



# U12 COACHING CURRICULUM



## PASSING TECHNIQUE - INSIDE OF THE FOOT

Passing the ball is the technique of moving the ball effectively between two players. There are many techniques to pass the ball, however, at the U9 age group we are looking to introduce the concept of passing with the inside of the foot.

### Best Used

- Accurate passing over most distances.
- Shooting over short distances.
- Linking the ball during possession.
- Quick free kicks, corners and goal kicks.

### Technical Breakdown

- Before passing the ball you must get your eyes up and see your target.
- Approach the ball at a slight angle. If you are passing with the right foot, approach from the left and vice versa.
- Place your non-passing foot to the side of the ball.
- Point the toes of your non-passing foot towards your target.
- Bend the knees of the non-passing foot in order to keep your balance.
- Open your passing foot to the ball, making sure the inside of the foot will make contact with the ball.
- Lock the ankle of your passing foot by point your toes upward and keeping your heel down.
- Eyes on the ball as you pass.
- Pass by striking through the center of the ball.
- After striking the ball, follow through with your passing foot towards your target.
- The hips and shoulders should face the target after passing the ball.

### Common Mistakes

- Player's foot is not completely open, which affects the accuracy of the pass.
- Toes of the non-passing foot do not point at the target, which affects the accuracy of the pass.
- Toes of the passing foot are pointing down, which affects the contact with the ball and accuracy.
- Ankle of the passing foot is not locked, which affects power and accuracy.
- Follow through is across the body instead of towards the target, which affects accuracy.
- Ball is not struck through the center, which can make the ball rise.
- Hips and shoulders are not facing the target after the pass, which can affect accuracy.



# U12 COACHING CURRICULUM



## RECEIVING TECHNIQUE - INSIDE OF THE FOOT

Receiving the ball is a technique used to control the ball when it is passed to a player on the ground. We use the term receiving rather than trapping because it implies controlling the ball rather than stopping the ball. At the U9 age group we recommend encouraging players to receive the ball with the inside of their foot, as this is the simplest technique that can be used to control the ball. Advanced players in this age group should be asked to receive the ball away from pressure.

### Best Used

- Control the ball following a pass from a teammate.
- Intercept the ball following a pass for the opposition.
- Receive the ball in a stationary position.
- Receive the ball while moving.

### Technical Breakdown

- Player should be ready to receive the ball OR 'on toes'.
- Players hips and shoulders should be ideally square to the ball as it arrives.
- Use the inside of the foot to control the ball. Open your foot square to the ball.
- Receiving foot should have its toes pointed up and its heel down (slightly off the ground).
- Try to have a soft touch on the ball as hits the receiving foot. Withdraw your foot as the ball hits it, this should take the pace off the ball.

### Common Mistakes

- Player is not ready to receive the ball, flat footed as the ball comes into the player.
- Player is sideways on as the ball comes into them, which allows the ball to run past them.
- Players foot shape is incorrect, causing the ball to bounce off them in a different direction.
- Player has their foot too far off the ground, which allows the ball to run underneath their foot.
- Player does not accept / cushion / withdraw their foot as the ball hits it, which makes the ball bounce off the foot.





# U 1 2 COACHING CURRICULUM



**AGE GROUP:** U9 or U12 players

**TOPIC:** Passing & Receiving for Possession (Support Play)

**OBJECTIVES:** Teach players how to pass the ball, receive the ball and provide support to the player in possession. Establish moments in the game (2 v 1, 2 v 2, 3 v 2 & 3 v 3) and work with players on decision of possession vs. penetration.

## Warm Up Activity

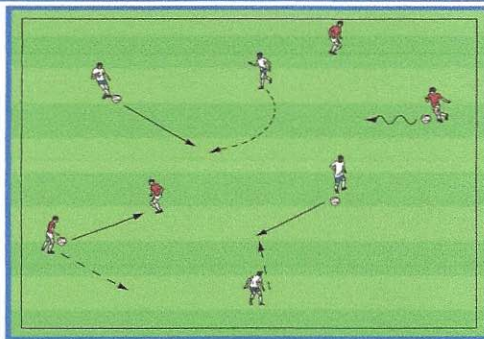
**Area:** 40 x 30 yards.

**Organization:** Split players into pairs, one ball per group.

1. Players pass the ball back and forth, stationary.
2. Players pass and move around the entire area.
3. Add competition - first to 10 passes wins, etc.

### Coaching Points

- Passing Technique: weight and accuracy.
- Receiving Technique: Inside of foot across body and inside of foot away from body.
- Receive the ball to set you up for your second touch to be a pass.



## Small Sided Game

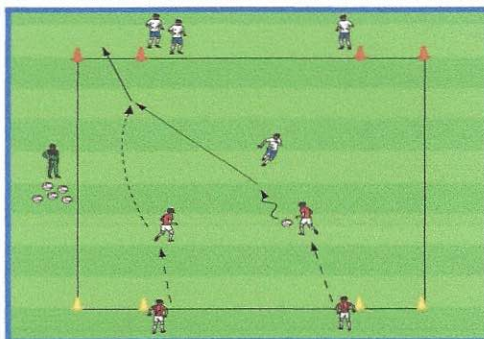
**Area:** 20 x 15 yards with four small goals, one in each corner.

**Organization:** Split players into two teams and place as shown. Coach starts the game by pass to one team, 2 players enter from the team which has possession, 1 player from the opposition. Teams score by passing through a corner goal.

**Progression:** If the defender wins the ball a teammate can enter to create 2 v 2.

### Coaching Points

- Technique under pressure. Accuracy of pass, direction of receiving touch.
- Support from a teammate. Move into a passing lane where you can receive the ball. No pressure on the ball, support can be in advance. Light pressure, support can be to the side. High pressure, support behind.



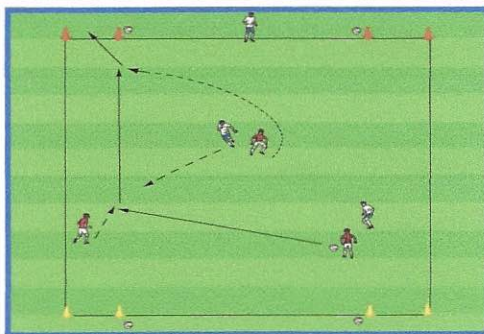
## Expanded Game

**Area:** 20 x 25 yards with four small goals, one in each corner.

**Organization:** Split players into two teams and play 3 v 3 - 1. Each team defends and attacks 2 goals. Score by passing through a small goal. Rule: when your team doesn't have possession, one player drops off creating a 3 v 2.

### Coaching Points

- Support from a teammate. Move into a passing lane where you can receive the ball. No pressure on the ball, support can be in advance. Light pressure, support can be to the side. High pressure, support behind.
- Movement of the players off the ball. Teammates should try to provide the player with the ball 2 supporting options.
- Decision in possession: penetrate or keep possession?



## Game

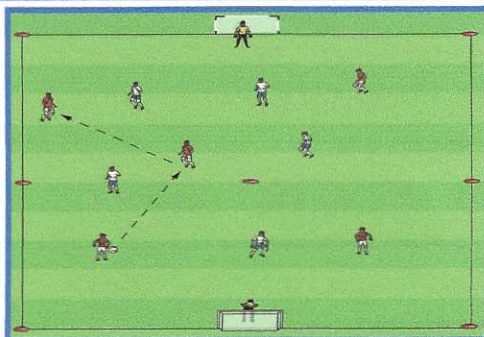
**Area:** 40 x 50 yards with two large goals.

### Organization:

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

### Coaching Points

- Decision in possession: Penetrate or Keep Possession?
- Supporting angles and distances of players off the ball.
- Safety vs. Risk - decisions in possession in each half of the field.







# U 1 2 COACHING CURRICULUM



**AGE GROUP:** U9 or U12 players

**TOPIC:** Passing & Receiving for Possession (Support Play)

**OBJECTIVES:** Teach players how to pass the ball, receive the ball and provide support to the player in possession. Establish moments in the game (2 v 1, 2 v 2, 3 v 2 & 3 v 3) and work with players on decision of possession vs. penetration.

## Warm Up Activity

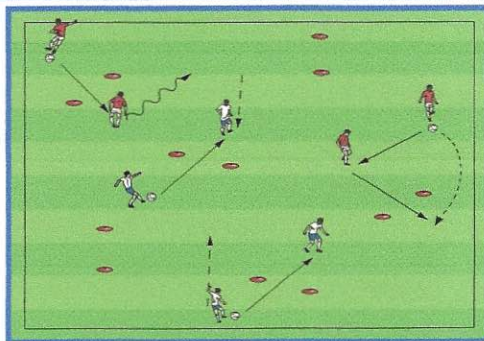
**Area:** 40 x 50 yards with small gates placed around the area.

**Organization:** Split players into pairs, one ball per pair.

1. Players find a gate and pass back and forth stationary.
2. Players pass and move around the area passing through different grids.
3. Add competition - number in a certain time, first to ten wins, etc.

### Coaching Points

- Passing Technique: weight and accuracy.
- Receiving Technique: Inside of foot across body and inside of foot away from body.
- Receive the ball to set you up for your second touch to be a pass.



## Small Sided Game

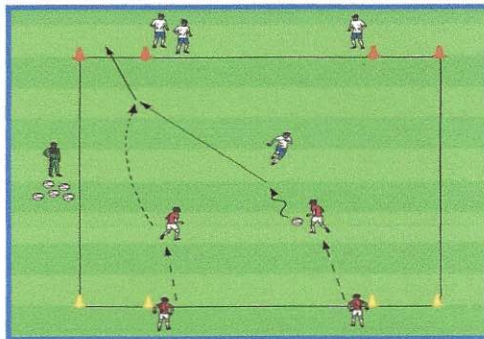
**Area:** 20 x 15 yards with four small goals, one in each corner.

**Organization:** Split players into two teams and place as shown. Coach starts the game by pass to one team, 2 players enter from the team which has possession, 1 player from the opposition. Teams score by passing through a corner goal.

**Progression:** If the defender wins the ball a teammate can enter to create 2 v 2.

### Coaching Points

- Technique under pressure. Accuracy of pass, direction of receiving touch.
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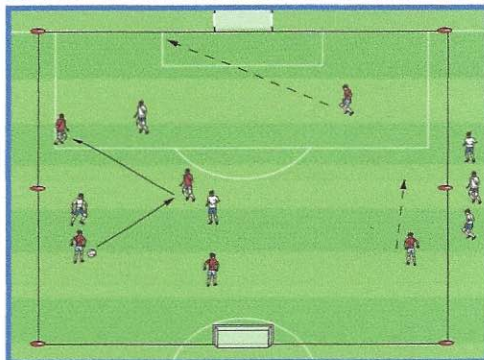
## Expanded Game

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

**Organization:** Split players into two teams of 6. Play 6 v 3, one team of 6 is designated to keep possession, the other team of 3 defends. 10 consecutive passes scores a goal for the team of 6, if the team of 3 wins the ball they score in a big goal. Play 2 minute games. Rotate roles of teams.

### Coaching Points

- Support from a teammate. Move into a passing lane where you can receive the ball. No pressure on the ball, support can be in advance. Light pressure, support can be to the side. High pressure, support behind.
- Movement of the players off the ball. Teammates should try to provide the player with the ball 2 supporting options.
- Decision in possession: penetrate or keep possession?



## Game

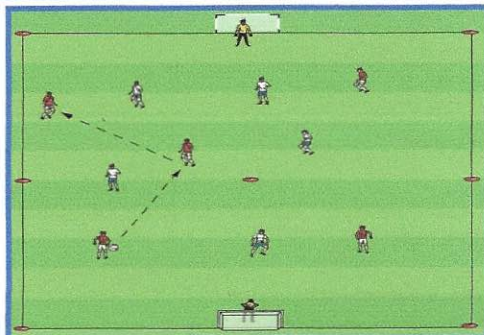
**Area:** 40 x 50 yards with two large goals.

### Organization:

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

### Coaching Points

- Decision in possession: Penetrate or Keep Possession?
- Supporting angles and distances of players off the ball.
- Safety vs. Risk - decisions in possession in each half of the field.







# U12 COACHING CURRICULUM



**AGE GROUP:** U9 or U12 players

**TOPIC:** Passing & Receiving for Possession (Support Play)

**OBJECTIVES:** Teach players how to pass the ball, receive the ball and provide support to the player in possession. Establish moments in the game (2 v 1, 2 v 2, 3 v 2 & 3 v 3) and work with players on decision of possession vs. penetration.

## Warm Up Activity

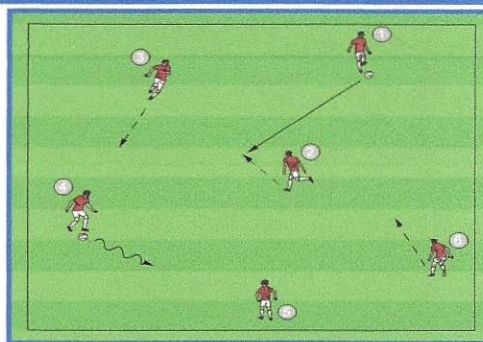
**Area:** 20 x 20 yards per group.

**Organization:** Split players into groups of six (max), number them 1 to 6.

1. Players pass in number order - 6 passes back to 1. Players should be in constant movement.
2. Change number order of pass.
3. Add a second soccer ball to increase difficulty.

### Coaching Points

- Passing Technique: weight and accuracy.
- Receiving Technique: first touch takes you in the direction you want to pass.
- Vision / Awareness - where is your next pass. Who are you receiving from?



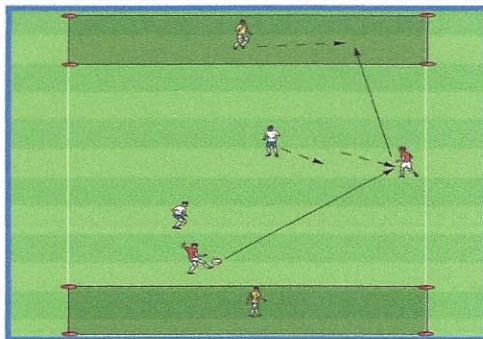
## Small Sided Game

**Area:** 20 x 25 yards with two 5 yard end zones.

**Organization:** Split players into two teams of three players. Place two players in the center and one in an end zone as shown. End zone players act as neutrals creating a 4 v 2 for team in possession. Score a goal by moving the ball from one end zone to the other. Play for 2 mins max, then rotate players.

### Coaching Points

- Technique under pressure. Accuracy of pass, direction of receiving touch.
- Support from a teammate. Move into a passing lane where you can receive the ball. No pressure on the ball, support can be in advance. Light pressure, support can be to the side. High pressure, support behind.
- Support from neutral player - find a passing lane to receive the ball.



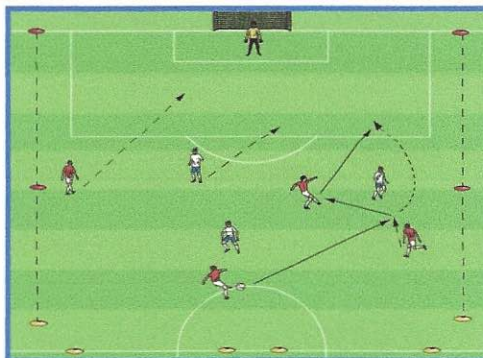
## Expanded Game

**Area:** 40 x 35 yards with one large goal and three small goals.

**Organization:** Split players into two teams. One team players with a GK and defends the big goal. The other players with four players and attacks the big goal, defending the three small goals.

### Coaching Points

- Support from a teammate. Move into a passing lane where you can receive the ball. No pressure on the ball, support can be in advance. Light pressure, support can be to the side. High pressure, support behind.
- Movement of the players off the ball. Teammates should try to provide the player with the ball 2 supporting options.
- Decision in possession: penetrate or keep possession?
- Team with GK, utilize when in possession and create a 4 v 4.



## 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

- Decision in possession: Penetrate or Keep Possession?
- Supporting angles and distances of players off the ball.
- Safety vs. Risk - decisions in possession in each half of the field.

