



Week 1

U11/U12

Comfort On The Ball

Ownership · Teamwork · Leadership · Respect



Dribbling – Knock Out With Adjustments



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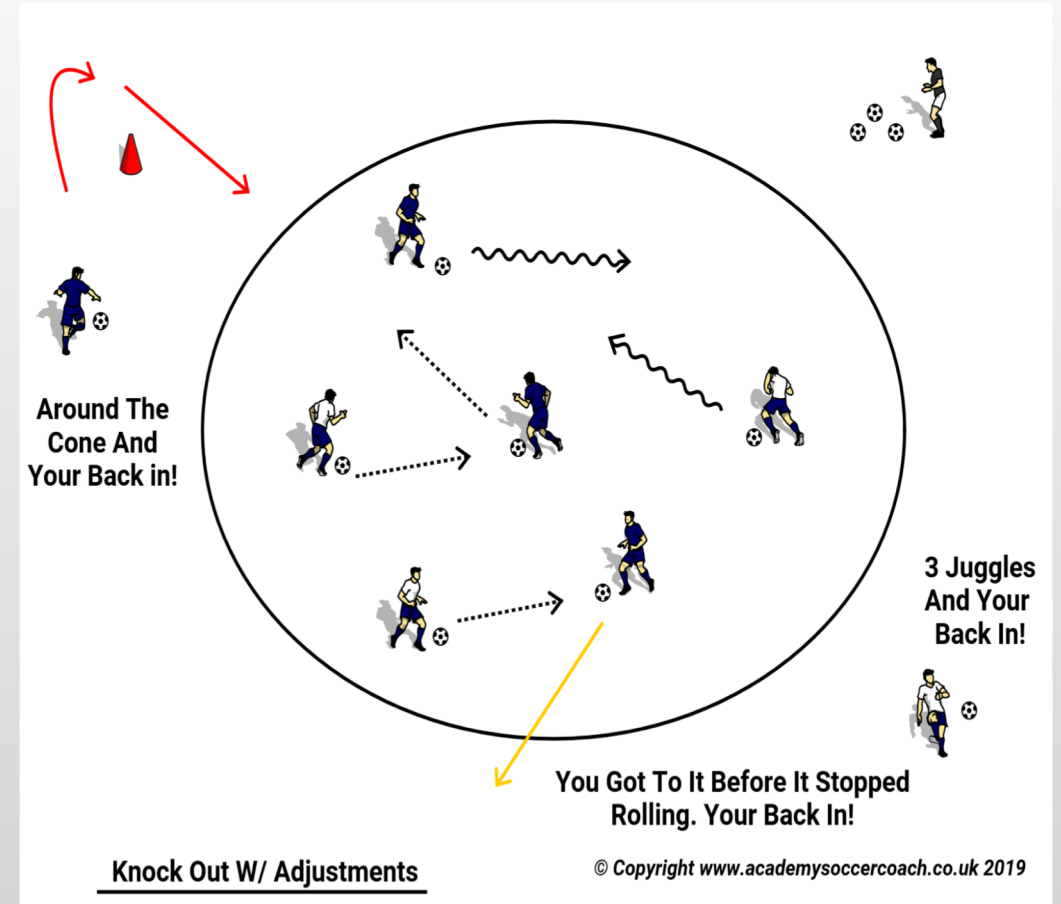
Circle 15 Yards in Diameter

- All players begin with a ball.
- ~~Try to “Knock Out” other players soccer from the grid, while keeping control of your ball.~~ **Coach Will Use a Noodle To tag Players**
- Adjustments – If players can get to their ball before it stops rolling they are back in. If ball stops the player will do 3 juggles, 3 toe touches to get back in. Put out a few cones around the circle, the player can dribble around the cone to get back in.

Possible Coaching Points

- Vision around the space, aware of pressure from all angles.
- Quick to make decisions when out.

Guided Question – How can you be aware of where players are coming from?



Dribbling – Individual Gates



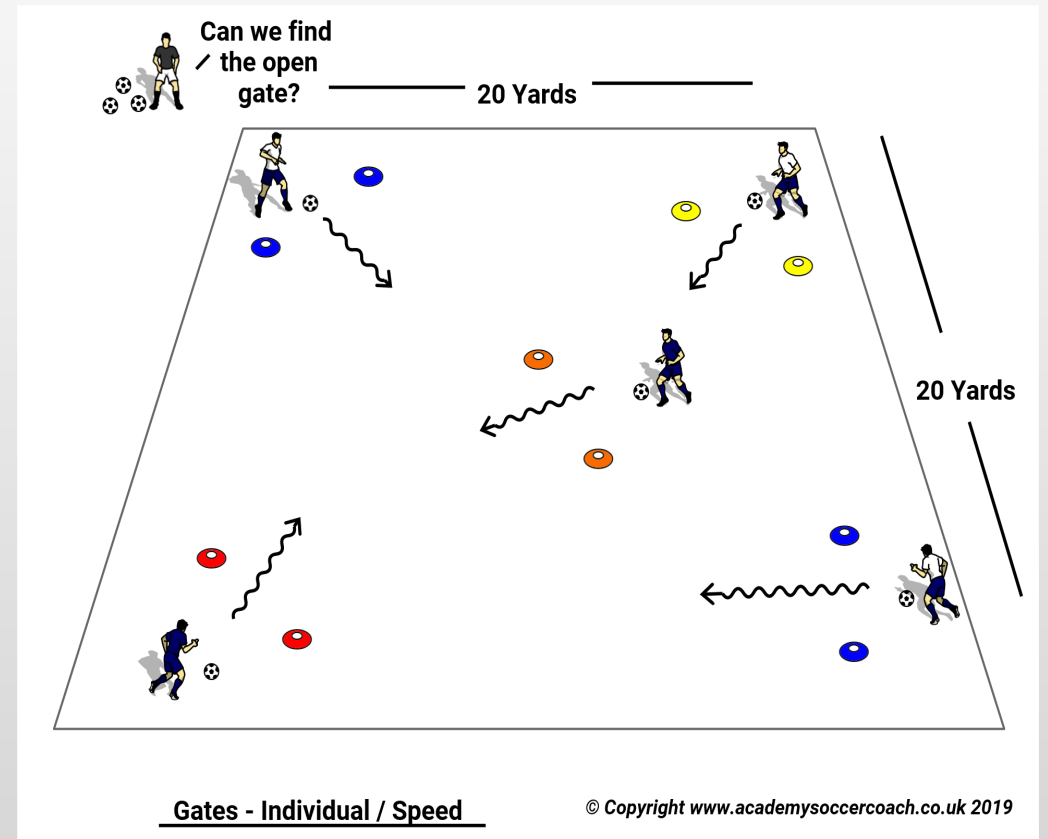
Grid 20 x 20 Yards

- Begin without soccer balls and encourage players to go through gates in different ways (run, jump, backwards)
- Add soccer balls
- Play short rounds. Have players yell out the number of gates they dribbled through. Then try to beat that number
- Progress to doing a move through a gate. (Pull back, step over etc..)

Possible Coaching Points

- Use all part of the feet to maintain control of the ball
- Vision – Where is the open gate?
- Be creative with surfaces of foot

Guided Question – I Wonder How I Can Get Through More Gates Next Time?



Dribbling – Get Out Of Here!



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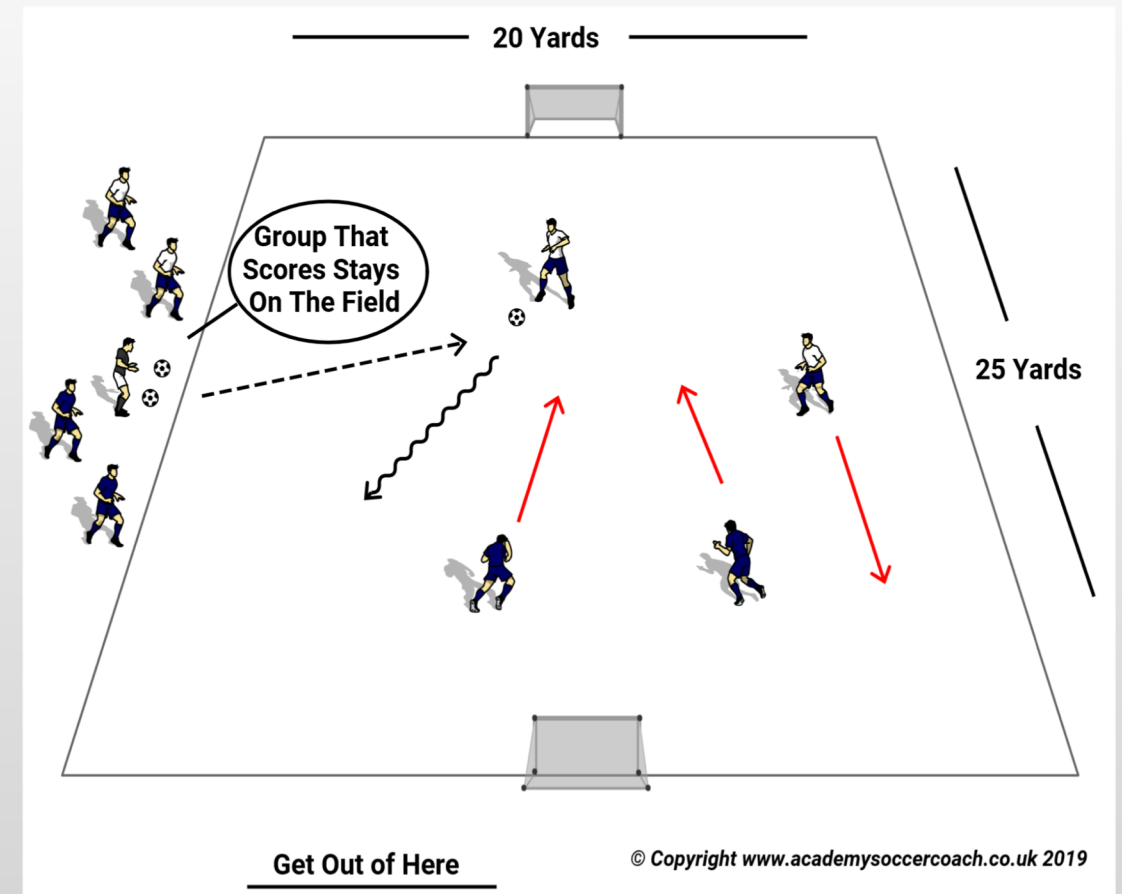
Grid 20 x 25 Yards

- Split the group in to 2 teams.
- Have the groups stand on either side of coach.
- Coach serves ball and send in 1 v 1 to 3 v 3.
- If a team scores, 2 new teams.
- If ball goes out of bounds yell “Get Out Of Here!”
- Send in a new group. Can adjust were they start from (sides, end lines)

Possible Coaching Points

- Aggressive to win initial ball.
- Work hard to win ball back defensively.
- Protect the goal with body position.
- Work as a group when 2 v 2 or larger.

Guided Question – I Wonder, Should You Go Slow or Fast to Win The ball or Win The Ball Back?



4 v 4 Game Play – Practice - Play



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Salvo Soccer Club utilizes the *Play – Practice – Play* model that is supported by U.S. Soccer.

U11/U12 Practice Model

10 minutes of Scrimmage to start
30 minutes of activities
20 minutes Scrimmage with your team

Keep games to 4v4 – 5v5 to maximize opportunities on the ball for players.

Rotate players to keep games competitive.

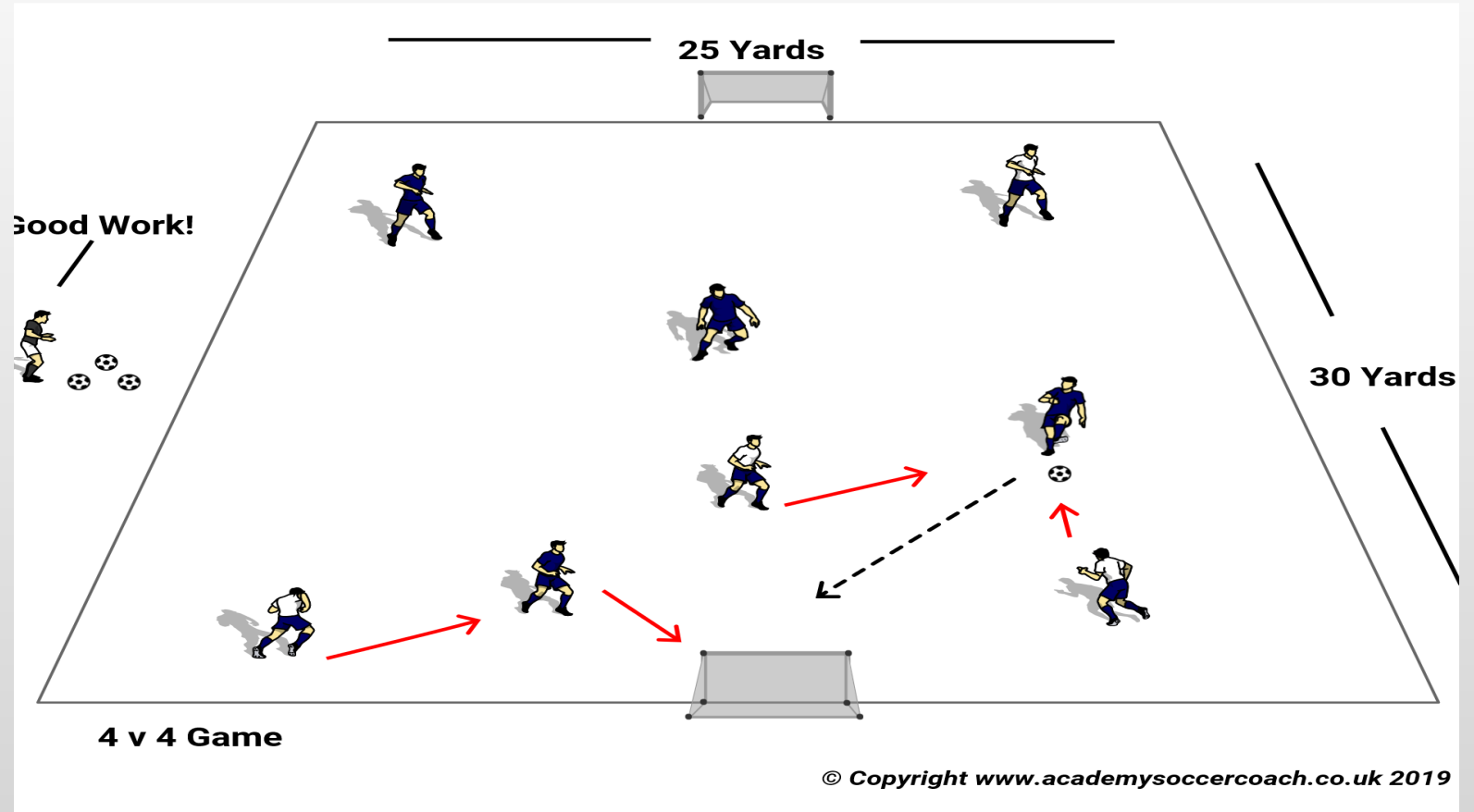
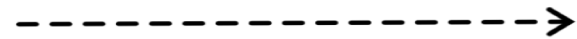


Diagram Details

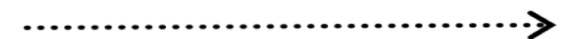
Diagram Details



Player Dribbles the Ball



Player Passes / Shoots



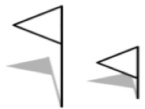
Player Runs with the Ball, Quickly



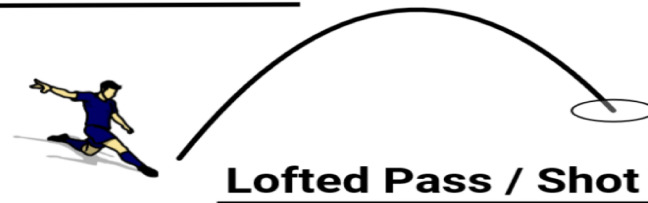
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals