



# Week 2

U11/U12

## Comfort On The Ball

Ownership · Teamwork · Leadership · Respect





SALVO  
SOCCER  
CLUB



# 4 Cone Knock Off

**ONLY COACH WILL REPLACE SOCCER BALLS ON CONES**

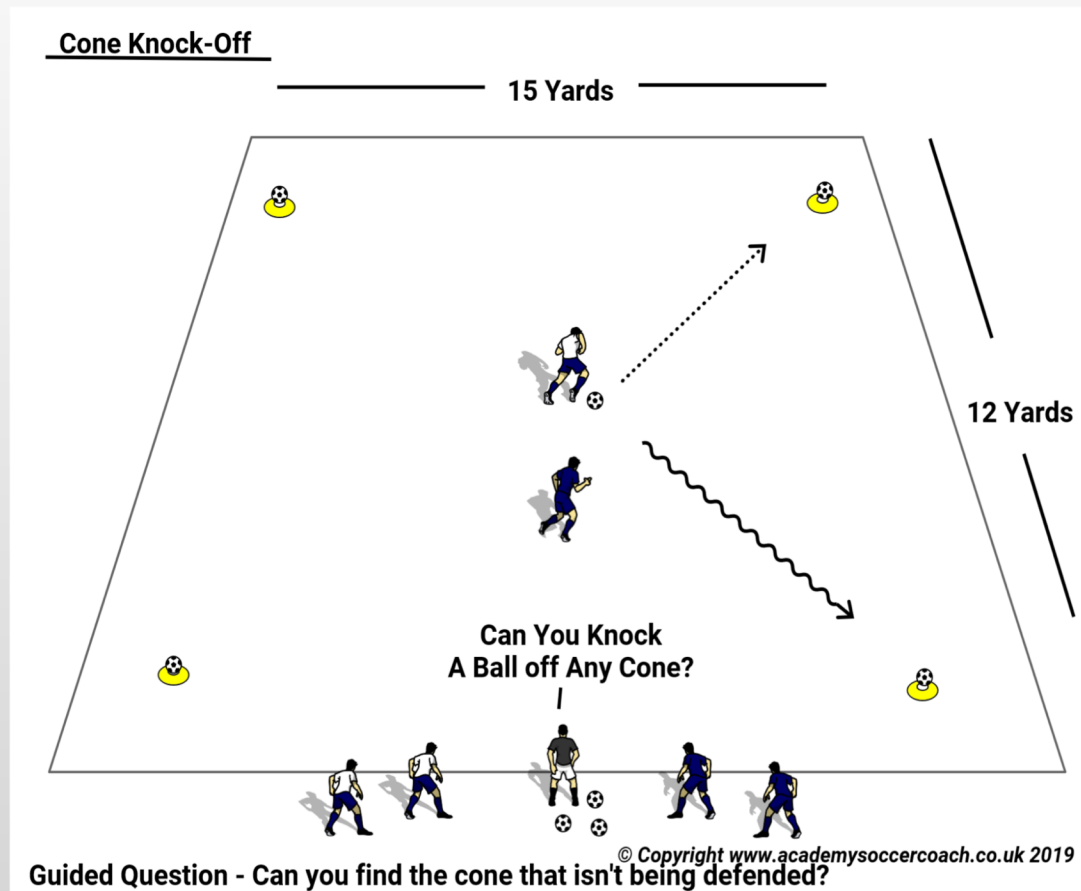
**Grid – 15 x 12 yards**

- Put 4 cones inside your grid with soccer balls balanced on each. Allow space behind them to dribble around.
- Split group into 2 teams.
- Start 1 v 1 and allow players to knock off any soccer ball to start.
- Then add direction with one team defending a side. You can progress to diagonal goals.

## Possible Coaching Points

- ✓ Encourage players to look for open cone.
- ✓ Attack quickly with 1<sup>st</sup> touch.
- ✓ Accuracy over power when finishing.

**Guided Question – Can you find the open Cone?**



# Dribbling – Gates 1 v 1



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## Gates – 1 more than players present

- Put the players in pairs.
- One ball per group.
- The players will play 1 v 1 against each other.
- If the attacker loses the ball, they become the defender. Keep track of gates.

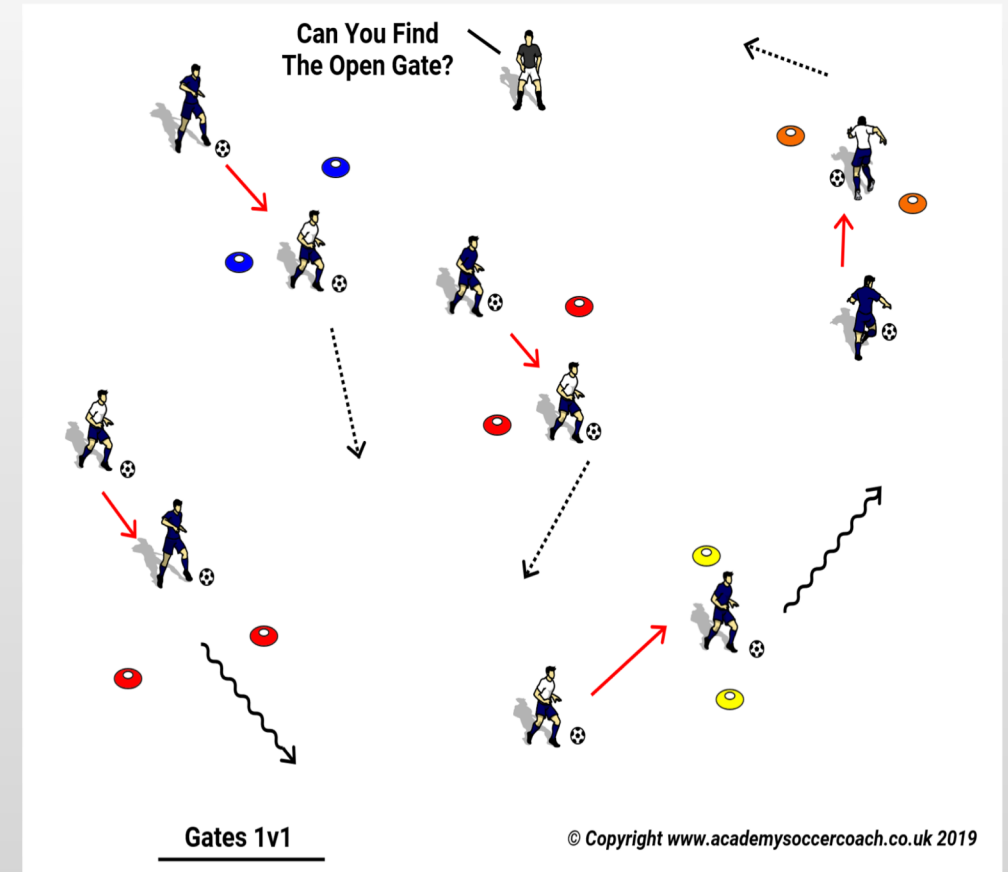
## Possible Coaching Points

Where is your defender giving pressure.

Can you escape your defender?

Transition from defense to attack quickly.

**Guided Question –** *I wonder what you should do if you lose the ball to your defender?*



# 4 Cone Knock Off

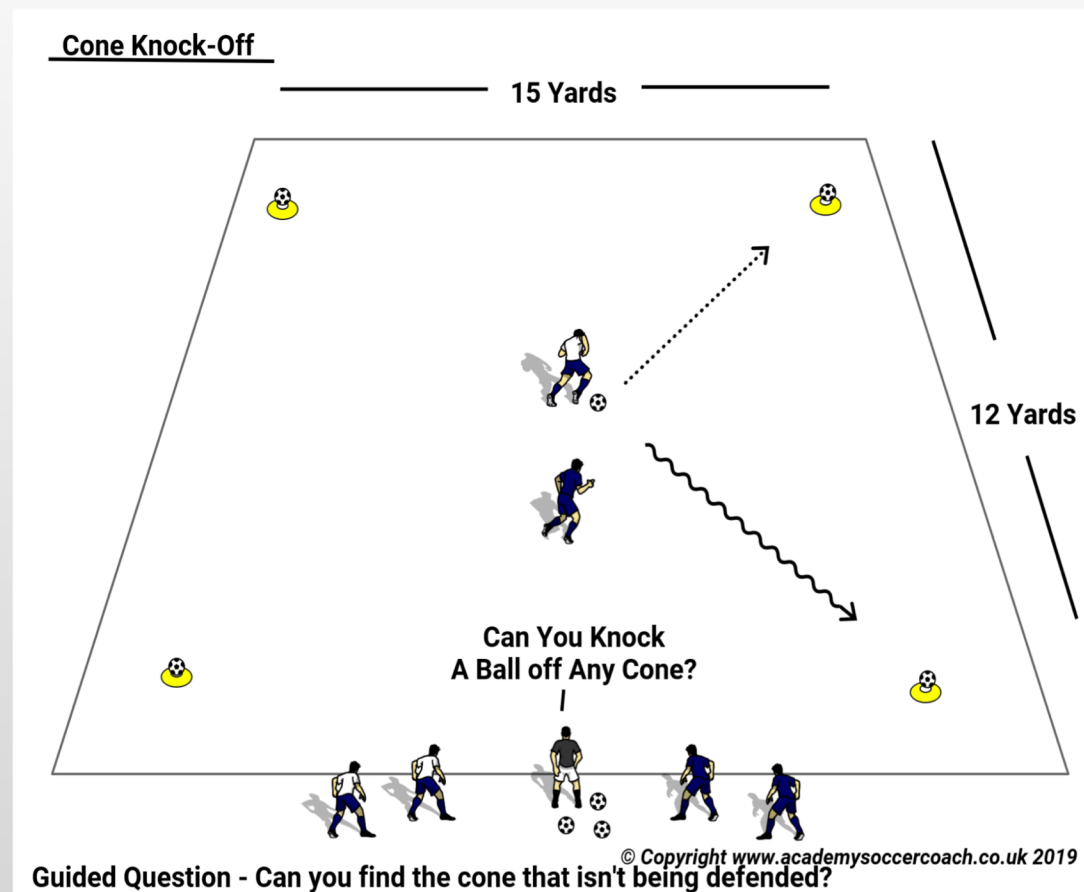
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# 4 v 4 Game Play – Practice - Play



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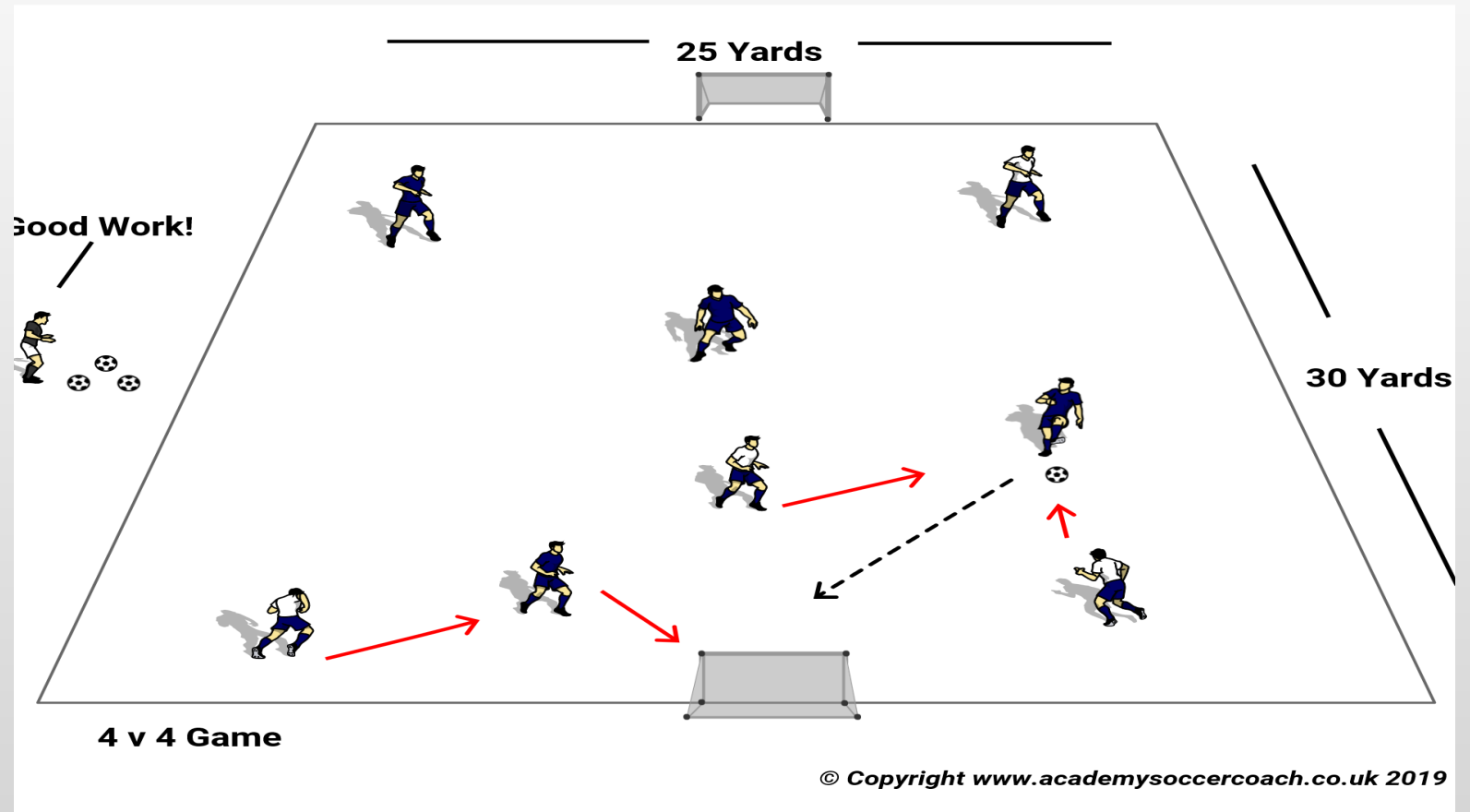
Salvo Soccer Club utilizes the *Play – Practice – Play* model that is supported by U.S. Soccer.

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.

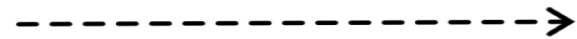


# Diagram Details

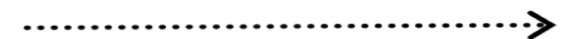
## Diagram Details



Player Dribbles the Ball



Player Passes / Shoots



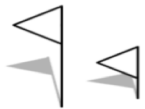
Player Runs with the Ball, Quickly



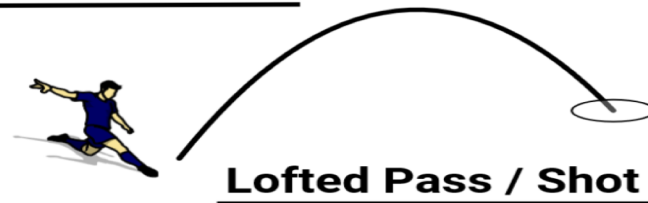
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals