



# Week 3

U11/U12

## Comfort On The Ball

Ownership · Teamwork · Leadership · Respect



# Dribbling – Team Knock Out



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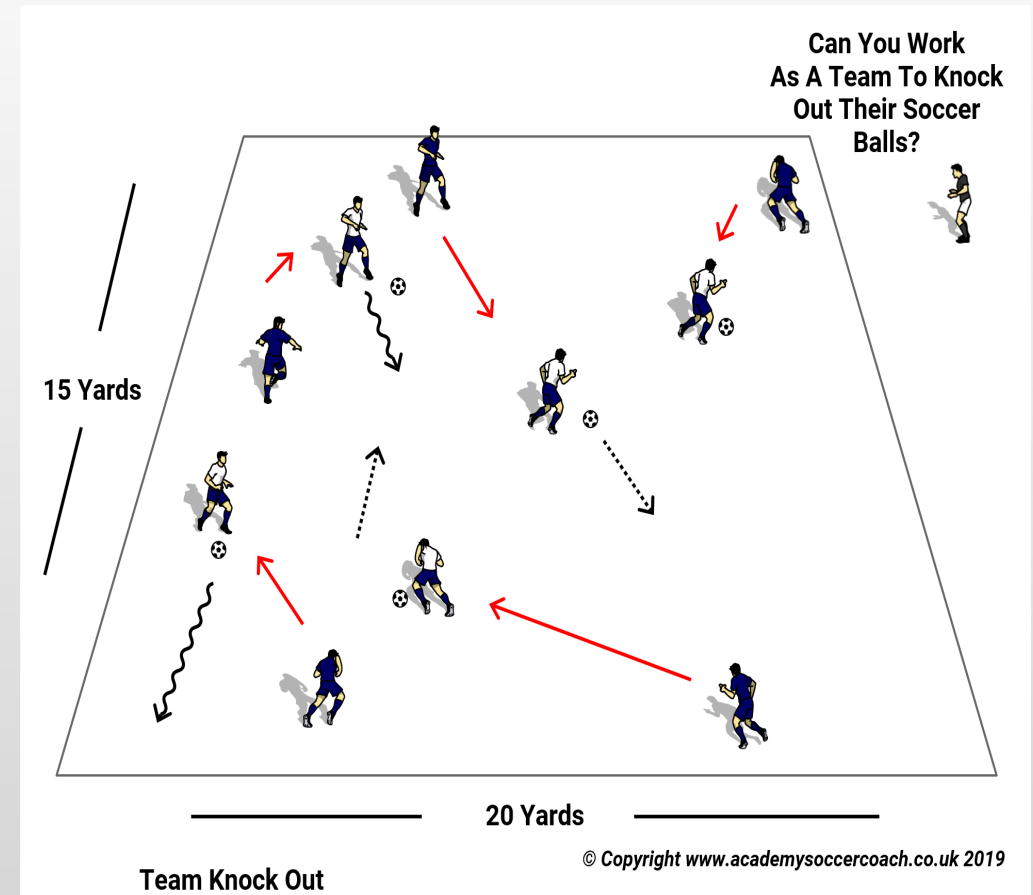
## Grid 15 x 20 yards

- All Players need a ball and start to dribble in open space. Then split them into 2 teams.
- One team has soccer balls and the other does not.
- The team that is it tries to knock the other teams out of bounds.
- Designate an area for the players to come to if they have their ball knocked out of the grid.
- You can let players back in if they get to their ball before it stops rolling.
- Progress to both teams having soccer balls. Both teams must keep the soccer ball under control.

## Possible Coaching Points

- Keep ball under control and be aware of pressure.
- Work together to get all players out of bounds.

**Guided Question – I Wonder if You Should Work as a Team or By Yourself?**



# Dribbling/Passing – Freeze Tag



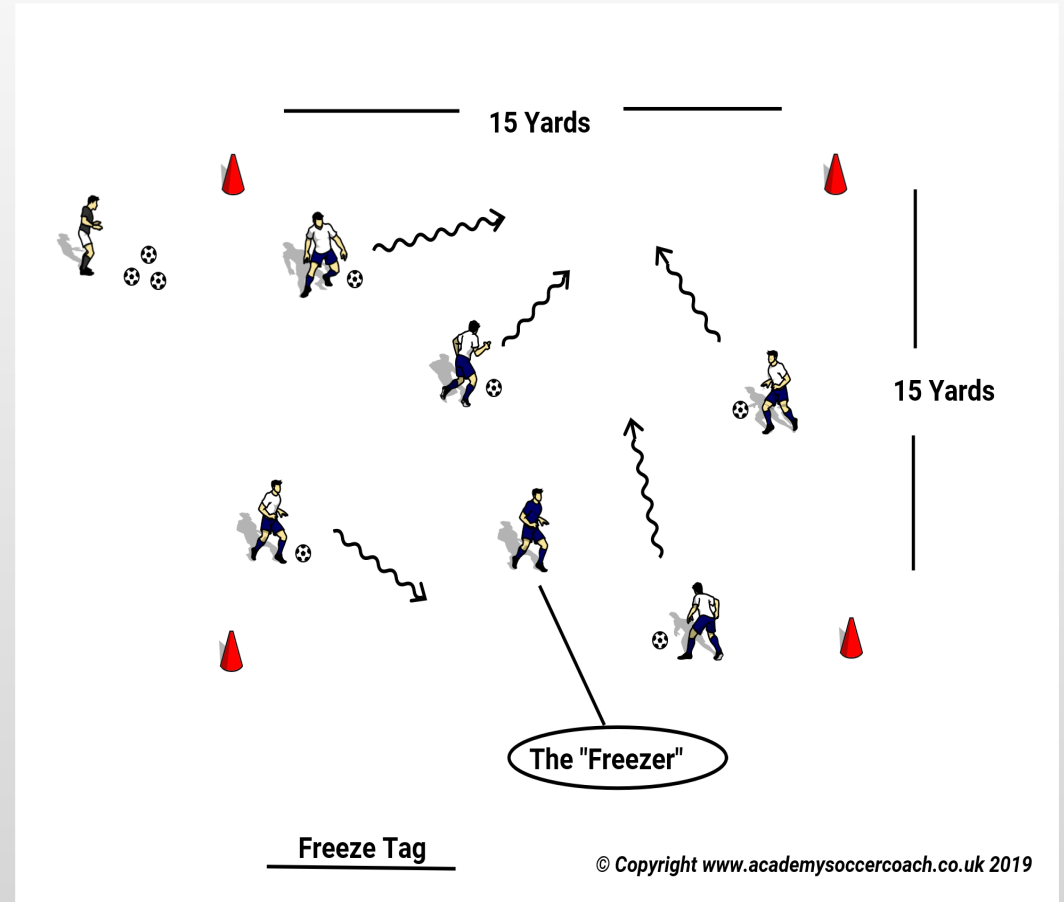
## Grid 15 x 15

- Begin without a ball.
- Designate a player or coach to be tag people.
- If a player is tagged they “Freeze” . To be “UnFrozen” someone else needs to crawl between their legs.
- Add soccer balls. Same rules except when a player is frozen a teammate will pass the ball between their legs.
- Last person/people to be frozen are “Freezers”

## Possible Coaching Points

- Encourage communication to let other know you are “Frozen”
- Keep ball under control
- Use inside of foot to pass (Technique)
- Work together to keep all soccer balls moving

**Guided Question – How can I stay away from “FREEZERS” ?**



# 4 v 4 To Targets



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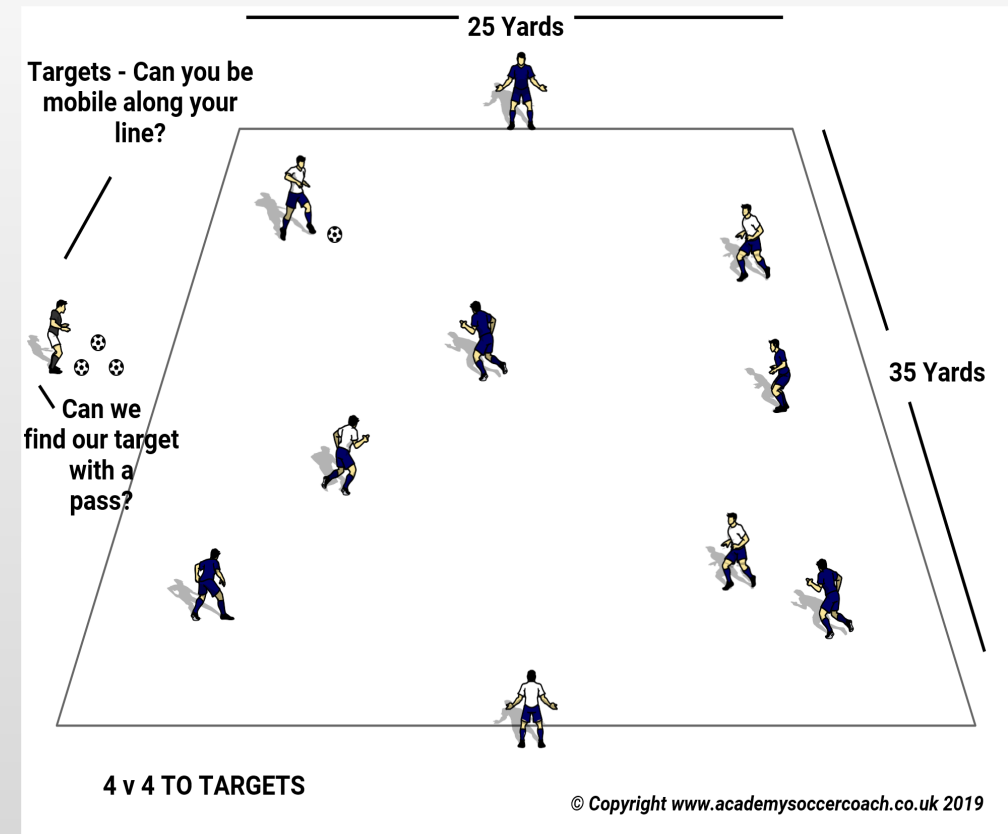
## Grid 25 x 35 Yards

- Divide group into two teams of 5. Team A & B.
- Set up team A to defend on one side and place their target at the other end. Reverse for team B.
- Team A will attempt to pass to their target. The target then plays the ball in to team b to re-start play.
- Switch targets often. The game should flow, make sure to have quick re-starts.

## Possible Coaching Points

The targets can move up and down the line to receive a pass.  
Can you help yourself by taking a positive 1<sup>st</sup> touch?

**Guided Question – How Can I Help My team Find The Target?**



# 4 v 4 Game Play – Practice - Play



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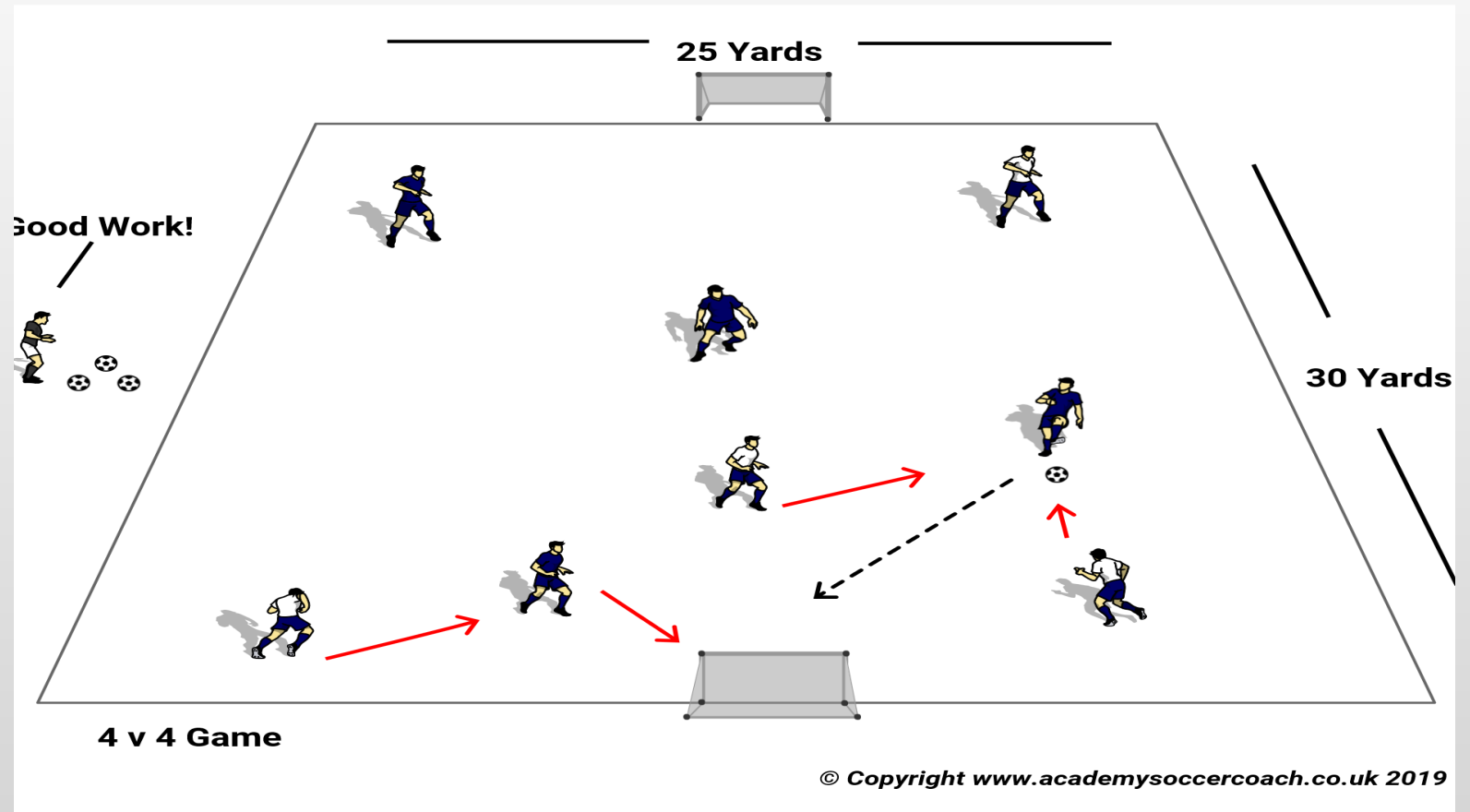
Salvo Soccer Club utilizes the *Play – Practice – Play* model that is supported by U.S. Soccer.

U11/U12 Practice Model

10 minutes of Scrimmage to start  
30 minutes of activities  
20 minutes Scrimmage with your team

Keep games to 4v4 – 5v5 to maximize opportunities on the ball for players.

Rotate players to keep games competitive.

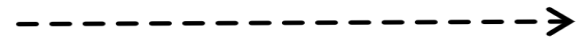


# Diagram Details

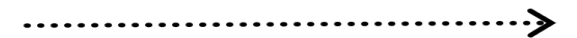
## Diagram Details



Player Dribbles the Ball



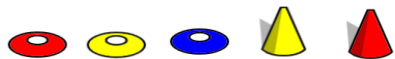
Player Passes / Shoots



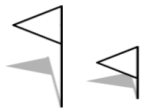
Player Runs with the Ball, Quickly



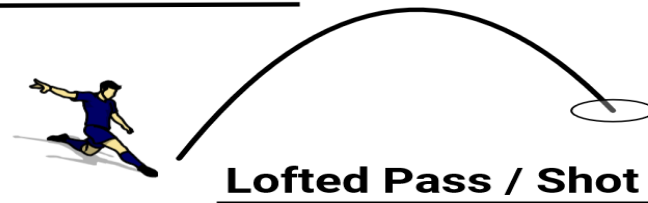
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals