



U12 – Session 3

Passing/Receiving

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Numbered Passing:

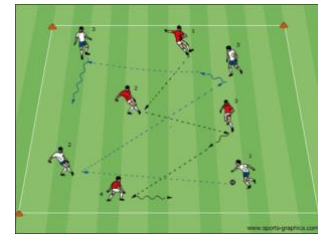
In a defined space create small groups of 5 players with one ball. Each player is numbered 1-5. Sequential passing: 1, 2, 3, 4, 5, 1, 2, 3, etc.

Version 1: Two touch

Version 2: Two touch, one touch

Version 3: One touch

Focus: Technique of passing and when receiving, move with the ball



5v2 possession:

In a 15x20 grid, five players keep the ball away from two defenders. The five players score a point if they string together 4 consecutive passes (can change the amount of consecutive passes to make it easier/harder). If the two defenders dispossess the opposing team; they try to dribble out of the grid to score a point. Change defenders every 1-2 minutes.



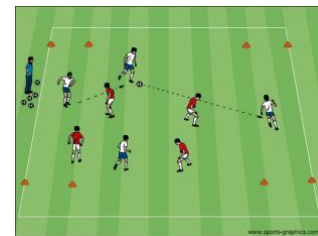
3v3 to 4v4 to four goals:

In a grid place small goals (3 yards wide) near each corner. The goals are set up along the 25-yard lines for extra width in the attack. Play a 3v3/4v4 match. Each team attacks the 2 goals opposite them and defends the 2 goals behind them.

Method of Scoring:

- 1 Point for each pass between the cones

All goals must be below knees and may not touch the cones



Scrimmage:

Create field based on playing numbers and size of area.

