



U11-U12 AU*Capital SC Training Sessions Week I

Coaching Points/Diagram

<p>1st Activity (warm-up) <i>Too Many Players</i></p> <p>Split the players into two teams and have each team stand on a line of cones that faces each other. In between the teams their should be a line of balls, but there should be two balls less than the number of players. On the coaches command the players try to sprint to the middle, collect a ball, and then return it past the line they started on. Teams get a point for each ball returned to their line. Players that don't get a ball try to steal one from the other team. Progressions: Change the number of balls or how players must dribble. Specify how players must turn with the ball.</p>	
<p>2nd Activity <i>Shooting Fish in a Barrel</i></p>	<p>⌚ The team that has possession of the ball should spread out to make the defense spread out (this will create lanes or gaps that the attacking team can pass through)</p> <p>⌚ Don't foolishly strike the ball towards the cones; if the ball is intercepted the opposing team will have a very short shot – when a good opportunity arises attack with speed – but otherwise possess the ball until a good opportunity presents itself</p>
<p>Split the players into two teams. The teams play around the center circle (or any large circle). Several cones should be placed in the circle. Teams play soccer and score points for passing the ball into the circle and knocking over a cone. Players can't enter the circle. Play until all the cones are knocked down. Progressions: Specify how the players must shoot. Change the number of cones in the middle. Have different cones (colors or sizes) and assign different point values for the different cones.</p>	
<p>3rd Activity <i>Shooting Cones in the Safety Zones</i></p>	<p>⌚ Does the team make good decisions on which cones to try to attack, can they head in one direction and then switch the point of attack, heading to another cone to try to knock it over before the opponents can get there</p>
<p>Play small-sided games with the team. Instead of scoring on goals there should be a group of cones placed in an end zone at each end of the area. Teams score points by passing the ball so that it knocks over cones in the opponent's end zone. Play to a set number of points, a time limit, or until of one team's cones are knocked down. Progressions: Specify how players must strike the ball. Have the cones spread out or place them close to each other. Put some cones close together and others far apart, assigning different point values to the cones.</p>	
<p>4th Activity <i>Game with a Central Goal</i></p>	

<p>Play a regular small-sided soccer game, but instead of each team having a goal set up one goal in the middle of the playing area. Teams can score by shooting the ball through the goal from either direction. Progressions: Have no GK or have a neutral GK. Specify how players must shoot.</p>	<ul style="list-style-type: none"> ⌚ Players should stay spread out ⌚ A team should have players on both sides of the goal
<p>5th Activity (the game) Numbers Game</p>	<ul style="list-style-type: none"> ⌚ Don't be afraid to have more than one 1v1 or 2v2 game going on at the same time
<p>Split the players into two teams and have them stand on opposite endlines. The game is played on a small soccer field. Assign each player a number on each end (1-5 on one side and 1-5 on the other side). Play a ball into the area and call out a number; those players must then sprint onto the field and play 1v1. Play until a goal is scored or the ball goes out of bounds. Progressions: Have more than one 1v1 game going on at the same time. Call out two and then three numbers. Mix up the numbers.</p>	<ul style="list-style-type: none"> ⌚ Encourage players to shoot whenever they have a clear line of sight to the goal