

TOPIC: Possession with a Purpose

U12's

Coach Name: Steve Parker, National Staff Coach, US Soccer

Key:

Running without the ball

Running with the ball

Pass

<u>ACTIVITY 1</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<p>Groups of 3, 1 ball.</p> <ul style="list-style-type: none"> Moving / Passing / Dribbling <p>1 v 1 + 1 (progress to) 2 v 2 + 2</p> <ul style="list-style-type: none"> Dribble through gates to score Defend own gate, score on other two <p>OBJECTIVE: Creating an environment</p>	<ul style="list-style-type: none"> ✓ Movement with and without the ball ✓ Change speed and direction ✓ Transition
<p><u>ACTIVITY 2</u></p>	<p>3 v 3 + 3 with GK's</p> <ul style="list-style-type: none"> Team that loses possession defends (becomes the team of 3) Team of 6 <ul style="list-style-type: none"> - Score when completing 3-5 consecutive passes (1 pt) - Score a goal after the consecutive passes (3 pts) <p>OBJECTIVE: Keep the ball</p>	<ul style="list-style-type: none"> ✓ Shape by both teams ✓ Transition
<p><u>ACTIVITY 3</u></p>	<p>4 v 4 + 1 plus GK's</p> <ul style="list-style-type: none"> - Score a goal before completing 3-5 consecutive passes (1 pt) - Score when completing 3-5 consecutive passes (1 pt) - Score a goal after the consecutive passes (3 pts) <p>OBJECTIVE: Score a goal, while keeping the ball</p>	<ul style="list-style-type: none"> ✓ Team shape in and out of possession ✓ Mobility ✓ Transition
<p><u>ACTIVITY 4</u></p>	<p>7 v 7 + GK's</p> <ul style="list-style-type: none"> The Game 	<ul style="list-style-type: none"> ✓ Tactical cues when to penetrate and when to possess ✓ Team shape ✓ Technical execution