



# Competitive Activities for U12 Players

(10, 11 and Some 12 Year Olds)

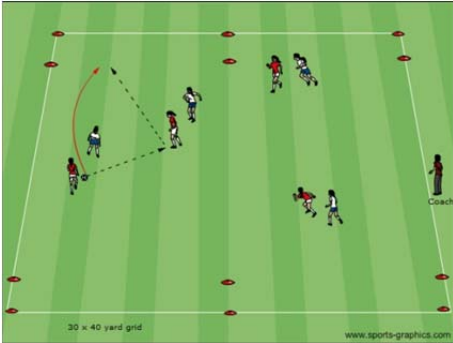

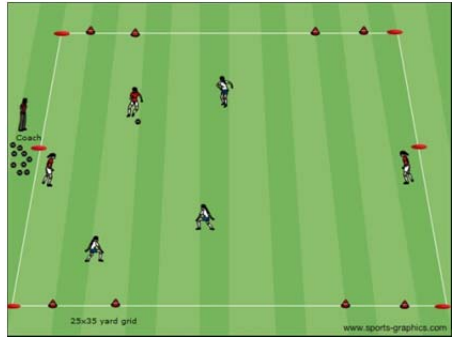
2v2 +2	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Coach sets up a 20x20 yard grid.</li> <li>• Two teams look to play the soccer ball to a target player on opposite sides of the grid.</li> <li>• If they play the soccer ball to the target and receive it back, they look to switch directions and play the ball to the other target.</li> <li>• If they play the soccer ball to 1 target, they are awarded 1 point. If they can play to both targets, without losing possession, it counts as 3 points.</li> <li>• Target players must constantly move along their line to show for the ball.</li> <li>• Each game lasts 3 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Movement with and without the ball</li> <li>• Passing and receiving techniques</li> <li>• Transition to the opposite side of the field</li> </ul>

3v3 + 4 Neutral	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Coach sets up a 35x25 yard grid.</li> <li>• Coach sets up 3 players in Red and 3 players in white with 4 neutral players positioned on the 4 sides of the grid.</li> <li>• Red starts with the soccer ball and tries to maintain possession. Red can use the 4 outside neutral players to help.</li> <li>• Neutral players play with the team in possession of the soccer ball.</li> <li>• To get points, the team in possession must find neutral players on the outside and neutral player must find that player back or another of the same team for a point.</li> <li>• Blue does the same when they win possession.</li> <li>• First team to 10 wins the round.</li> </ul>	<ul style="list-style-type: none"> <li>• Maintaining possession</li> <li>• Maintaining Shape</li> <li>• Players make themselves available for the player with the soccer ball</li> </ul>



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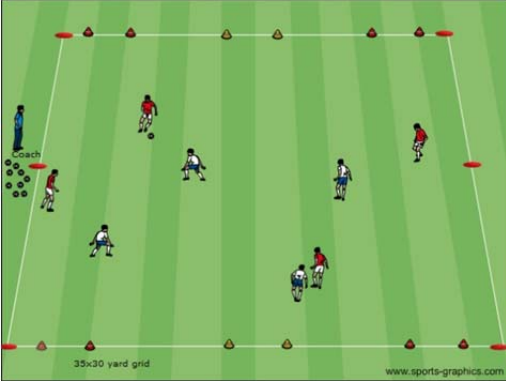
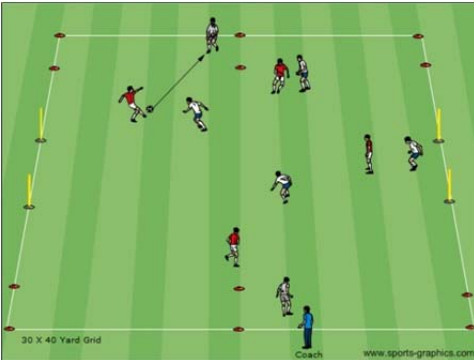
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4v4 to 6v6 to End Zones	Activity Description	Coaching Objective
 <p>30 x 40 yard grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up a 30x40 yard grid with a 5 yard end zone at each end.</li> <li>• Coach sets up 2 teams of 4 to 6 players, 1 Red team and 1 White.</li> <li>• The Red attacks one end zone and defends the other.</li> <li>• The team in possession of the soccer ball can dribble into the end zone or pass.</li> <li>• Teams can try to combine with a wall pass, take-over or over-lap to get into the end zone.</li> <li>• Play games for 4 minutes or 4 goals; play again.</li> </ul>	<ul style="list-style-type: none"> <li>• Combination play</li> <li>• 1v1 challenges</li> <li>• Decision making</li> </ul> <p>*Variations: Coach can add a neutral player. Coach can award players for dribbling to score or passing to score.</p>
 <p>40 x 35 yard grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up a 40x35 yard grid.</li> <li>• 4 Red players play against 4 White players with a target player on each end line.</li> <li>• In order to score a point, a player must look to pass the soccer ball to a Target, get the soccer ball (either the same player or another player from the same team) and then dribble across the end line.</li> <li>• Play to 5 points and switch the targets.</li> </ul>	<ul style="list-style-type: none"> <li>• Running without the ball</li> <li>• Combining in the attacking third of the field</li> <li>• Dribbling for penetration</li> </ul>
 <p>25x35 yard grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up a 25x35 yard grid with 2 goals on each end line.</li> <li>• Coach divides the players into teams of 3 or 4.</li> <li>• Each team attacks 2 goals and defends the other 2.</li> <li>• Goals can be scored by passing or shooting the soccer ball through either of the attacking goals.</li> <li>• Bonus points may be awarded for scoring on the far goal or combining to score.</li> <li>• Games last for 5 minutes or 5 goals.</li> </ul>	<ul style="list-style-type: none"> <li>• Maintaining attacking shape</li> <li>• Changing the point of attack</li> <li>• Passing for penetration</li> </ul>



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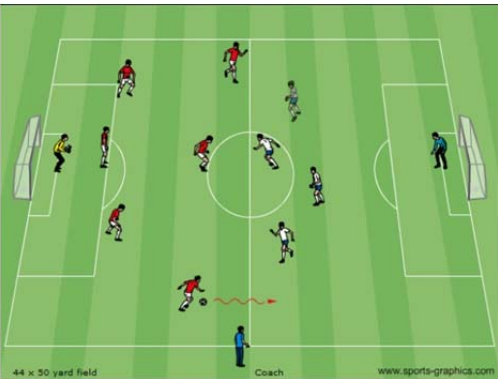
4v4 to 6 Goals	Activity Description	Coaching Objective
 <p>35x30 yard grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up a 35x30 yard grid with 3 goals on each end line.</li> <li>• Coach divides the teams in groups or 4 to 6 players.</li> <li>• Each team attacks 3 goals and defends 3 goals.</li> <li>• Each team tries to score by passing the soccer ball through any of the 3 goals in their attacking end.</li> <li>• Coach can include a midfield line and play with off side.</li> </ul>	<ul style="list-style-type: none"> <li>• Maintaining offensive shape.</li> <li>• Coach may chose to focus on defensive shape.</li> <li>• Decision making</li> </ul>
 <p>30 X 40 Yard Grid Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up a 30X40 yard grid (adjust field size if needed), with a goal at each end and a neutral zone the length of each side line.</li> <li>• Coach divides the players into groups to play 4v4 or 5v5 + a neutral player in each flank neutral zone.</li> <li>• Flank players can move freely in the neutral flank but cannot enter the field.</li> <li>• This is a typical 4v4 or 5v5, except that the flank player play with the team in possession and no one from either team can challenge them.</li> <li>• Once the flank player receives the soccer ball, he has 3 touches to play it back to the same team who played it to him.</li> </ul>	<ul style="list-style-type: none"> <li>• Crossing and heading opportunities</li> <li>• Finishing from crosses</li> <li>• Solving problems that only the game can provide.</li> </ul> <p>*Variation: 2 players in the flank zone to provide mild pressure to one another</p>




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5v5 + 2 to GK's + 4 Bumper Players	Activity Description	Coaching Objective
 <p>44 x 50 yard field Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>Coach set up a 44x50 yard field with a goal at each end.</li> <li>Coach makes 2 teams with 5 field players + a goalie. Coach also appoints 4 players to be bumper players. 2 on each side line who can help whichever team has the soccer ball.</li> <li>Neutral can and should move up and down the side line to support the team in possession.</li> <li>Play a regular game but the team with the ball has support on the flanks.</li> </ul>	<ul style="list-style-type: none"> <li>Game decisions</li> <li>Combination play</li> <li>Using the width of the field to create attacking lanes through the defense</li> </ul>

6v4 + GK to Two Big Goals	Activity Description	Coaching Objective
 <p>44 x 50 yard field Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>Coach sets up a 44x50 yard field with a goal at each end.</li> <li>Create the 6-player team with your forwards and midfielders and the 4-player team with your midfields and defenders. Each team will also have a goalie.</li> <li>The 6-player team will attack the goal on the normal end line and the 4-player team will attack the opposite goal.</li> <li>The coach will be the boss of the soccer balls and will serve them from behind the 6-player team's goal to different areas of the field.</li> <li>If the soccer ball scores or goes out of play, the coach will serve another ball.</li> </ul>	<ul style="list-style-type: none"> <li>Attacking with a numerical advantage or</li> <li>Defending with less numbers</li> <li>Maintaining attacking shape or</li> <li>Maintaining defensive shape</li> </ul>

6v6 to 8v8 to Goal	Activity Description	Coaching Objective
 <p>50 x 75 yard field Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>Coach sets up a 50x75 yard field with a goal at each end (adjust the field size based on age of players and number of players in the game)</li> <li>Coach divides the players into teams of 6 to 8.</li> <li>Teams play up to 7 + a goalie v 7 + a goalie (8v8)</li> <li>Game is played with throw-ins, corner kicks, goal kicks and free kicks for fouls.</li> <li>No restrictions but incentives may be useful.</li> </ul>	<ul style="list-style-type: none"> <li>Learn to use technical skills in a game environment.</li> <li>All technical coaching objectives can be recognized</li> </ul>



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