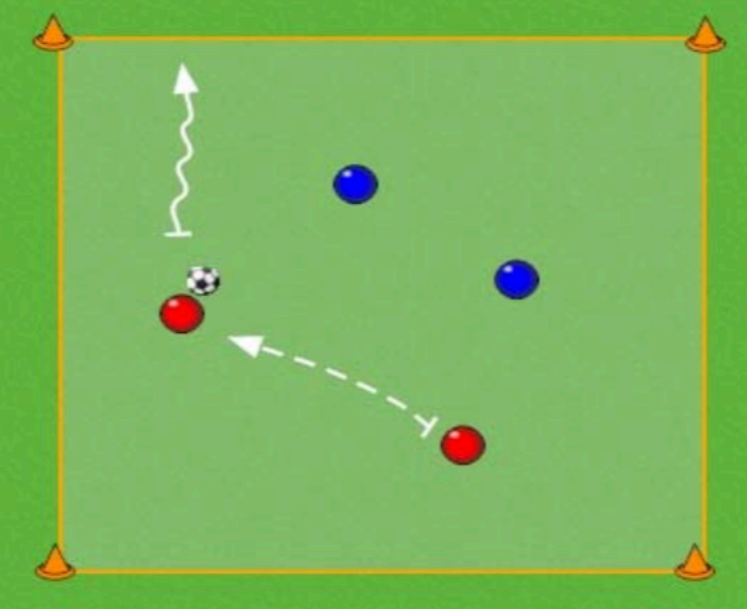
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<p>Week 2 Receiving.</p> <p>Warm up</p> <p>Objective: To improve general coordination.</p>	<p>Organization:</p> <p>20 x 20 yard area.</p>	<p>Procedure:</p> <p>Two players with one ball. The player with the ball knocks it into the air. The other player receives it and passes it immediately back to the first player who dribbles to the nearest line.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Keep your eye on the ball - Maintain body balance - Head check - First touch into space 	
<p>Week 2 Receiving.</p> <p>Individual Activity</p> <p>Objective: To improve individual receiving skills.</p>	<p>Organization:</p> <p>Mark off a 20 x 20 yard grid. Have spare balls with the coach on the side of the grid.</p>	<p>Procedure:</p> <p>The coach plays a ball into the grid of four players. The players control the ball and pass it to each other so that every player touches it at least twice and cross the line, then the next group goes, add patterns of play.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Get in line with flight of the ball - Early selection of controlling surface - Head on a swivel to see the ball and check where the pressure is - Maintain body balance - Quality passing 	

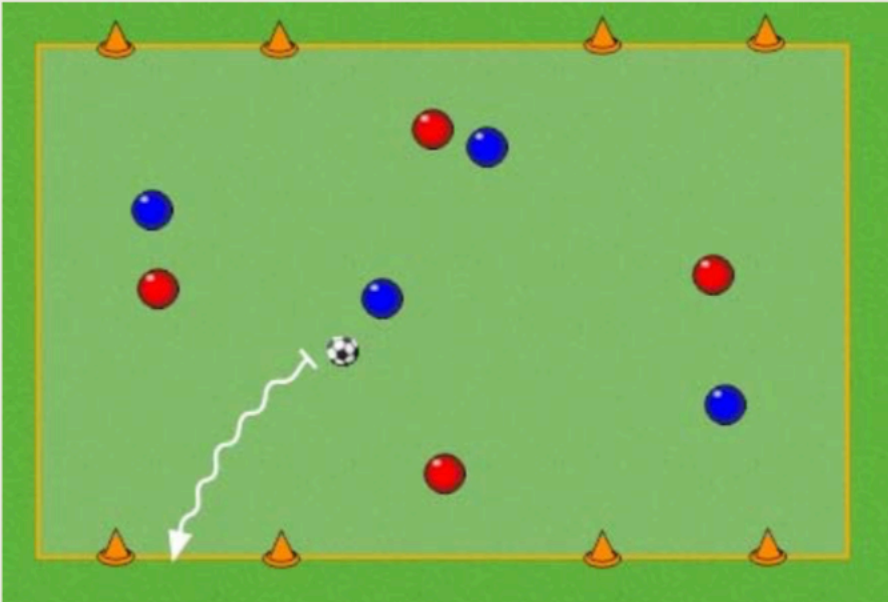
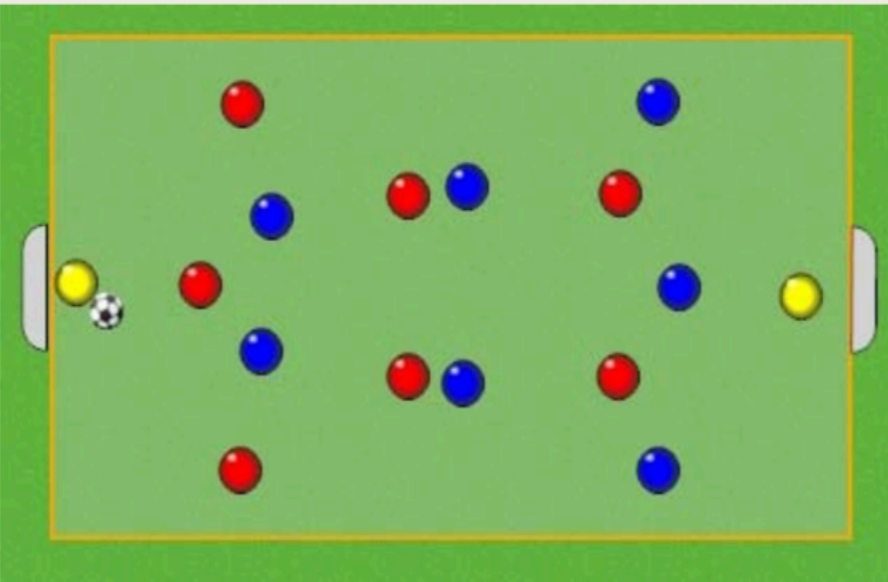
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<p>Week 2 Receiving.</p> <p>Small Group Activity</p> <p>Objective: To improve individual receiving skills under pressure.</p>	<p>Organization:</p> <p>Mark off a 20 x 20 yard grid. Have spare balls with the coach on the side of the grid and one goal.</p>	<p>Procedure:</p> <ul style="list-style-type: none"> - Same as above, only now after the coach plays the ball, a defending player tries to disrupt the passes. -Take this same activity to goal, using different numbers of attackers and defenders 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Good first touch - Get in line with flight of the ball - Early selection of controlling surface - Head on a swivel to see the ball and check where the pressure is -Maintain body balance 	
<p>Week 2 8 v 8</p> <p>Small Sided Game</p> <p>Objective: To improve individual & small group game understanding.</p>	<p>Organization:</p> <p>30 x 50 yard area Play a 8 v 8 match</p> <p>2 Goals</p> <p>Size 5 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	

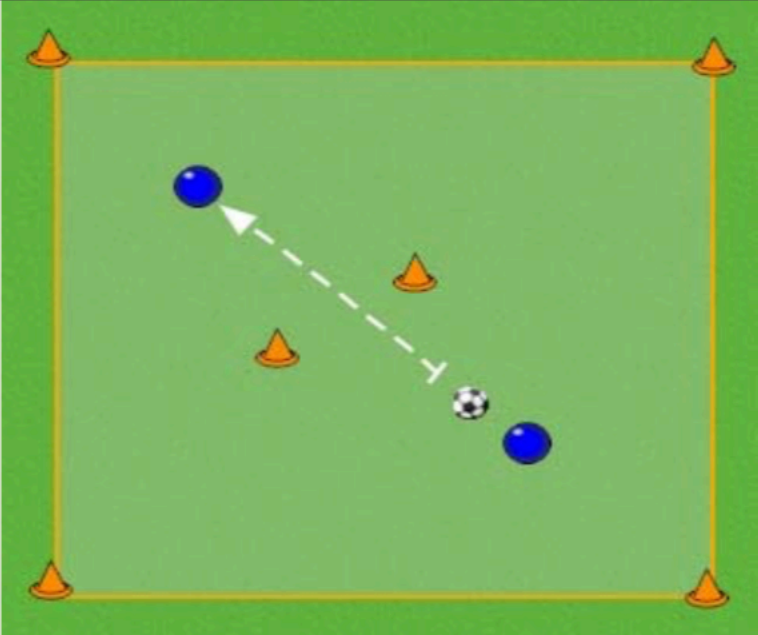
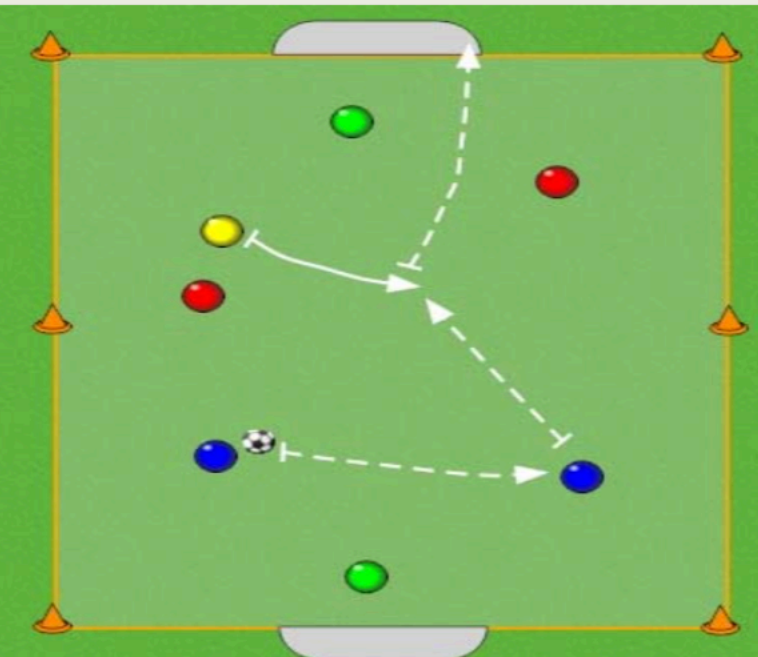
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<p>Week 3 Dribbling</p> <p>Warm up</p> <p>Objective: To improve general coordination.</p>	<p>Organization:</p> <p>1v1 to line</p> <p>Numerous (depending on need) 15 x 12 yards Grids.</p>	<p>Procedure:</p> <ul style="list-style-type: none"> - 45-60 second games - Stop on line to score - Keep rotating players 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Use different surfaces of foot - Maintain vision of field - Change of direction - Change of speed 	
<p>Week 3 Dribbling</p> <p>Individual Activity</p> <p>Objective: To improve individual dribbling skills.</p>	<p>Organization:</p> <p>2v2 to line</p> <p>As above but the playing grids are now 15 x 24 yd.</p>	<p>Procedure:</p> <p>Play is initiated with pass from one team to other.</p> <ul style="list-style-type: none"> - To score, dribble through end line - Players switch teammates 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Face defender - Dribble at defenders - See space behind defenders (no cover) 	

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<p>Week 3 Dribbling Small Group Activity Objective: To improve individual dribbling skills under pressure.</p>	<p>Organization: 4v 4-1 through gates (4v3) 35 x 25 yard area 4 goals / 2 on each side</p>	<p>Procedure: Each team defends two 6-yard goals placed on the end line, five yards from touchline. To score, dribble through goal. One player on team without ball takes a knee so the team defends with three. When team wins possession, the player becomes live and a player from opposing team takes a knee.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Spatial awareness - Dribble at defenders - Teammates stay out of the way when 1v1 isolated 	
<p>Week 3 8 v 8 Small Sided Game Objective: To improve individual & small group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 8 v 8 match 2 Goals Size 5 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	

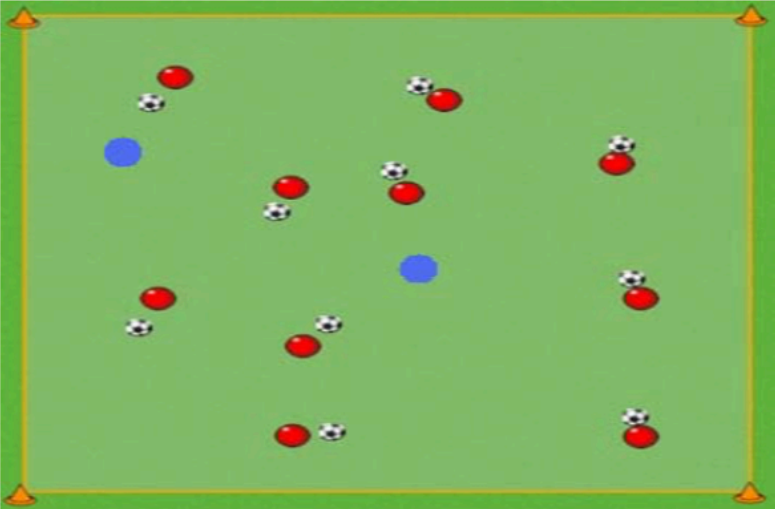
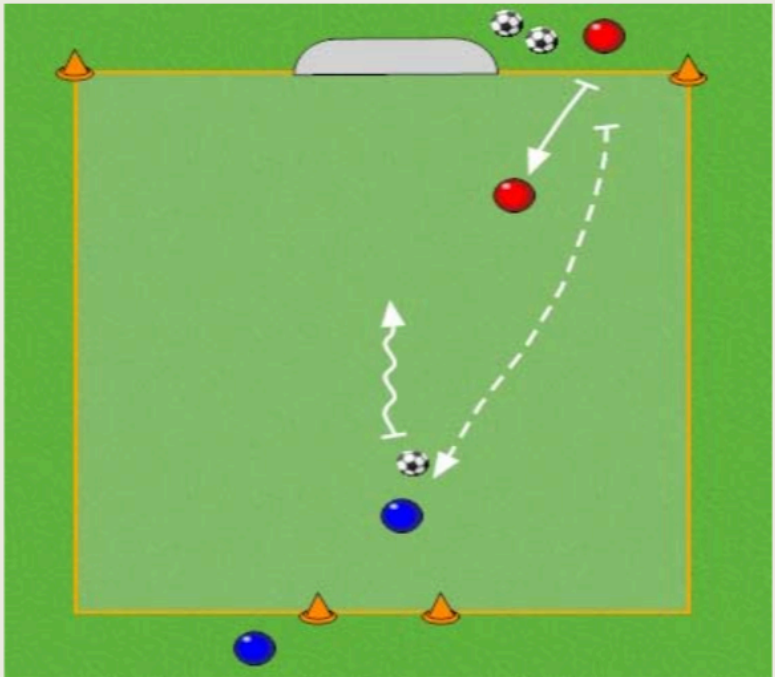
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<p>Week 4 Shooting</p> <p>Warm up</p> <p>Objective: To improve shooting technique</p>	<p>Organization: Technical ball striking work in pairs, one ball between two.</p> <p>Use half a field and create numerous 4 yard wide goals with cones</p>	<p>Procedure: Begin with passing through the cones to your partner. Go to a different set of cones each time. Focus only on inside, instep and bending balls on the ground.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Body mechanics and Control -Body position and Balance - Eye on the ball -Quality of preparation touch -Proper selection of contact surface 	
<p>Week 4 Shooting</p> <p>Individual Activity</p> <p>Objective: To improve shooting technique</p>	<p>Organization: 2 v 2 + 1 with Goalkeepers</p> <p>Two large goals 20 x 25 yard area. Neutral player plays for team in possession.</p>	<p>Procedure: Rotate attack between the X's and O's each time. Example: X's attack and O's defend, once X's shoot, score, etc., the O's receive another ball and attack while two new X's enter the field to defend – flying changes.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Aggressive and positive mentality to go to goal -When to shoot, pass or dribble -Supporting angle and distance to ball -Combination play - Unbalancing the defense 	

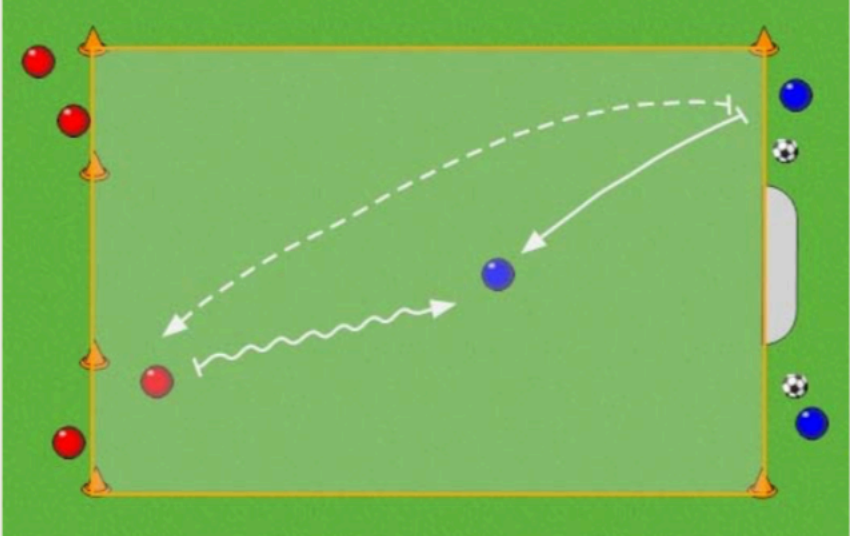
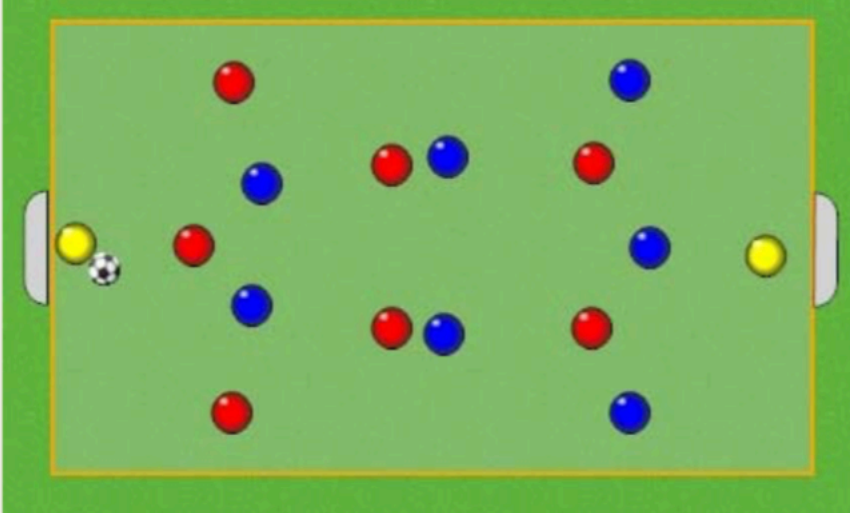
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<p>Week 4 Shooting</p> <p>Small Group Activity</p> <p>Objective: To improve shooting technique & understanding</p>	<p>Organization: 4 v 4 with goalkeepers (5 v 5)</p> <p>2 large goals. 30 x 30 area</p>	<p>Procedure: No restrictions – Improve attitude towards shooting.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Correct attacking shape and balance of team - Frame the goal with shot - Find a way to score - Resiliency – rebound <p>Mentality</p> <ul style="list-style-type: none"> - All of the above 	
<p>Week 4 8 v 8</p> <p>Small Sided Game</p> <p>Objective: To improve individual & small group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 8 v 8 match</p> <p>2 Goals</p> <p>Size 5 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	

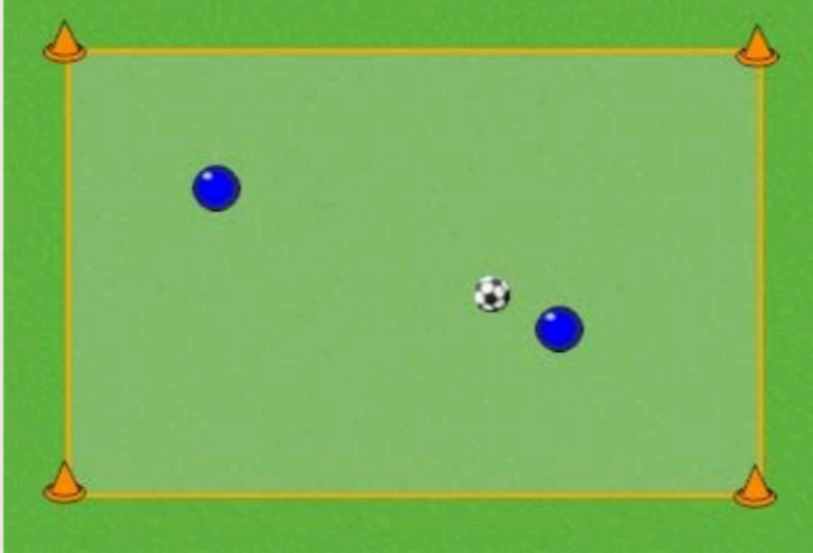
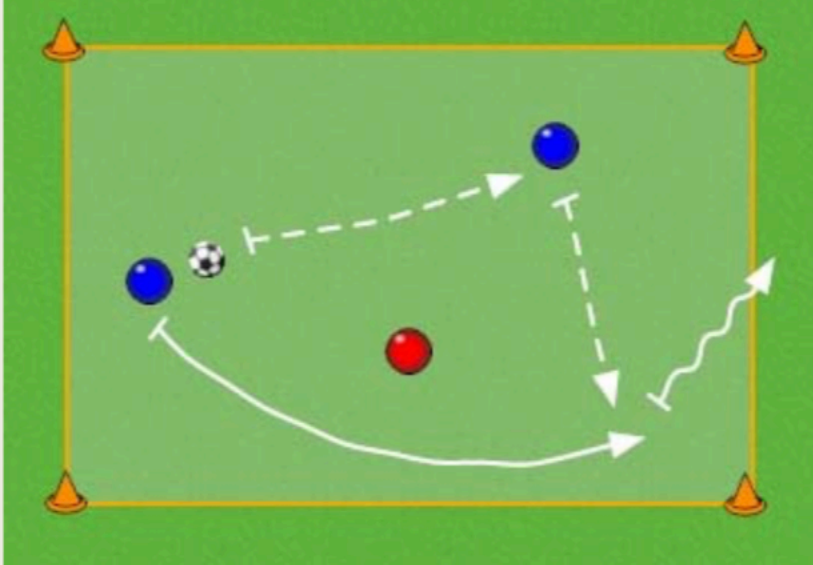
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<p>Week 5 Defending</p> <p>Warm up</p> <p>Objective: To improve basic defending understanding</p>	<p>Organization: 35 x 25 yard area. All but 2 players have a ball.</p>	<p>Procedure: The coach instructs players that don't have a ball to get one. Once a player loses their ball they try to get one from another player. When the coach decides to stop, the players without a ball do a fun activity.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Get players to put pressure on players with a ball - Keep your eyes on the ball 	
<p>Week 5 Defending</p> <p>Individual Activity</p> <p>Objective: To improve Individual defending.</p>	<p>Organization: 1 v 1 Defending 10 x 20 yard grids One pair per grid and one ball per pair. One goal and one counter goal.</p>	<p>Procedure: The players start at opposite ends of the grid with the defender having the ball. The defender passes the ball to the dribbler to start and then goes to defend. The dribbler tries to dribble through the goal with the ball under control. Switch roles after each turn. Encourage the defender to try to gain possession of the ball and not merely dispossess the dribbler and then go to the counter goal.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Angle of approach - Speed of approach - Short strides once the defender is within three yards of the dribbler - Physical control & emotional restraint - Lower the center of gravity by bending the knees and leaning slightly forward at the waist 	

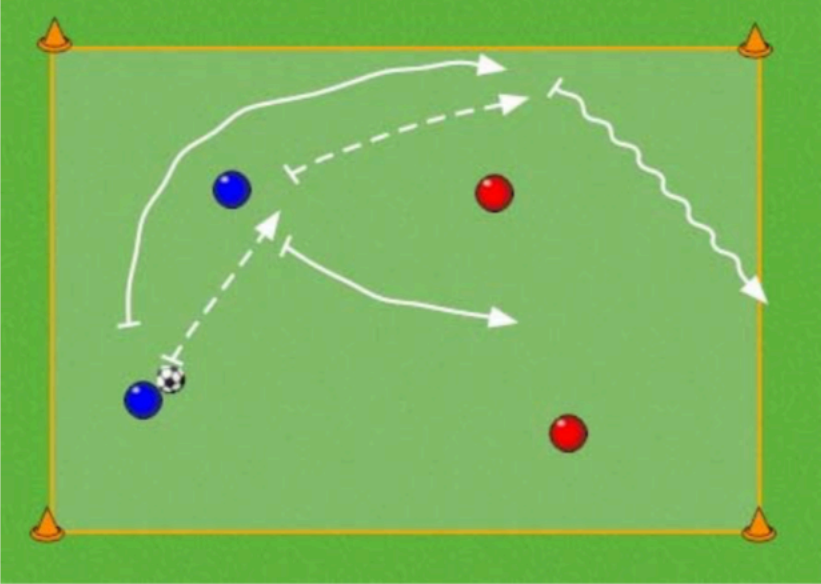
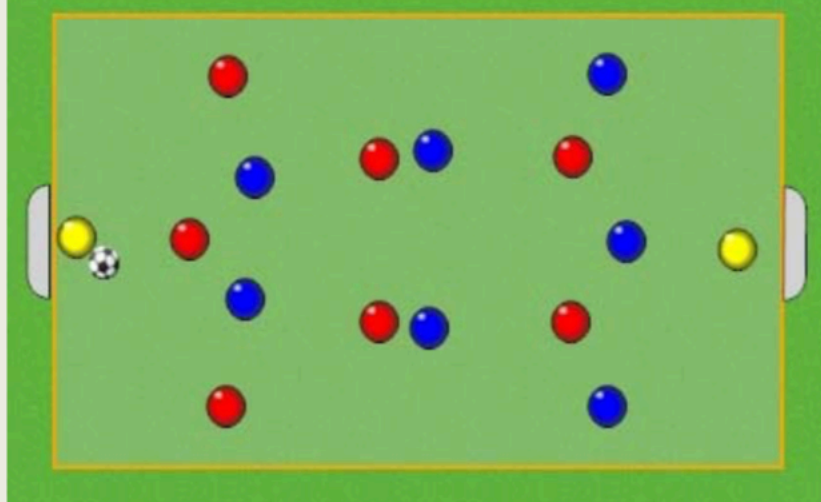
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<p>Week 5 Defending Small Group Activity <u>Objective:</u> To improve defending skills under pressure.</p>	<p><u>Organization:</u> 2 v 2 Defending 15 x 25 yard grid. Two pairs per grid and one ball per grid. Use training bibs to designate the pairs. Goals at each end</p>	<p><u>Procedure:</u> Same set up as above. Attackers may pass as well as dribble and try to get the ball through the opposing goal under control. The defenders try to gain possession of the ball and try to score.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> -All above -Roles of first and second defender 	
<p>Week 5 8 v 8 Small Sided Game <u>Objective:</u> To improve group game understanding.</p>	<p><u>Organization:</u> 30 x 50 yard area Play a 8 v 8 match 2 Goals Size 5 ball</p>	<p><u>Procedure:</u> Free Play!</p>	<p><u>Key Coaching Points:</u></p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	

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<p>Week 6 Combination Play Warm up Objective: To improve general coordination.</p>	<p>Organization: Organize players into pairs inside a 10 X 15 yard grid with 1 ball.</p>	<p>Procedure: In their grid each pair passes the ball back and forth on the move. Play combinations together. Wall passes, overlaps etc</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Keep the ball on the ground. -Good 1st touch - Movement & timing of runs -Quality passes 	 <p>A diagram of a 10x15 yard grid with orange cones at the corners. Two blue players are positioned on the field, and a soccer ball is located between them.</p>
<p>Week 6 Combination Play Individual Activity Objective: To improve combination play.</p>	<p>Organization: 2 v 1 combo's Organize players into groups of three in each grid. One ball per grid. 10 x 15 yard grids.</p>	<p>Procedure: Play 2v1 with the two attackers trying to get the ball over the opposite end line under control. The defender tries to gain possession of the ball. The players switch roles after two rounds until all have been the defender.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Disguise your time of passing -Supporting player also needs a good touch -The closer you take the ball under control to the defender, the better to tempt the defender so you can play round them. -Angle of support 	 <p>A diagram of a 10x15 yard grid with orange cones at the corners. Two blue players (attackers) and one red player (defender) are on the field. A soccer ball is positioned near the left side. Dashed arrows show a passing sequence between the two blue players, and a solid arrow shows the ball being moved towards the right side of the grid.</p>

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<p>Week 6 Combination Play Small Group Activity Objective: To improve Combination Play Under Pressure.</p>	<p>Organization Organize four players to each grid. One ball per grid. Increase the size of the grid to 20 X 15 yards.</p>	<p>Procedure: As above but now play 2 vs. 2.</p>	<p>Key Coaching Points: -2v2 is a little more challenging but the angles, the touch, and the correct support stay the same</p>	
<p>Week 6 8 v 8 Small Sided Game Objective: To improve group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 8 v 8 match 2 Goals Size 5 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points: Summation of all challenges for the players. Stay out of their way and let them play.</p>	

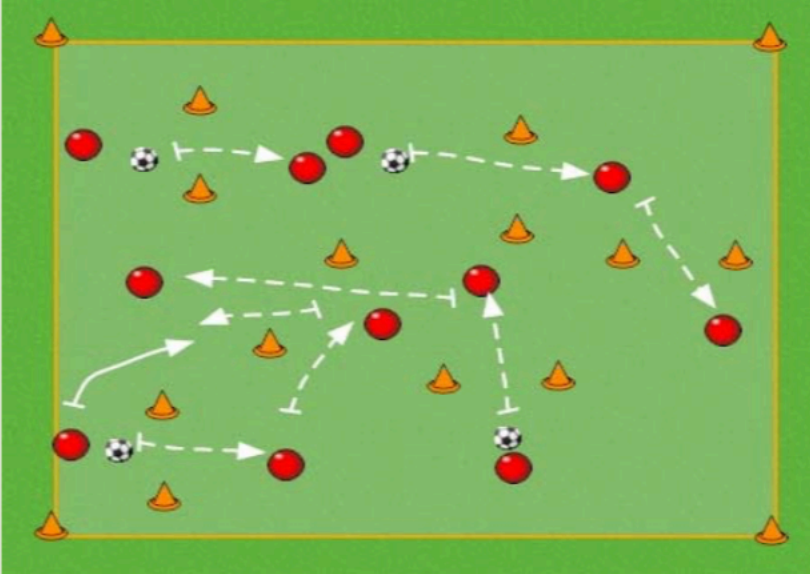
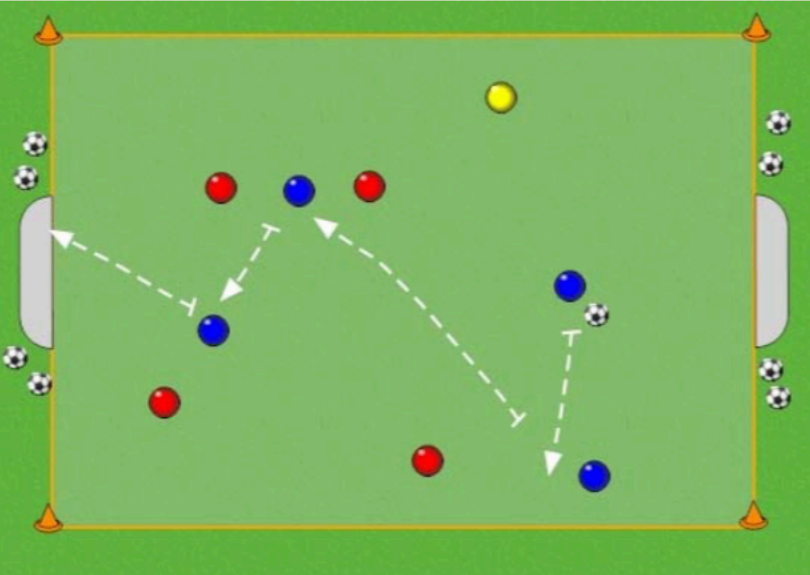
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<p>Week 7 Penetration</p> <p>Warm up</p> <p>Objective: To improve ability to penetrate with the ball.</p>	<p>Organization:</p> <p>4 Goal Game</p> <p>40 x 30 yard area with 4 goals placed Centrally inside the grid,</p>	<p>Procedure:</p> <p>Two teams try to score in any of the four goals. Dribble or pass the ball through the goals to score.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Work on ideas for penetration. -Timing -Movement -Disguise -Communication -Weight and shape of pass -Combinations 	
<p>Week 7 Penetration</p> <p>Individual Activity</p> <p>Objective: To Improve individual penetration skills.</p>	<p>Organization:</p> <p>Split into three groups of three.</p> <p>The area is 20 x45 yards split into three 20 x 15 yard areas as shown.</p>	<p>Procedure:</p> <p>Three teams, one team in each zone. The two end teams keep the ball away from the middle team who send 1 player into win the ball (3 v 1). The ball must travel from one end to the other. Players must stay in their zones. If the ball goes out of bounds or is intercepted, the team losing possession switches with the middle team.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -As above with real focus on imagination and creativity -Don't force it. 	

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<p>Week 7</p> <p>Penetration Small Group Activity</p> <p>Objective: To improve Individual penetration skills under pressure.</p>	<p>Organization:</p> <p>40 x 50 yard area. The two end zones are 40 x 15 and the middle area is 40 x 20 as shown.</p> <p>2 large goals at each end and three teams of three.</p>	<p>Procedure:</p> <p>Three teams & two goalkeepers. Middle team attacks one end and tries to score. Play in zone until defenders win the ball and get it into the middle. They then attack opposite end and try to score. Goalkeepers play for defending team and start attacks.</p>	<p>Key Coaching Points:</p> <p>As above</p>	
<p>Week 7</p> <p>8 v 8 Small Sided Game</p> <p>Objective: To improve individual & small group game understanding.</p>	<p>Organization:</p> <p>30 x 50 yard area Play a 8 v 8 match</p> <p>2 Goals</p> <p>Size 5 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	

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<p>Week 8</p> <p>Finishing Warm up</p> <p>Objective: To improve general coordination.</p>	<p>Organization:</p> <p>In pairs one ball per pair. 40 x 40 grid with six goals scattered around the area. All groups attempt to kick the ball with inside of foot through one of the goals and score.</p>	<p>Procedure:</p> <p>All pairs attempt to shoot the ball through one of the goals and score, they try to shoot through every goal, using various techniques.</p> <p>The coach can turn it into a game as a progression, the team with most goals in 1 minute wins.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Placement of the plant foot - Knees bent - Lock ankle & strike w/the arch of the foot -Shoot through the middle of the ball -Head over the ball to keep it low 	
<p>Week 8</p> <p>Finishing</p> <p>Individual Activity</p> <p>Objective: To improve individual finishing skills.</p>	<p>Organization:</p> <p>4 v 4 in a 40 x 25 yard grid with two small goals. No proper goalkeepers.</p>	<p>Procedure:</p> <p>Each team attacks the opponent's half, trying to score goals. The defending team may not defend in the normal manner. Only the path of the attacker or ball may be blocked.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Encourage a variety of shooting techniques since there is little pressure from the opponent -Eyes on the ball w/mental focus 	

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<p>Week 8</p> <p>Finishing Small Group Activity</p> <p>Objective: To improve Individual finishing skills under pressure.</p>	<p>Organization:</p> <p>Two teams of 4 including GK.</p> <p>40 x 40 yard area.</p> <p>Two large goals.</p> <p>Center line marked.</p>	<p>Procedure:</p> <p>Each team must shoot from inside its own half. The players in possession try to work themselves into a good shooting position while the opposition tries to block shots.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Shooting while shielding -Spinning off a player & shooting 	
<p>Week 2</p> <p>8 v 8 Small Sided Game</p> <p>Objective: To improve group game understanding.</p>	<p>Organization:</p> <p>30 x 50 yard area Play a 8 v 8 match</p> <p>2 Goals</p> <p>Size 5 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	