



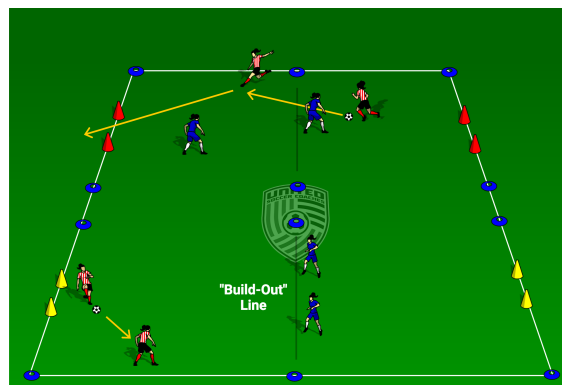
## U12 Practice Plan (9v9 game format)

**Play** (Gathering activity or simple small-sided games)

### 2v2

Divide group into pairs. Set up a field with a 2-yd goal at each end. Add a half-way line so defending team must retreat back on goal-kicks (simulates edge of penalty area). Rotate positions and partners frequently.

- Free play
- Both players need to touch ball before shooting
- When could/should you dribble/pass/shoot?

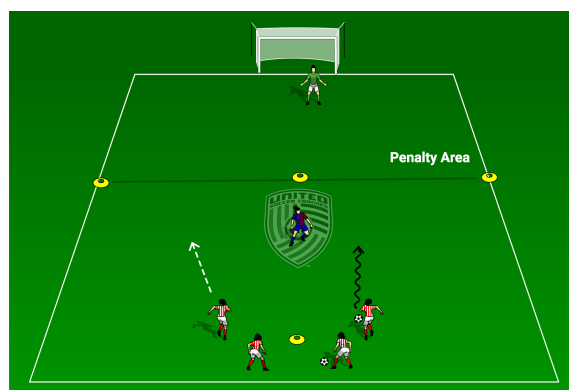


**Practice** (Developing a theme)

### 2v1+GK – Playing Onside

Set-up a field with a full-size goal (6-yds wide), penalty area, and a build-out line. Two attackers play against a defender and goalkeeper:

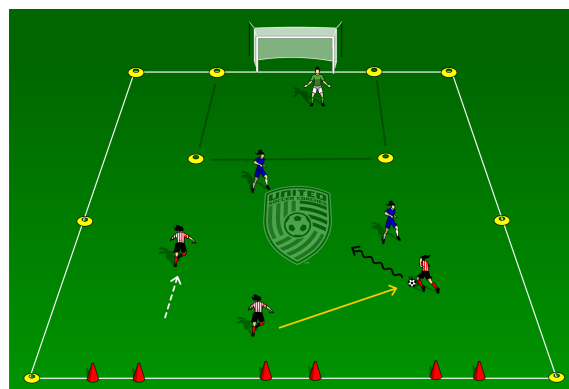
- Player with ball – dribble, pass, or shoot?
- Teammate in attack – angle/distance of support
- Defender – step to ball or drop back?
- Goalkeeper – in line with ball and middle of goal
- Ask questions to help understanding of “onside”



### 3v3 (3v2+GK)

Play 3v3 on a half-field. Three attackers play to a big goal against two defenders and GK, who counter to three small goals. Rotate roles after set time/# of goals.

Differentiate between possibility of offside in opponents' half, but no offside in own half.



**Play** (Observe players in action)

### 6v6 (full team divided in half)

Play a 5v5 or 6v6 game (including goalkeepers) in a 50x30-yd area with a 6-ft wide goal at each end. Call offside if appropriate and practice all restarts (Throw-ins, corner-kicks, goal-kicks, GK punt...)  
Help players within the flow of the game  
Praise effort and engagement

