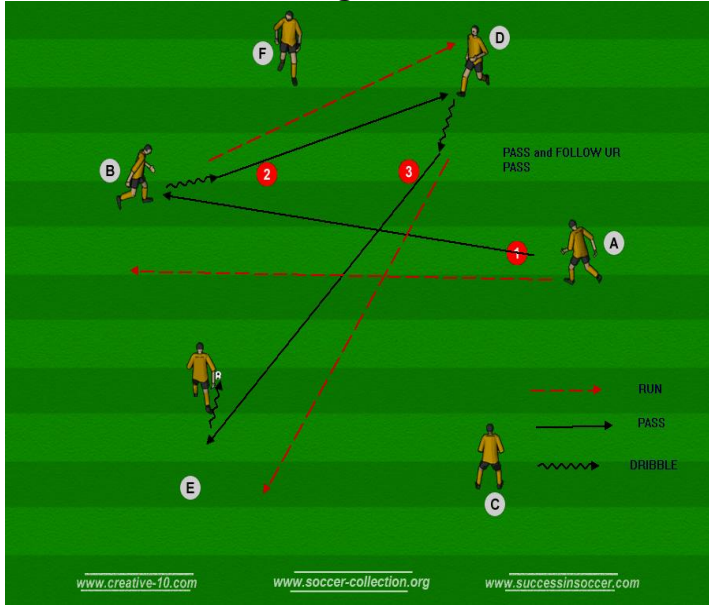




By Victor Valderrama

### Circle Training – Pass-n-Follow



### U10-U12 Sessions and Exercises

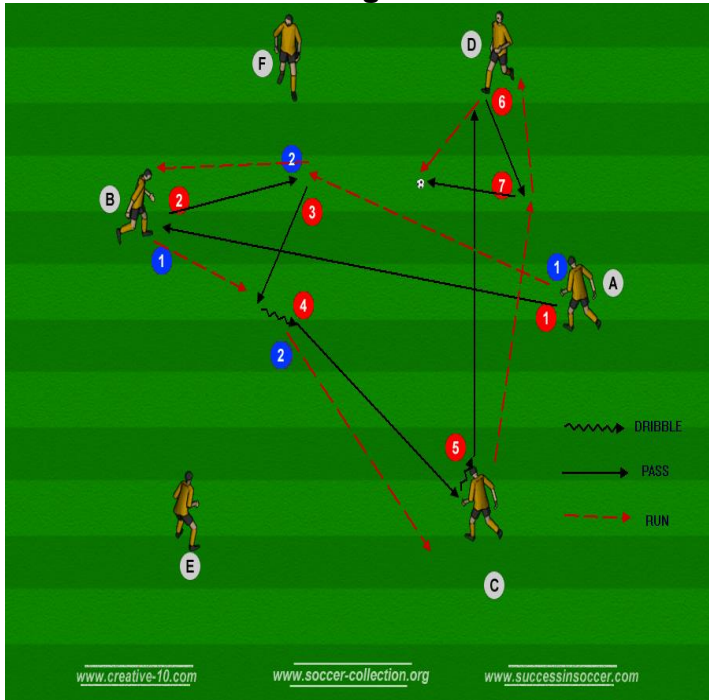
#### Organization

- Five to seven players, balls, space
- Spacing make a Circle – 15-20 yards wide
- Player with ball passes to another without the ball and follows pass
- Add a second ball (seven players)
- Condition so that pass must skip at least one player over in the circle from where pass is starting
- Make competitive by having two groups count the passes in two(2) minutes
- Add a player or two to defend by intercepting passes, switch this player(s) every couple of minutes

#### Key Coaching Points and Progressions

- Is technique appropriate for pass? Balancing foot, striking foot, body posture, etc
- Work on vision? Call player name and make eye contact before pass is made
- Work on space awareness? Players keep reshaping to keep the circle dimension
- Second ball demands more focus, vision and it is more challenging
- Progression 1 - Passing player becomes closing player (Defending), no tackle allowed initially. Receiving player's first touch is away from closing pressure.
- Progression 2 - Add tackling and it becomes a keep away session. The player losing ball becomes the defender.

### Circle Training – Give-n-Go



- Same as Session 1 but now a give-n-go is in the sequence of passes
- Stretch the circle to be 25-30 yards for the long pass
- Make the long pass a chip or ball in the air

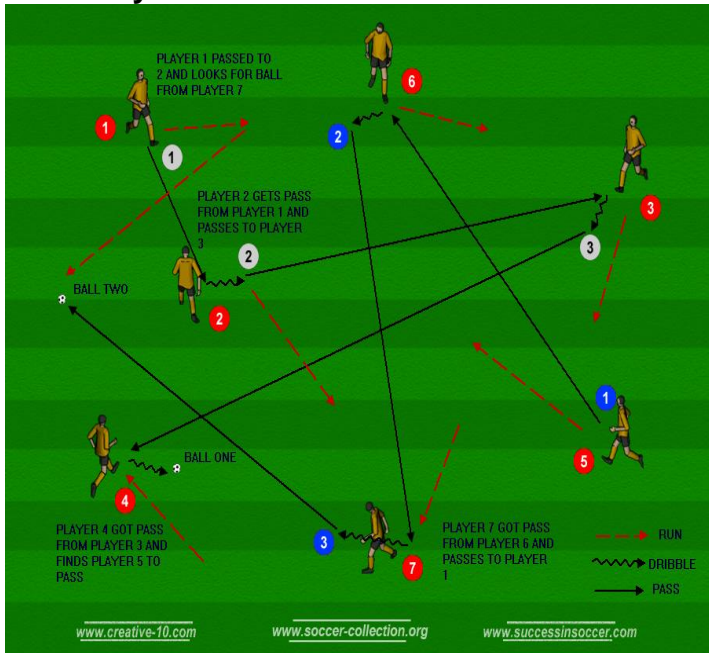
- All of the points in Circle Training – Pass-n-Follow
- Speed up play with maximum two touch condition
- Know ahead available options upon receiving the ball , where are you going with the ball?
- Controlling balls out of air correctly? Judging the flight of ball okay? Receiving with 'cushion' and into space to maintain possession? etc.



By Victor Valderrama

U10-U12 Sessions and Exercises

### By the Numbers – Pass-n-Follow



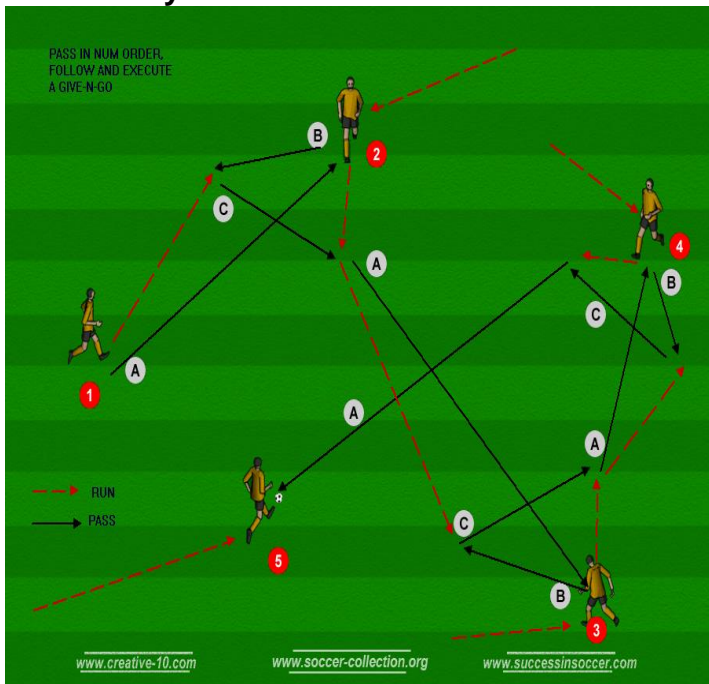
### Organization

- Five (5) players numbered 1 to 5
- Players move about freely, continuously – unrestricted space
- Pass the ball starting with #1 going to #2, #2 to #3, #3 to #4, #4 to #5 and #5 back to #1, continue the sequence
- Increase to seven (7) players. Add a second ball.
- 

### Key Coaching Points

- Focus and concentration on task as hand
- Communication with next in sequence (player name)
- Vision – where is the player before your sequence? And the one after? Where is the ball?
- Make decisions related to space around self, the ball, player with the ball and where self is going
- Ask for a specific technique/pass method
- Is execution of pass right? Support foot correct, striking foot, body posture, follow through, etc.?
- Is player next in sequence 'showing for the ball'?
- Is receiving player doing right? Open body, back foot, first touch appropriate, etc.?

### By the Numbers – Give-n-Go



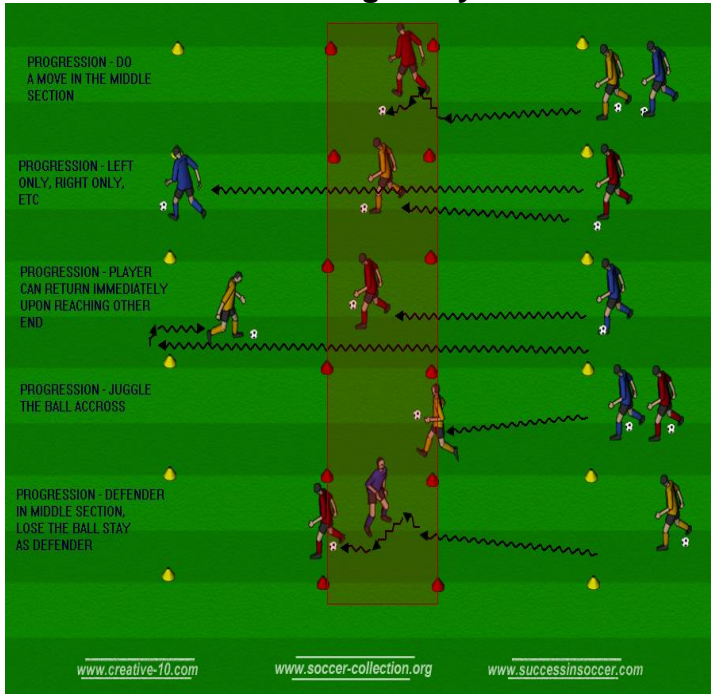
- Same as By the Numbers – Pass-n-Follow
- All players in continuous movement interchanging positions, sprinting when appropriate
- Player making pass shows to support a Give-n-Go offering angle for execution
- Speed up rhythm with maximum two touch restriction

- Same as above
- Communication with next in sequence before pass arrives. Also call 'give-n-go' or 'one-two' when appropriate
- Keep the spacing appropriate
- Progression – one passes to two, five supports two for a give-n-go, two passes to three, one supports three, three passes to four, two supports four, four passes to five, three supports five, five passes to one, four supports one, repeat sequence
- Progression – rather than give-n-go execute an overlap, one passes to two and supports at angle, two passes to one and overlaps getting ball back, two passes to three and so on.



## By Victor Valderrama

### Dribbling Relays



## U10-U12 Sessions and Exercises

### Organization

- Players work individually or in teams of twos,
- Dribbling from one side to the other
- 7-10 yards in length from side to middle, 2-3 yards middle and another 7-10 yards to other side
- Have the next player go when the one ahead has reached the middle, unless players are taking turns such as one works a minute while another rests. If working with three, one works the dribble, a second juggles while the third rests before dribbling, the dribbler when finished would juggle while the juggler rests before the dribble time, etc.

### Key Coaching Points and Progressions

- Working on technique? Focus on ball manipulation
- Working on fitness? Focus on maximum speed and quickness while ball control is still emphasized
- Variation - Speed dribble (use laces), left foot to the middle and switch to right to the end, left to opposite side and back to start with the right, left foot only, etc.
- Variation - Make a move in middle section: step over, sole roll 'L' move, inside-outside, etc
- Make it a race against self - such as how many lengths can you do in sixty seconds? Great interval training (if three players it becomes one minute work and two minutes rest
- Make it team races – such as which team can get to and fro ten times first, have all continue to not be the last to complete
- Variation – one player defends at mid-section, exchange places with player losing the ball

### One-v-One Opposite Goals



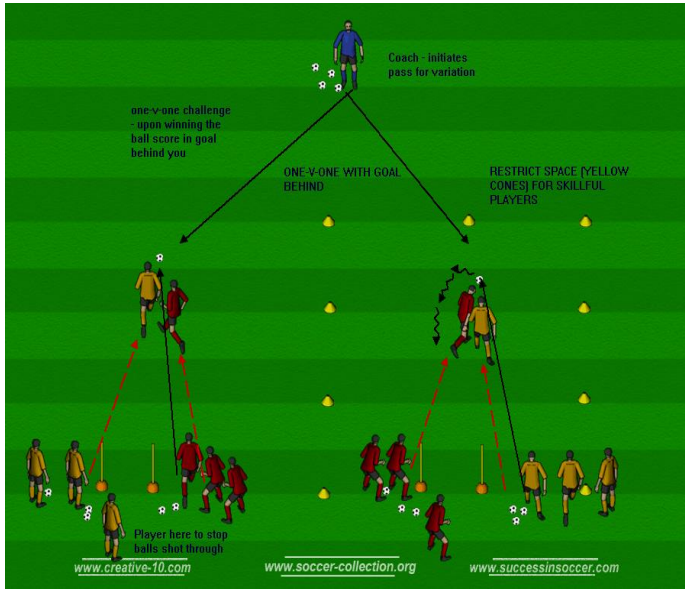
- Opposite goals 20 yards apart
- Coach restart -players line up on sideline, opponents on opposite sides of coach
- Coach plays ball in to pitch, players race for it and try to win the ball
- Player on the right attacks goals on the left and vice-versa
- Play is continuous until a goals or coach yells 'so-and-so you are out of there!' (30-45 seconds)
- Encourage one-v-one moves
- Can have more than one match at a time
- Can play this individually or in teams

- Gain advantage to the ball by speed and/or body position between opponent and the ball
- On defending know if race is lost to get goal side as quickly as possible and deny shot to goal
- Track wins individually. One point per win
- Add them together to get team wins when competing as teams.



By Victor Valderrama

## One-v-One Goal Behind



## U10-U12 Sessions and Exercises

### Organization

- Players set up to either side of one goal
- Players challenge for ball and upon winning must attack goal behind them
- Can have more than one challenge going at same time
- Start with unlimited space but limit pitch space with boundaries as players become more skilled

### Key Coaching Points and Progressions

- Gain advantage with speed and/or body position
- Player winning ball is attacking
- Fight for space between opponent and the ball when it is fifty-fifty
- Use body fakes and dribbling moves to turn/spin on the defending player
- Variation - restart by players passing ball in (going away from goal)
- Variation – restart by coach (facing them opposite of goal, could be by the goal or anywhere on the pitch)

## One-v-One Offset Goals



- Goals are set in middle of pitch, facing opposite outwards and side by side with a 3-5 yard gap between them
- Players start on opposite sides of the coach
- Restart by coach playing ball anywhere on the pitch
- Players must race to gain possession of the ball and score on either of the goals
- Player must execute a change of direction move upon winning possession before attempt to score (any time they gain possession, thus if lost possession and regains possession they must execute a change of direction en route to goal)
- Players track wins (win = 3 points, tie = 1 point)
- Can have more than one challenge going at same time
- Play until goal or around 45 sec games ('so-n-so!' you are 'out of there!' or 'Adios!'). This is very demanding and you are encouraging all out while one-v-one

- Keep matches to maximum 45 sec – call 'name of player' with the ball and 'ADIOS' to signal that matchup is done with time.
- Encourage winning possession with speed and/or body position
- Look for and encourage moves to change direction and wrong foot the defender
- Often one-v-one but could progress to two-v-two and look for support, spacing, combination play



By Victor Valderrama

### Continuous 2 v 1 or 3 v 3



### U10-U12 Sessions and Exercises

#### Organization

- Set up grid 20 yards wide with goals 18 yards apart (dimension of 18 yard box with the width of the six yard box)
- Offside is on
- Start with one side attacking with two players, the other side defends with one and a goalkeeper
- Upon winning the ball the defender can choose to go to goal or play a teammate in the game
- If teammate is played in the side with two players keeps one to defend (the last player in on that side) while the other gets off the pitch thereby creating a new 2n1 going the other way
- If a shot is taken and there is a score, ball goes out of bounds or goalkeeper catches, the team with one defender restarts with the defender now attacking with a teammate (waiting on the side) while the oldest in play opponent leaves the pitch and the last player in stays to defend – therefore a new 2v1 is accomplished going the other way
- Variation – each side alternates with new attacking players (2) and new defender (1), making sure all players take turns at both

#### Key Coaching Points

- On defending – position goal side and keep attacking player on front of you
- Seek opportunity to isolate one attacker and make the challenge a 1v1
- On attack – threaten going to goal to commit the defender. This creates opportunity for self if the defender does not close and deny penetration to goal or for teammate if the defender does commit but does not cut off passing option
- Progression 1 - work on combination play such as give-n-go, overlap, takeover, etc.
- Progression 2 - make it a 2v2, with goalkeepers it becomes 3v3

### Six v Five Incremental Pressure



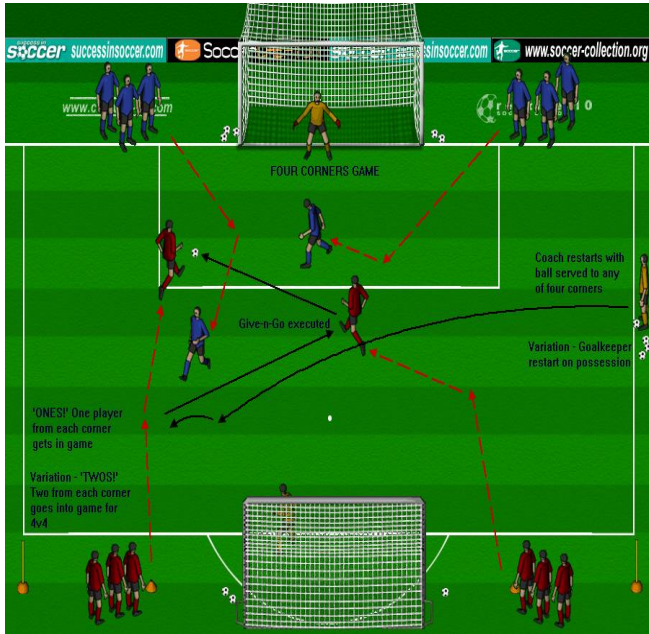
- Grid 36 yards X width of 18 (or 2x18 yard box)
- Six players on each box
- Ball is played in to one team to begin passing it around, they count passes completed
- The other team immediately sends a player to win the ball
- Every three (more skilled players) to five passes another players joins the first to win the ball back
- When the ball is won note how many passes were completed
- All players return to their box and the next game starts on the other box...same rules
- Repeat three to four times each team. The team with the most completed passes wins
- Variation – include goalkeepers (see diagram), they restart each game

- How is the passing technique?
- Receiving technique?
- Body position?
- On attack – are players supporting each other well? What about their angles? Movement off the ball? Vision? First touch?
- On defense – are the players helping each other? Communicating? How is the angle of pressure? Is cover appropriate? How about marking? Off the ball, are they moving into position as the ball moves?
- Progression 1 – upon winning the ball play ball into own box and immediately start to pass and the opponent starts with their first ball winner
- Progression 2 – once all opponents are in trying to win the ball, the game expands to full field and each team can go to goal. Restart upon shot (goal or out of bounds), if keeper catches the ball continue playing



By Victor Valderrama

### Four Corners Game



### U10-U12 Sessions and Exercises

#### Organization

- Pitch the size of 18 yard box
- Two teams on opposite ends. Players from each team arrange themselves on each side of own goal and near the corner of the playing area
- Coach restarts with playing ball anywhere in the playing space and calls the number of players each side will send into the game.
- Diagram shows a call of 'TWOS!' for you can see that two players (one from each corner) went into the game
- New restart occurs when a shot is taken and ball is not caught by goalkeeper

#### Key Coaching Points

- Excellent for coaching all the tactical principles of attack and defense as the coach determines the number of players involved such as 'ONES' and 'TWOS' if keeping to more individual topics and 'THREES' and 'FOURS' to address small group tactics

### Four v Four plus Four Bouncers



- Playing are the size of two 18 yard boxes
- Four v four inside the area and a third group of four (one in each side of the goal about five to seven yards out that will be the ' bouncers', these bouncers are 'neutral' (they play back to team that played them the ball)
- Bouncers get on the goal line to both sides of a goal (when neutral all would be a third team, so as shown they would be a color not red or yellow or blue since goalkeepers are blue).
- Bouncers don't challenge each other
- Bouncers change with field players after a set amount of time (two-three minutes?)
- Variation – two bouncers for each team by the goal their team is attacking. See diagram
- Bouncers show as targets for own team when in possession and upon receiving the ball will pass it back to one of their teammates not a bouncer
- Variation – bouncers exchange places with field player that gave them a pass
- Variation – Older players could set up bouncers around the field as shown in diagram as they will likely have the numbers to support the training game with that setup

- All the technical and tactical coaching points you want can be addressed in this game
- Encourage going to goal/forward mentality
- Encourage 1v1 take on artistry if opportunity presents itself. Due to bouncers' wide and deep shape, defensive play to cut out the bouncers will open up dribbling space
- Demand speed and accuracy on execution of passes to target players (bouncers) and the return ball, layoff or give and go
- Encourage prompt support of passes to bouncers
- Make it more of a passing and finishing game by limiting the number of touches for faster speed of play