



## U11-U12 Passing Finishing (1) - J. Sells

**Category:** Technical: General

**Difficulty:** Moderate

Am-Club: New Mexico Rapids Soccer Club  
Technical / Coaching Directors, Albuquerque, United States  
of America

### Juggle Competition (10 mins)

#### Organization:

Player work on juggling with various surfaces of the body. All players start at level 20 juggles and work their way around the training grid by 20's (i.e. once a player completes 20 juggles they level up to next cone and try and perform 40, etc...).

Variation: Change juggle levels based on quality of team and players.

\*Can be used at beginning of training to warm players up and see who's been working with their ball at home.



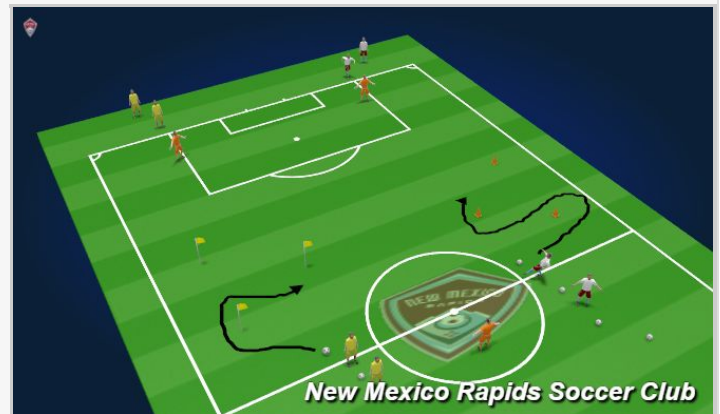
### Zig-Zag Dribbling & Passing (20 mins)

#### DESCRIPTION/ORGANIZATION:

Technical activity to improve dribbling, 1st touch, and passing. Players dribble through sticks and then pass to other line.

#### Variations:

- Work on various cuts and turns
- Various surfaces of the foot
- Relays
- Vary distances of flags and passes.



### 4v3/3v2 To Goals w/ GK's (20 mins)

#### DESCRIPTION/ORGANIZATION:

Teams play 4v3 / 3v2 in two zones to goals with GK's.

Field is 65 yards x 45 yards. Split in half with cones or pads.

Variation: Team with 4 attackers has to get three (3) passes prior to scoring. Players that pass into a different zone may enter that zone, etc...

#### COACHING POINTS:

Passing / Receiving quality

1st Touch

Speed of play / decision making

Attacking shape / movements

Defensive shape / pressing

\*Coach within the flow. Make competitive. Short 3-5 min. games.



### DESCRIPTION/ORGANIZATION

6 attackers + N keep possession against 6 defenders + GK's by a combination of passes or an individual action, followed by scoring in the opponent's goal. After taking possession the defenders may then follow by scoring in the opponent's goals.

Attention! If the ball goes off the field the coach plays a new one in. No more zones. Players are free to move anywhere on the field of play.

#### \*Variation:

- Teams defend one goal each
- 3 consecutive passes before you can score in either goal
- 1 touch finishes only (advanced).
- Short competitive matches.

#### Coaching Points:

Coaching attack:- Team-play from a 1-3-1-2 formation.- Spread out when in possession.- Don't go off-side.- Making choices on the ball( 1:1 or pass)- Taking into account that you switch by loss of possession and taking attacking position. Coaching defense:- Tightening position where necessary.- Make use of off-side rule.- Coaching each other. (the last player should take the initiative)- Be prepared to switch position after taking possession. Transition moments critical!- \*Enough balls around the field, HARD & SHARP coaching.

