



# U 1 2 COACHING CURRICULUM



**AGE GROUP:** U9 or U12 players

**TOPIC:** Individual Attacking - Dribbling to Keep Possession

**OBJECTIVES:** Teach players how to dribble, shield and turn with the ball. Establish situations (even and odd numbers) on the field where players should look to dribble, shield or turn in order to retain possession of the ball.

## Warm Up Activity

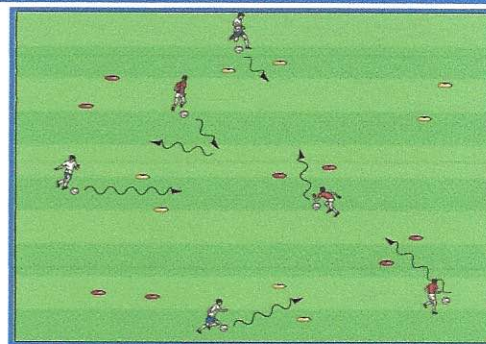
**Area:** 25 x 35 yards with small gates spread around the area.

**Organization:** Each player has a ball.

1. Dribble through as many gates a possible in 30 seconds.
2. Dribble through red then yellow gates. How many in 30 seconds?
3. Use a turn to back through each gate you dribble through. How many?
4. Place players into pairs, one player has to lose the other.

### Coaching Points

- Dribbling Technique.
- Turning Techniques.
- Small dribble touches into the gate (crowded space) and big touches in between gates (when space opens up).



## Small Sided Activity

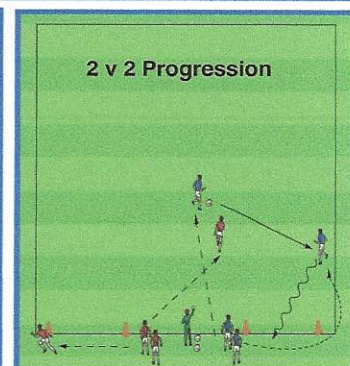
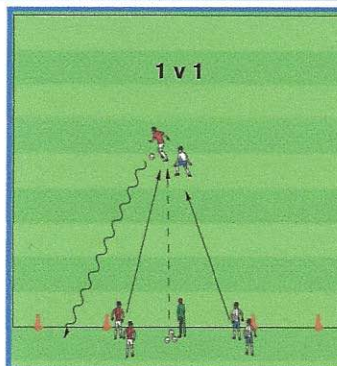
**Area:** 25 x 35 with two dribbling goals on one end line.

### Organization

- Place players into teams, one team each side of coach.
- Play 1 v 1, dribble through either goal to score.
- Progression: Play 2 v 2, first player runs directly into the area, the other runs around the closest goal.

### Coaching Points

- When & how to turn?
- When & how to shield?
- Dribble vs. run with the ball?
- Support: angle and distance.



## Expanded Small Sided Activity

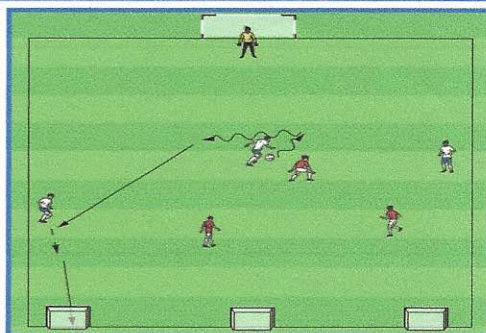
**Area:** 25 x 35 with one large goal and three small goals.

### Organization

- Place players into two teams, one defends the goal with a gk, the other defends the three small goals.
- Play throw ins and offside, no corners.

### Coaching Points

- When, Where & Why to Turn.
- Safety vs. Risk.
- Passing & Receiving Technique.
- Supporting options from teammates.



## Game

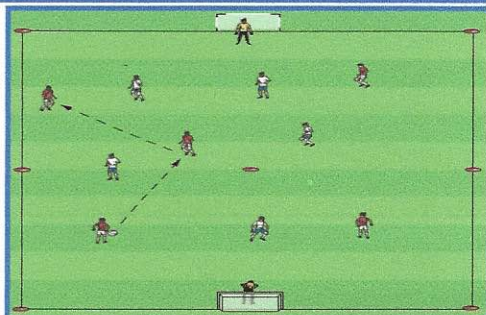
**Area:** 50 x 60 yards with two large goals.

### Organization:

- 5 v 5 with GKs.
- Game rules apply.

### Coaching Points

- When, Where & Why would we dribble to keep possession.
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.







# U 1 2 COACHING CURRICULUM



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**OBJECTIVES:** Teach players how to dribble, shield and turn with the ball. Establish situations (even and odd numbers) on the field where players should look to dribble, shield or turn in order to retain possession of the ball.

## Warm Up Activity

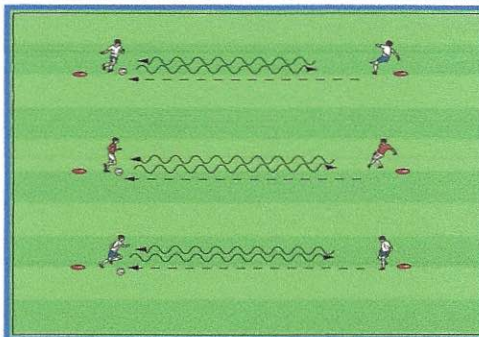
**Area:** 5 x 15 yards per pair.

### Organization:

1. Place players into pairs, one ball between two.
2. Player with the ball passes to their teammate who receives, dribbles towards them and uses a turn to change direction and dribble back to their own cone.
3. Repeat in the opposite direction.

### Coaching Points

- Dribbling Technique.
- Turning Techniques.
- Small dribble touches towards your teammate (defender) and run with the ball out of the turn.



## Small Sided Activity

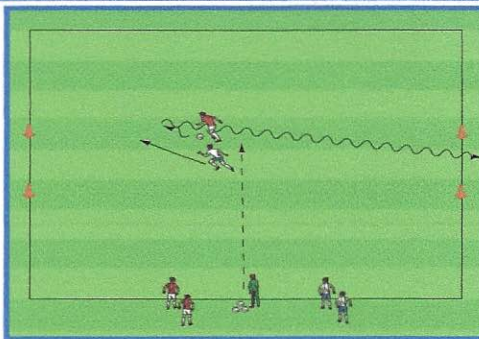
**Area:** 20 x 15 yards with two dribbling goals on each side line.

### Organization

- Place players into teams, one team each side of coach.
- Play 1 v 1, dribble through either goal to score.
- Progression: Play 2 v 2, first player runs directly into the area, the other runs around the closest goal.

### Coaching Points

- When & how to turn?
- When & how to shield?
- Dribble vs. run with the ball?



## Expanded Small Sided Activity

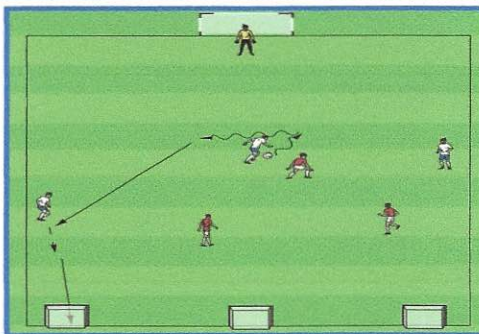
**Area:** 25 x 35 with one large goal and three small goals.

### Organization

- Place players into two teams, one defends the goal with a gk, the other defends the three small goals.
- Play throw ins and offside, no corners.

### Coaching Points

- When, Where & Why to Turn.
- Safety vs. Risk.
- Passing & Receiving Technique.
- Supporting options from teammates.



## Game

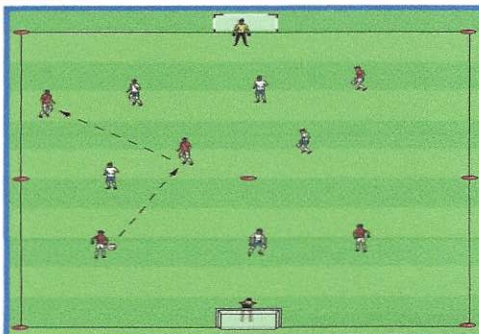
**Area:** 50 x 60 yards with two large goals.

### Organization:

- 5 v 5 with GKs.
- Game rules apply.

### Coaching Points

- When, Where & Why would we dribble to keep possession.
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.







# U 1 2 COACHING CURRICULUM



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## Warm Up Activity

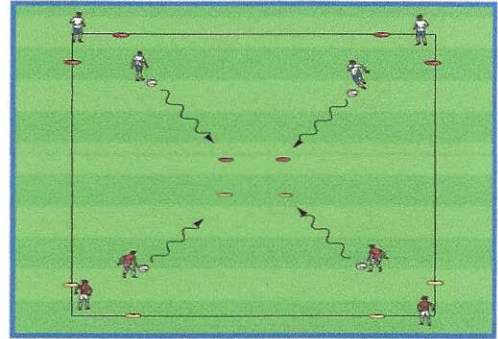
**Area:** 20 yards box with a 5 yard box in the center.

### Organization:

1. Place players into pairs, one ball between two and place on each corner.
2. Player with the ball dribbles to the center cone, turns away and then passes to their teammate. Continue.

### Coaching Points

- Dribbling Technique.
- Turning Techniques.
- Small dribble touches towards your teammate (defender) and run with the ball out of the turn.



## Small Sided Activity

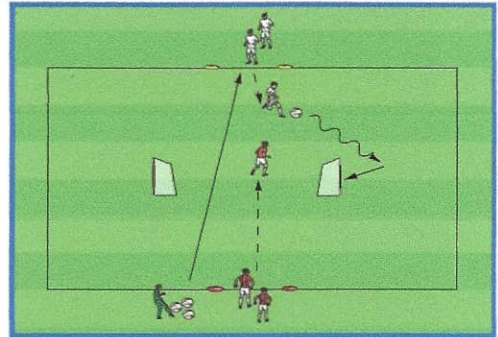
**Area:** 20 x 15 yards with two pugg-goals inverted in the center.

### Organization

- Place players into teams, one team each side of coach.
- Play 1 v 1.
- Players can score in either goal.

### Coaching Points

- When & how to turn?
- When & how to shield?
- Dribble vs. run with the ball?



## Expanded Small Sided Activity

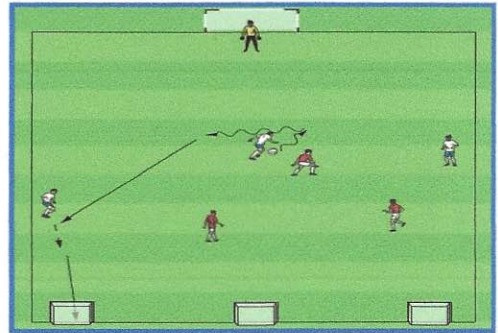
**Area:** 25 x 35 with one large goal and three small goals.

### Organization

- Place players into two teams, one defends the goal with a gk, the other defends the three small goals.
- Play throw ins and offside, no corners.

### Coaching Points

- When, Where & Why to Turn.
- Safety vs. Risk.
- Passing & Receiving Technique.
- Supporting options from teammates.



## Game

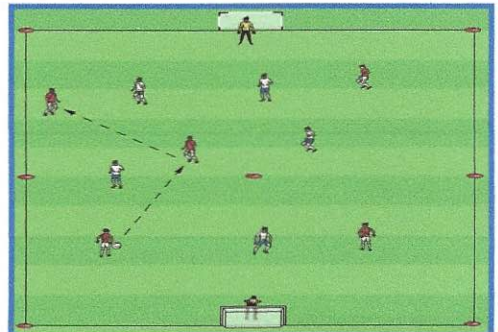
**Area:** 50 x 60 yards with two large goals.

### Organization:

- 5 v 5 with GKs.
- Game rules apply.

### Coaching Points

- When, Where & Why would we dribble to keep possession.
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.







# U 1 2 COACHING CURRICULUM



**AGE GROUP:** U9 or U12 players

**TOPIC:** Individual Attacking - Possession vs. Penetration

**OBJECTIVES:** Teach players how to dribble, running with the ball, turning, fakes and feints. Establish situations where players have to make decisions in possession, whether to keep the ball or try to penetrate based on number of players and position on the field.

## Warm Up Activity

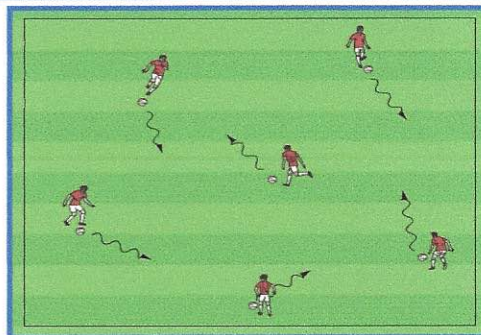
**Area:** 15 x 20 yards

**Organization:** Each player has a ball:

1. Ask players to dribble around freely.
2. Ask players to change direction using all surfaces of the feet.
3. Ask players to change tempo & find times to explode into open space.
4. Ask players to complete designated moves (choose from techniques section).
5. Ask players to complete designated turns (choose from techniques section).

### Coaching Points

- Dribbling & Running with the Ball Technique.
- Execution of fakes & feints and turns.



## Small Sided Activity

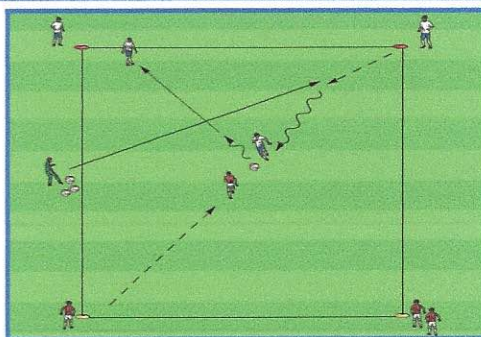
**Area:** 15 x 20 yards.

### Organization

- Place players into two teams and on opposite sides of the grid.
- Activity - Coach plays the ball to one corner, the defender from the opposite corner enters to play 1 v 1. Players score by dribbling across the oppositions end line. If the attacker decides they cannot penetrate, they can turn, play a pass backward and have a teammate enter to create a 2 v 1.

### Coaching Points

- Technical Execution.
- Decision - penetrate or pass to a teammate and keep possession.



## Expanded Small Sided Activity

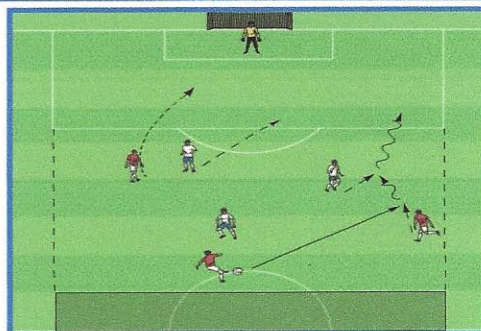
**Area:** 30 x 40 with a large goal and dribbling end zone.

### Organization

- 3 v 3 with a GK.
- Attacking team goes to goal
- Defending team score by dribbling and stopping the ball inside the end zone.

### Coaching Points

- Technical execution: dribbling or running with the ball, fakes & feints or turning.
- Decision in Possession - penetrate or possess? 1 v 1 vs. 2 v 1?
- Support of teammates - angles & distances.



## Game

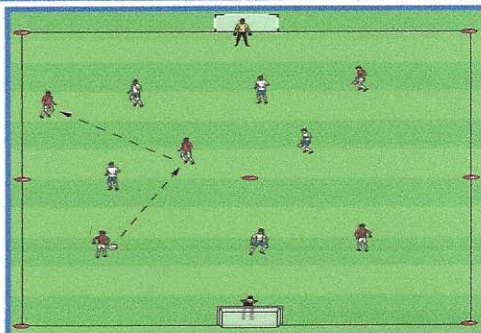
**Area:** 50 x 60 yards with two large goals.

### Organization:

- 5 v 5 with GKs.
- Game rules apply.

### Coaching Points

- When, Where & Why would we dribble to penetrate?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.







# U 1 2 COACHING CURRICULUM



**AGE GROUP:** U9 or U12 players

**TOPIC:** Individual Attacking - Possession vs. Penetration

**OBJECTIVES:** Teach players how to dribble, running with the ball, turning, fakes and feints. Establish situations where players have to make decisions in possession, whether to keep the ball or try to penetrate based on number of players and position on the field.

## Warm Up Activity

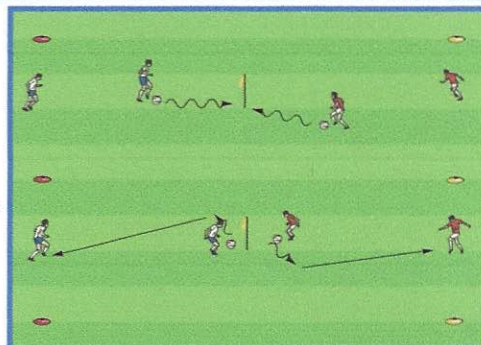
**Area:** 15 x 20 yards

**Organization:** Each player has a ball:

1. Ask players to dribble across the grid to the opposite side.
2. Ask players to change speed at the flag and accelerate to the opposite side.
3. Ask players to turn away from the flag and pass backwards to a teammate.
4. Ask players to complete a move at the flag and penetrate to the opposite side of the grid.

### Coaching Points

- Dribbling & Running with the Ball Technique.
- Execution of fakes & feints and turns.



## Small Sided Activity

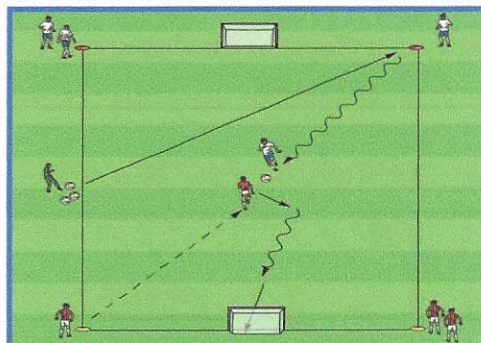
**Area:** 15 x 20 yards with two small passing goals.

### Organization

- Place players into two teams and on opposite sides of the grid.
- Activity - Coach plays the ball to one corner, the defender from the opposite corner enters to play 1 v 1. Players score by dribbling across the oppositions end line. If the attacker decides they cannot penetrate, they can turn, play a pass backward and have a teammate enter to create a 2 v 1.

### Coaching Points

- Technical Execution.
- Decision - penetrate or pass to a teammate and keep possession.



## Expanded Small Sided Activity

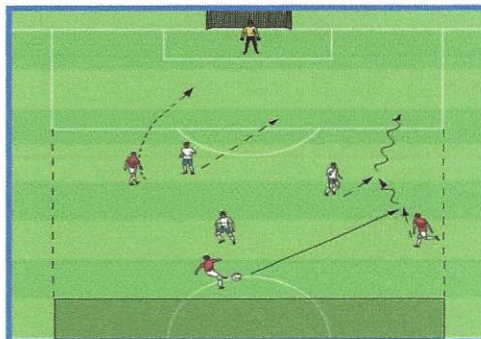
**Area:** 30 x 40 with a large goal and dribbling end zone.

### Organization

- 3 v 3 with a GK.
- Attacking team goes to goal
- Defending team score by dribbling and stopping the ball inside the end zone.

### Coaching Points

- Technical execution: dribbling or running with the ball, fakes & feints or turning.
- Decision in Possession - penetrate or possess? 1 v 1 vs. 2 v 1?
- Support of teammates - angles & distances.



## Game

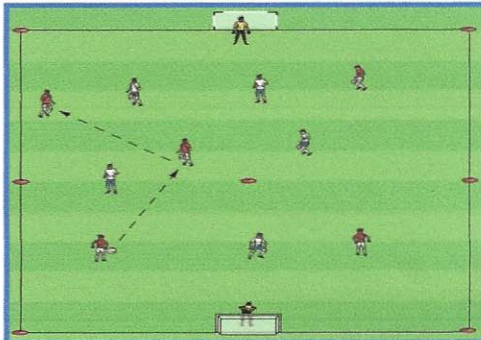
**Area:** 50 x 60 yards with two large goals.

### Organization:

- 5 v 5 with GKs.
- Game rules apply.

### Coaching Points

- When, Where & Why would we dribble to penetrate?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.







# U 1 2 COACHING CURRICULUM



**AGE GROUP:** U9 or U12 players

**TOPIC:** Individual Attacking - Possession vs. Penetration

**OBJECTIVES:** Teach players individual dribbling techniques along with passing and receiving. Establish situations where players have to make decisions in possession, whether to keep the ball or try to penetrate based on the number of defenders / teammates and position on the field (safety vs. risk).

## Warm Up Activity

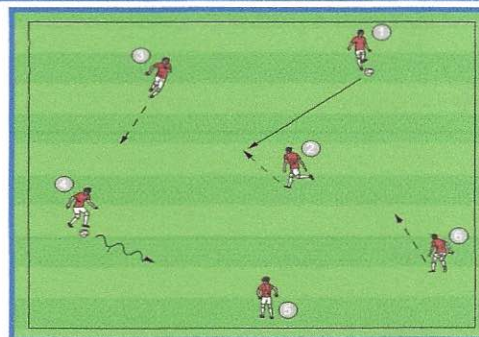
**Area:** 15 x 20 yards

### Organization:

- 6 players, numbered 1 to 6.
- 2 soccer balls (start with 1 to make activity more simple).
  1. Players pass in sequential order.
  2. Players do a turn before passing.
  3. Players do a move before passing.

### Coaching Points

- Passing & Receiving Techniques.
- Dribbling, Running with the Ball, Fakes & Feints and Turns.



## Small Sided Activity

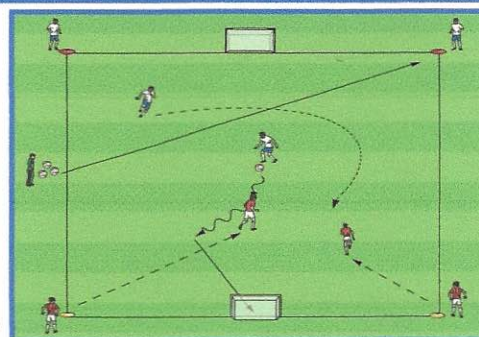
**Area:** 15 x 20 yards with two small passing goals.

### Organization

- Place players into two teams and on opposite sides of the grid.
- Coach plays the ball to start the activity.
- Play 2 v 2 to the small goals.

### Coaching Points

- Technical Execution.
- Decision - penetrate or pass to a teammate and keep possession.
- Support from a teammate - angle and distance away from the ball?
- Mobility vs. Support - can I get the ball on the run or do I need to show to feet?



## Expanded Small Sided Activity

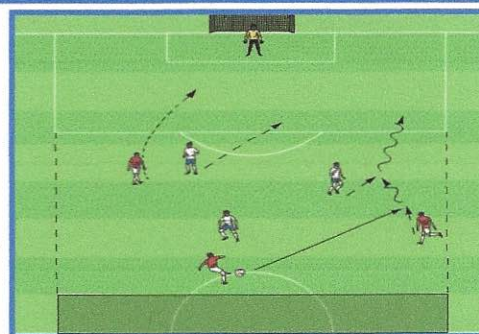
**Area:** 30 x 40 with a large goal and dribbling end zone.

### Organization

- 3 v 3 with a GK.
- Attacking team goes to goal
- Defending team score by dribbling and stopping the ball inside the end zone.

### Coaching Points

- Technical execution: dribbling or running with the ball, fakes & feints or turning.
- Decision in Possession - penetrate or possess? 1 v 1 vs. 2 v 1?
- Support of teammates - angles & distances.



## Game

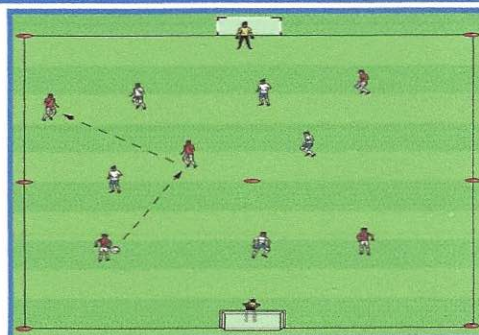
**Area:** 50 x 60 yards with two large goals.

### Organization:

- 5 v 5 with GKs.
- Game rules apply.

### Coaching Points

- When, Where & Why would we dribble to penetrate?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.







# U 1 2 COACHING CURRICULUM



**AGE GROUP:** U9 or U12 players

**TOPIC:** Individual Attacking - Dribbling to Penetrate

**OBJECTIVES:** Teach players how to dribble, running with the ball and fakes & feints. Establish situations (1 v 1) in the attacking half of the field where players should look to take risks and beat opponents on the dribble to create goal scoring opportunities.

## Warm Up Activity

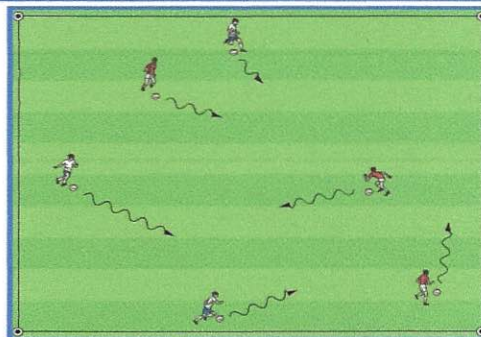
**Area:** 35 x 20 yards.

**Organization:** Each player has a ball:

1. Ask players to dribble around freely.
2. Ask players to change direction using all surfaces of the feet.
3. Ask players to change tempo of their dribble & find times to explode into open space.
4. Ask players to complete designated moves (chosed from techniques section).

### Coaching Points

- Dribbling & Running with the Ball Technique.
- Execution of fakes & feints.



## Small Sided Activity

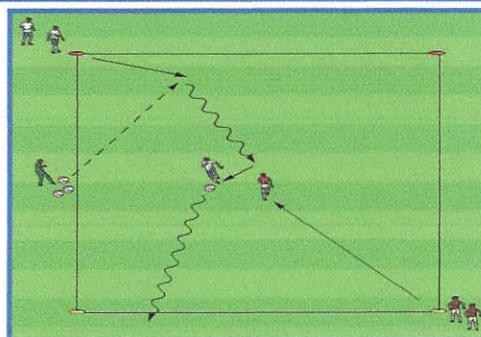
**Area:** 15 x 20 yards.

### Organization

- Place players into two teams.
- Place teams diagonally opposite each other.
- Coach starts activity.
- Players score by dribbling across the oppositions end line.

### Coaching Points

- Dribble (keep ball close) as you approach the defender.
- Use a move to **fake** the defender before **changing direction** of the ball.
- **Change pace** coming out of the move and exploit the space behind the def.



## Expanded Small Sided Activity

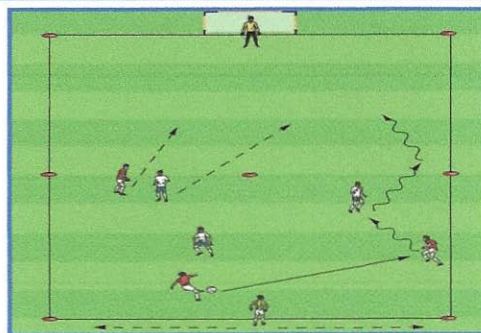
**Area:** 35 x 40 with a large goal. Place a restraining line 20 yards from goal.

### Organization

- 3 v 3 with a GK & Target.
- Attacking team goes to goal, defending team score by passing to the target.
- Attacking team must dribble across the restraining line before going to goal.
- Progression: remove the dribbling restriction.

### Coaching Points

- Technical execution: dribbling, fakes & feints and running with the ball.
- Decision in Possession - penetrate or possess? 1 v 1 vs. 2 v 1?
- Support of teammates - angles & distances.



## Game

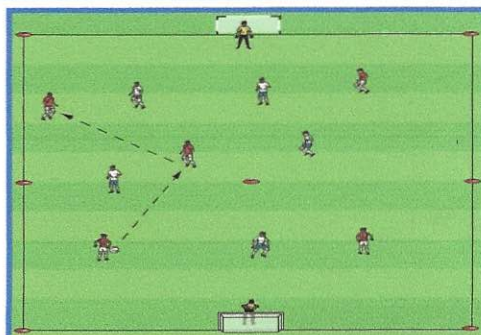
**Area:** 50 x 60 yards with two large goals.

### Organization:

- 5 v 5 with GKs.
- Game rules apply.

### Coaching Points

- When, Where & Why would we dribble to penetrate?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.







# U 1 2 COACHING CURRICULUM



**AGE GROUP:** U9 or U12 players

**TOPIC:** Small Group Attacking - Fast Break Attacking

**OBJECTIVES:** Teach players how and when to finish from a fast breaking attack on a break away. Work on situations where the team can attack quickly from transitional situations and create scoring moments with small group combinations.

## Warm Up Activity

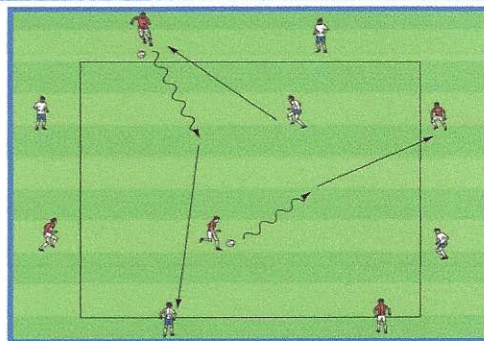
**Area:** 20 x 20 yards.

**Organization:** Split players into two teams, place 8 players around the outside of the area with soccer balls and the other players in the middle.

1. Players dribble and exchange balls with a player on the side line.
2. Players pass to a player on the outside and switch with them.
3. Combine with a player on the outside before dribbling and switching.

### Coaching Points

- Running with the Ball.
- Passing Technique.
- Give & Go's.



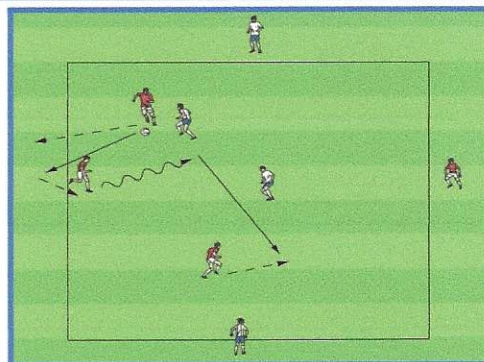
## Small Sided Game

**Area:** 20 x 20 yards.

**Organization:** Place players into two teams of four players and place as shown. Play 2 v 2 in the middle with a teammate on opposite end lines. Teams score by moving the ball from one side of the grid to the other. When a player from the center passes to a player on the outside they switch with that player.

### Coaching Points

- Attack the space by running with the ball - be positive!
- Vision & awareness - identify the space that is most open.
- Move the ball quickly - get the ball to the most open player (either inside or outside the grid) as quickly as possible.



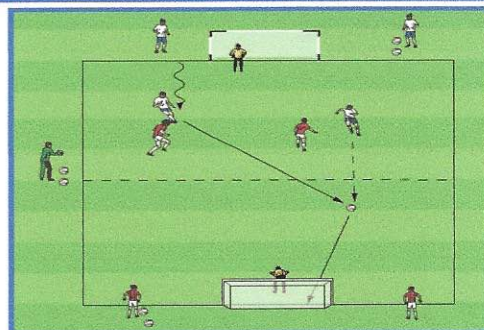
## Expanded Game

**Area:** 25 x 20 yards with two large goals.

**Organization:** Place players into two teams and place as shown. Game is 2 v 2 transition with goalkeepers. When the attacker team shoots and the ball either goes into the goal or across the end line, the defending team drops off the field and two new players (from the same team) enter with a ball. The attacking team becomes the defending team.

### Coaching Points

- Attack with speed - be positive!
- Who can get to goal quickest - player in possession with space opening up or player in advance with can be released with a pass.



## Game

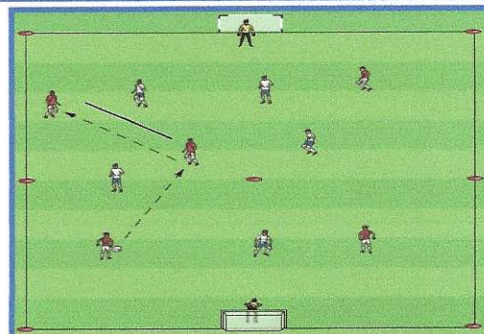
**Area:** 40 x 50 yards with two large goals.

### Organization:

- Play 5 v 5 with GKs.
- Formation: 1 - 2 - 1 - 2 or 1 - 3 - 2.

### Coaching Points

- Employ defensive techniques with the element of safety vs. risk.







# U 1 2 COACHING CURRICULUM



**AGE GROUP:** U9 or U12 players

**TOPIC:** Small Group Attacking - Fast Break Attacking

**OBJECTIVES:** Teach players how and when to finish from a fast breaking attack. Work on situations where the team can attack quickly from transitional situations and create break away moments.

## Warm Up Activity

**Area:** 25 x 20 yards.

**Organization:** Split players into two teams, place teams as shown.

1. First three players run with the ball across the grid. As soon as the players get across the area the next three go.
2. Same as above, however, this time players cross and change dribbling lanes.

### Coaching Points - Running with the Ball

- Kicking foot - toes pointed down and inward.
- Strike the middle of the ball with the outside of the laces, knee over the ball.
- Push the ball 2 to 3 yards in front and corner ground as quickly as possible.
- As you get close to opponent take small touches, bigger in open space.



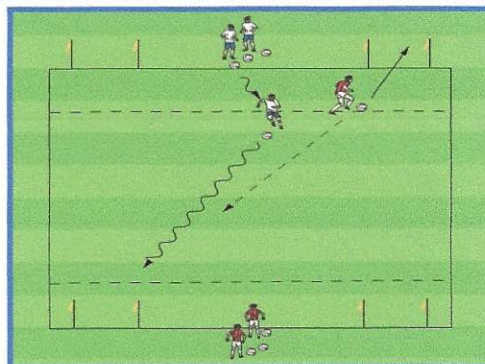
## Small Sided Game

**Area:** 25 x 20 yards with four goals and a scoring line.

**Organization:** Place players into two teams and place as shown. Play 1 v 1 transition. Start game with one player dribbling and scoring. As soon as the player shoots the opposition player becomes an attacker and the shooter becomes a defender. Continue. Attacker must shoot from across the line.

### Coaching Points

- Attack the space by running with the ball - be positive!
- Vision & awareness - identify the space that is most open.
- If the defender recovers, change direction to attack the direction (opposite goal).



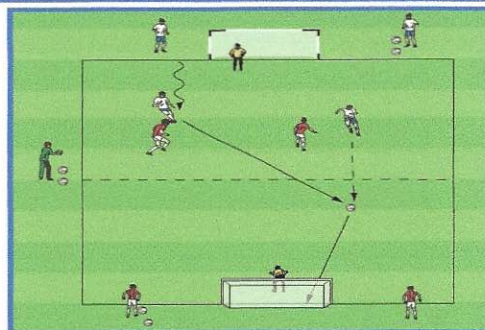
## Expanded Game

**Area:** 25 x 20 yards with two large goals.

**Organization:** Place players into two teams and place as shown. Game is 2 v 2 transition with goalkeepers. When the attacker team shoots and the ball either goes into the goal or across the end line, the defending team drops off the field and two new players (from the same team) enter with a ball. The attacking team becomes the defending team.

### Coaching Points

- Attack with speed - be positive!
- Who can get to goal quickest - player in possession with space opening up or player in advance with can be released with a pass.



## Game

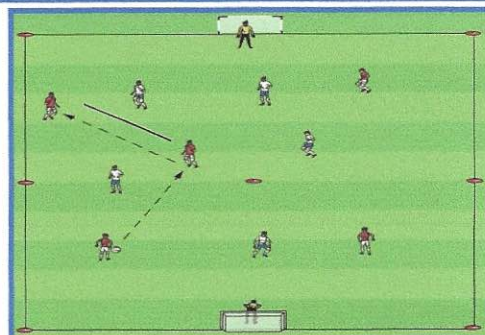
**Area:** 40 x 50 yards with two large goals.

**Organization:**

- Play 5 v 5 with GKs.
- Formation: 1 - 2 - 1 - 2 or 1 - 3 - 2.

### Coaching Points

- As soon as you win the ball look to be positive and go to goal.
- Who can get to goal quickest?







# U 1 2 COACHING CURRICULUM



**AGE GROUP:** U9 or U12 players

**TOPIC:** Combination Play - Give & Go

**OBJECTIVES:** Teach players how to pass the ball, receive the ball and complete a 'Give & Go'. Establish moments in the game (2 v 1, 2 v 2 & 3 v 2) when plays can complete a 'Give & Go' to bypass a defender, while continuing to keep possession of the ball.

## Warm Up Activity

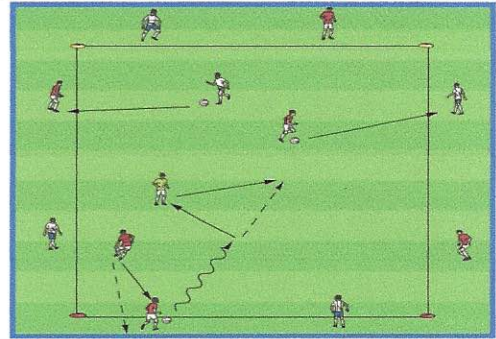
**Area:** 20 x 20 yards.

**Organization:** Place four players in the center of the grid, three with soccer balls. Remaining players spread evenly around the outside. Three options:

1. Players dribble to a side line player and switch with the outside player.
2. Pass out to a player on the side and switch.
3. Complete a give & go with the neutral player in the center of the grid before either passing or dribbling out.

### Coaching Points

- Dribbling, Passing & Receiving Technique.
- Give & Go: Good supporting angle, with hips open. First pass is to feet. Change of pace into space. First time leading pass into players path.



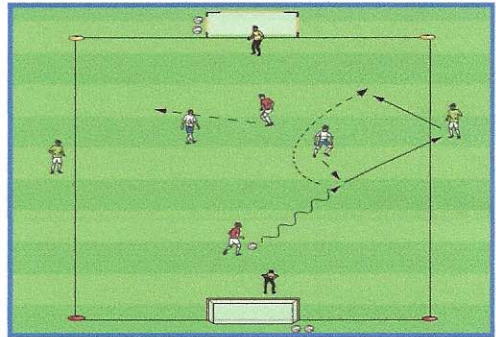
## Warm Up Activity

**Area:** 25 x 20 yards with two large goals.

**Organization:** Place players into pairs. Place one pair on the outside as shown and two in the middle. Pairs in the middle play 2 v 2 against each other. Players on the outside act as neutrals. Play for 1 minute before switch. Goals are worth 1 point, goals after a give & go are worth 3!

### Coaching Points

- Passing & Receiving Technique.
- When to complete a give & go? Defender commits to pressuring straight.
- When to fake defender and dribble? Defender commits to cutting out a pass.
- If defender drops after first pass, change angle of support to possess.



## Expanded Game

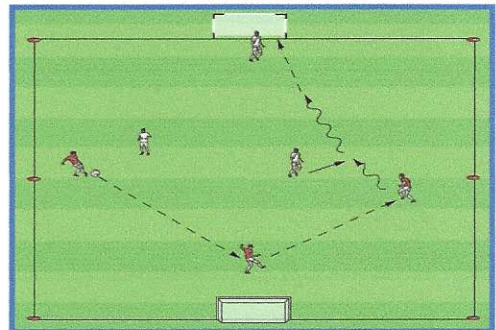
**Area:** 25 x 20 yards with two large goals.

### Organization:

- Play 4 v 4, however, when a team does not have possession of the ball they must drop one player back into the goal and game becomes a 3 v 2.

### Coaching Points

- Player with the ball should look to isolate one defender and create 2 v 1 situations.
- When to complete a give & go vs. go alone? What pressure is on the ball, what is the position of the defender and what is the position of your teammate?
- Support angle and distances.



## Warm Up Activity

**Area:** 40 x 50 yards with two large goals.

### Organization:

- Play 5 v 5 with GKs.
- Formation: 1 - 2 - 1 - 2 or 1 - 3 - 2.

### Coaching Points

- Decision in possession: Penetrate or Keep Possession?
- Create even numbers or numbers up situations.
- Safety vs. Risk: Where should we look to penetrate?

