

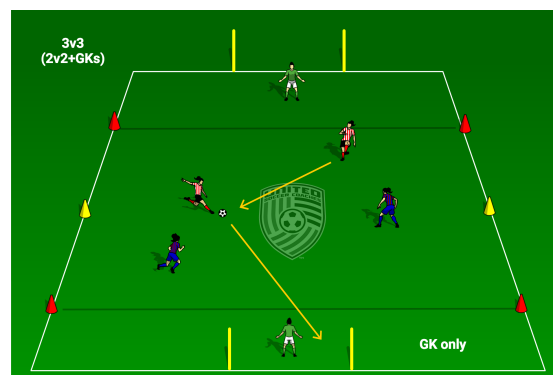


U12 Practice Plan (9v9 game format)

Play (Gathering activity or simple small-sided games)

(3v3) 2v2+GKs

Divide group into three – play with 2 field players + GK. Set up a field with a 6-yd goal at each end and a 5-yd “no-go” zone where only the GK can play. Add a half-way line so defending team must retreat back on goal-kicks (simulates edge of penalty area). Rotate positions and partners frequently.

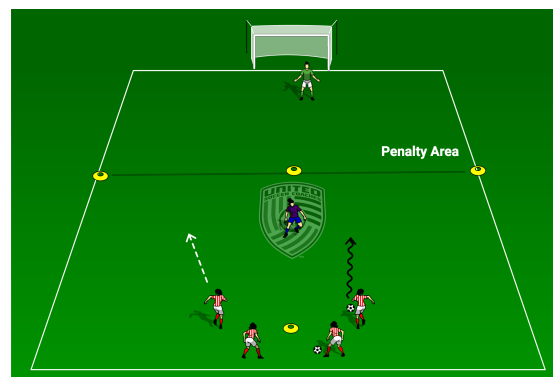


Practice (Developing a theme)

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:

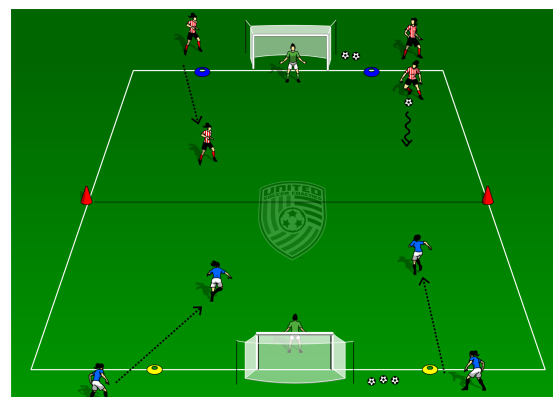
- Player with ball – dribble, pass, or shoot?
- Teammate in attack – angle/distance of support
- Defender – step to ball or drop back?
- Goalkeeper – in line with ball and middle of goal
- Ask questions to help understanding of “onside”



2v2+GKs Flying Changes

Divide group into two teams. Two attackers play against two defenders with a GK at each end.

- If a goal is scored, the scoring team stays on and defends against two new attackers from the opposite team.
- If the ball leaves the field, all players (except GKs) are off and two new players enter the game from each team. Depending on which half the ball left the field, the closest team attacks (with the ball).



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.

