



United States Youth Soccer Association

Practice Plan

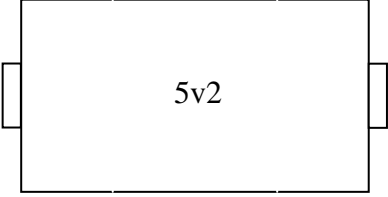
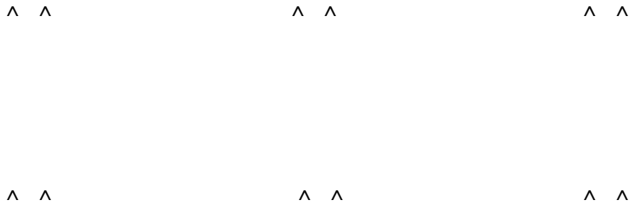
Name: Jeff Hopkins

Age Group: U12

Theme: Possession/Penetration

Activity

Coaching Points

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Short and Long Passing</i></p> <p>Pair up 2 players. 1 ball between them. Short passes = 2 touch Long passes = 2 touch Short passes = 1 touch Receive inside, play with opposite foot Receive outside, play with same foot</p>	<ul style="list-style-type: none"> ▪ Ankle locked ▪ Toe up ▪ Step next to ball ▪ Follow through ▪ 1st touch out of feet ▪ Be balanced
<p>2nd Activity <i>2v2 +2 (4v2)</i></p> <p>Make 3 teams of equal numbers. 2 teams keep possession while 3rd team defends. Can play for number of passes for selected time. Add transition, if attacking team loses ball/makes mistake, they now become defending team.</p> <p>Progressions: Play 3v3 + 3 (6v3) or 4v4 + 4 (8v4)</p>	<ul style="list-style-type: none"> ▪ Good passing/receiving technique. Transition on signal. Support angles. ▪ Shielding, turning, change of speed ▪ Switch ball out of pressure
<p>3rd Activity <i>5v2 w/counter goals</i></p> <p>Play 5v2. Look for players to spread the field, move when the ball moves, get body into a good position, and accuracy and weight of passes. If 2 win ball they can score on any of 2 goals (incentive to defend)</p> <p>Progression: Add attackers and up to 1 more defender</p>	
<p>4th Activity <i>3 Goal Game</i></p> <p>In a 30 x 40 yard grid. 2 teams play against one another and must try and dribble through one of the 3 opposing goals. Players should look to play away from the defenders and look to attack open goals</p> <p>Progression: Players can shoot/pass ball into goals</p>	<ul style="list-style-type: none"> ▪ Set up field but place 3 small goals (3 yards) on each endline spaced out evenly. Field is wider than long 
<p>5th Activity (the game) <i>6v6 Game</i></p> <p>The game. Look to let play and observe.</p>	