

# *SLSC U11/U12 Coaching Clinic 2011 (Fall Season)*

## **U-12 Practice Plan**

### **Warm up: (10-15min)**

#1 –Dynamic Stretching

-Speed and Agility

-Ball Mastery (Coerver Coaching)(Individual Ball skills/Ball mastery)

### **Passing activities/games: (25-30min)**

#1 –Windows

-2 groups (One with balls and one without)(Players make large circle)

-Progression

- Receive with one foot/pass with the other
- One Touch
- Partners (Receive from one and pass to the other)

#2 –Passing and Moving in open space

- Multiple balls
- One ball per team
- One ball and play possession

#3 –Three team Possession small sided game(field is 3 sections)(Teams on the outside are in possession)

- Make 3 Passes and change the field
- Make 4 Passes and change the field

### **End Game: 8v8 (Something that looks like the game) (20-25min)**

-Teach rules

-Let them play

### **Cool Down: Marbles/Passing through the gate(5-10 min)**

Classic. Change the distance and size of gate as needed.