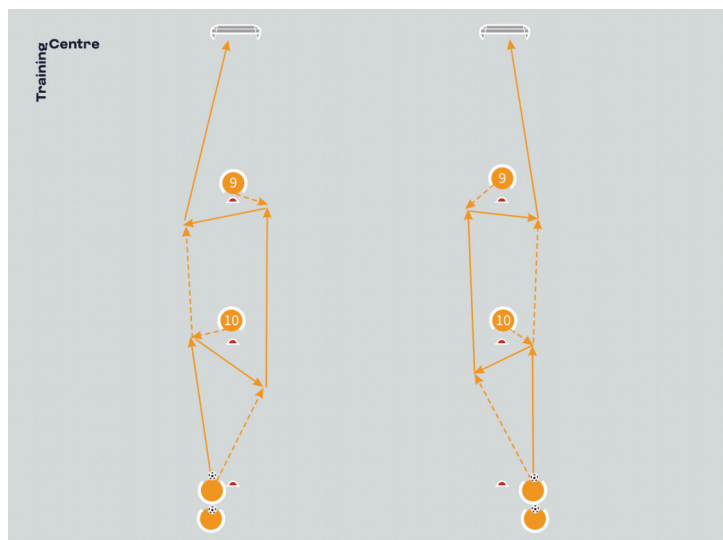
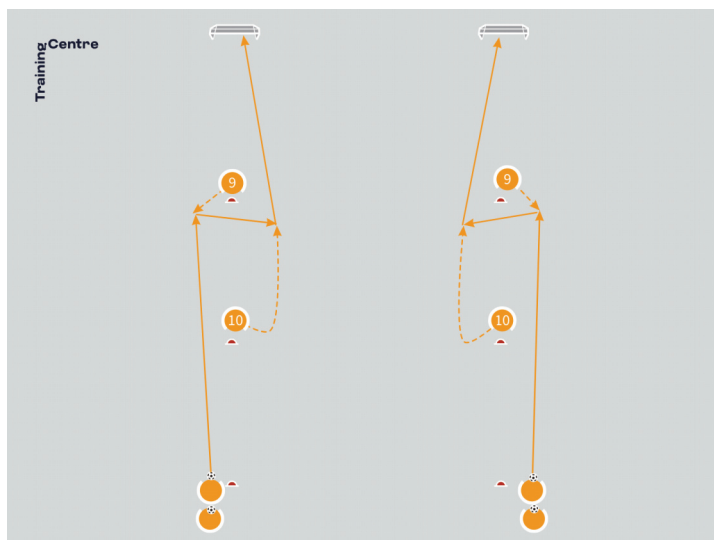


U-12 Clearwater Chargers —●— Instilling a combinative style

PART 1: PASS AND FINISH



Basic sequence



Variation

Organisation

- Using cones, mark out 3 stations in a line and place them 10 metres apart.
- 10 metres from the final station, position a mini-goal facing the cones.
- Replicate the sequence parallel to this one.
- Split the players into 2 groups of 6. 1 group per circuit.
- Position a player on each of the final and second stations.
- The player on the final cone is a number '9', and the player on the second cone is a number '10'.
- The remaining players are positioned at the starting station with a ball.

Explanation

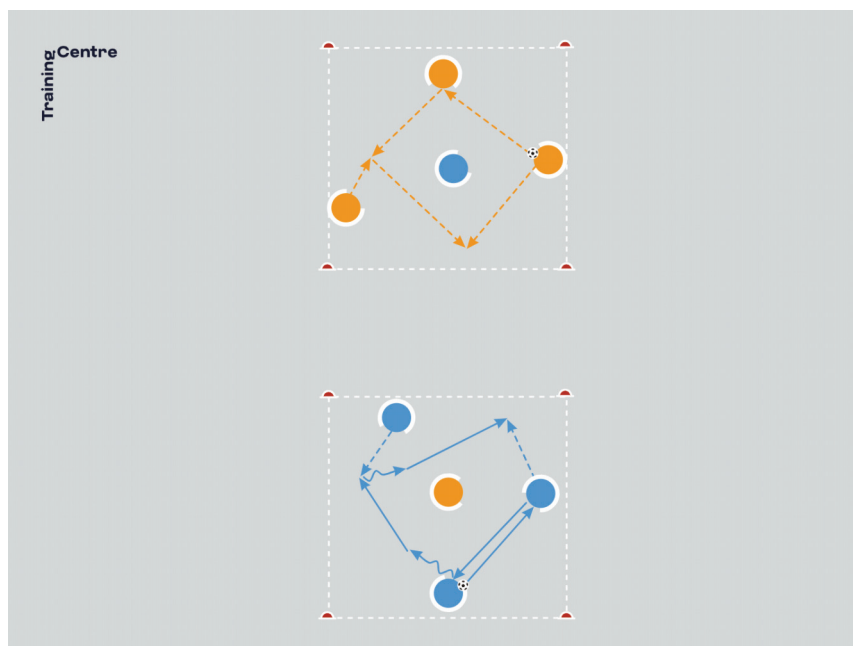
- A player from the first station passes into the feet of the number 10.
- The number 10 lays the ball off for the player who passed the ball.
- The first player passes into the number 9, and at the same time, the number 10 moves toward the 9.
- The number 9 lays the ball off for the number 10.
- The number 10 then passes into the mini-goal.
- Count the goals scored by each team.

Variation

- The first player passes directly into the number 9.
- The number 9 lays the ball off for the number 10 to finish into the mini-goal.

Coaching points

- Passer and receiver must time their movements with verbal communication and gestures to show where they want the ball.
- Adjust the weight of the pass to the situation. Forward passes must be played into feet and firm, whilst lay-offs must be lighter and into the teammate's run.
- The number 9 and number 10 must read the movement of one another. If the 9 moves to the left, the 10 must move in the opposite direction to create the passing angles.
- The number 10 must focus on how the number 9 receives the ball and then get into the right position to support them and receive a lay-off.



Organisation

- Create two 10x10m areas.
- Split the players into 2 groups of 4.
- 1 group per area.
- 1 player must be positioned inside the area and be the defender.
- The other 3 players must position themselves around the edge of the area.

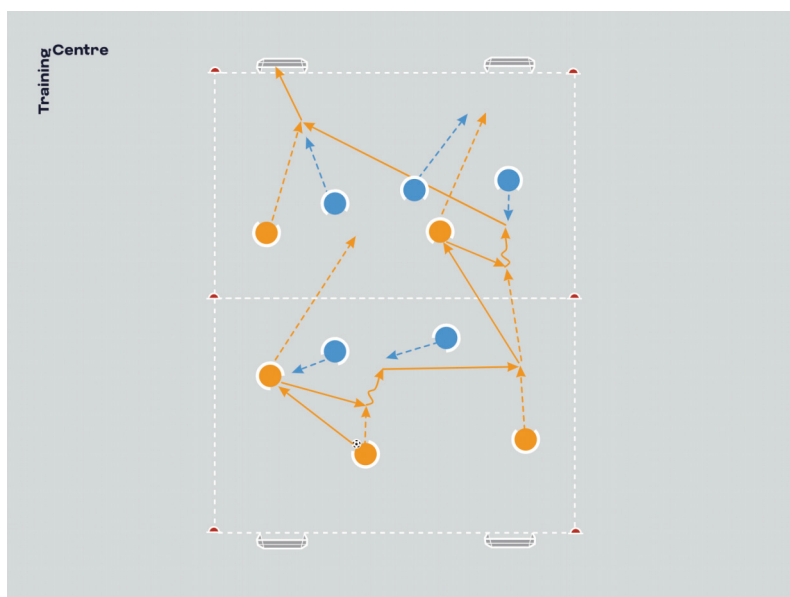
Explanation

- The 3 players around the edge of the area must keep the ball.
- The 3 players can only pass to the left or to the right and not directly across the area.
- The players try to make as many passes as possible in 90 seconds.
- The defender must try to win the ball.
- The winning team is the team with the most passes in 90 seconds.
- Switch the defender in each group after each 90-second game

Coaching points

- When the ball is travelling, the third player must make a movement to support the receiver.
- By using the outside of the foot to pass to team-mates, players can confuse the defender.
- Use feints and shimmies to distract the defender and open up passing opportunities.

PART 3: SMALL-SIDED GAME - 5V5



Organisation

- Mark out a 50x30m pitch.
- Position 2 mini-goals at either end of the pitch.
- Split the group into 2 teams of 5 players.
- Set each team up in a 3-2 formation.
- The 3 defenders must stay in their half, and the 2 attacking players must remain in the opposite half.

Explanation

- The ball starts with the coach.
- The coach passes the ball into the defence of the blue team.
- The blue team must make 2 passes between them.
- Once completed, they can progress the ball into the opposition's half and try to score in the mini-goals.
- Two players must join the attack to create a 4v3 overload.

Coaching points

- Use the numerical advantage in the build-up to draw in defenders and break the press.
- In the opposition's half, use quick combinations and numerical advantages to create goalscoring opportunities.
- Move into space and create passing angles as the ball is travelling.

Organisation

- Mark a 35m x 20m playing area with a junior goal at either end of the playing area.
- The players are split into 2 teams.
- 5v4

Explanation

- The coach is the goalkeeper for the team with the numerical disadvantage. The team with the numerical advantage plays without a goalkeeper.

Variation

- The coach swaps with a team-mate to give them a go in goal and plays outfield in a "passive" role.