

YMCA Soccer Ages 12U

Session 1

Coach:

Team:

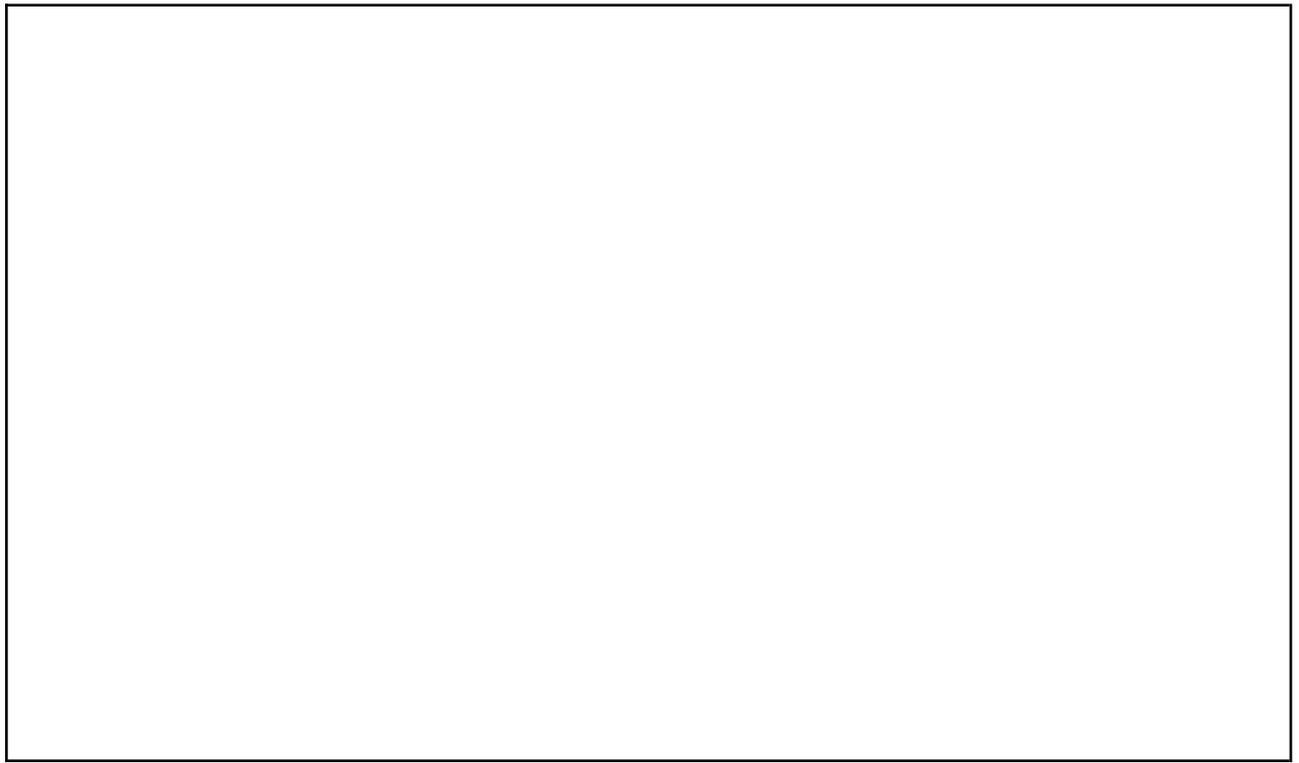
Practice Goals: For the first practice of the season, look to establish a spirit of positivity and collaboration. The goal of this session is for players to have fun, practice the different aspects of soccer, improve at each, and end looking forward to the next session and the rest of the season. The lesson plan provided here focuses on a bit of everything, so players can rehearse the large variety of skills that the season will involve, as well as be reminded of the rules of the game.

Time	Activity Type	Activity Description	Reference
10 Min	Warm-Up: Dribbling	Use this dribbling warmup (see video) for players to warm their bodies and muscles at the start of practice, while getting touches on the ball and improving their dribbling. Emphasize the points detailed in the video to ensure players have proper form.	Video Tutorial:  https://sportsedt.v.co/3jW1z0Z
5 Min	Fitness: General	Gather the team into a group. "Do we play soccer to get in shape or get in shape to play soccer? Let's talk about both sides. What do you think?" Discuss for two or three minutes. "We should improve our fitness—cardio respiratory, flexibility, and muscular strength and endurance—in order to play better soccer. By playing soccer we get lots of opportunities to improve our fitness. All season we'll be talking more about the different areas of fitness and ways to improve those abilities."	YMCA Tutorial: Page 182
15 min	Two-Touch Receiving & Passing	This activity, shown in the video, will help players improve their first touch and learn to take it into a deliberate direction to set up their next pass. Make sure to do this activity in both directions, to work both feet.	Video Tutorial:

			 https://sportsedt.v.co/3snm7Dx
15 min	Turn & Shoot	<p>This drill teaches players to turn and shoot after receiving a pass. The goalkeepers should also be included. Make sure to emphasize players taking their first touch firmly enough to the side, as shown in the video.</p>	<p>Video Tutorial:</p>  https://sportsedt.v.co/3g2UWc7
25 min	8v8 Play: Passing & Rules Focus	<p>Next, create 8v8 games. Emphasize and encourage passing and moving in the game. Freeze the game occasionally to show them where to move to be in the best position to receive a pass.</p> <p>Through playing a game, players will review game rules, including start and restart rules, throw-ins, offsides, and corner kicks.</p> <p>Coach: What happens at the start of a game? Players: Kick off.</p> <p>Coach: What happens after a goal is scored? Players: Kick off.</p> <p>Coach: What's the call when you kick the ball out of bounds beyond your own goal line? Players: A corner kick for the opposing team.</p> <p>Coach: What's the call when you kick the ball out of bounds along the touchline? Players: A throw-in is given to the other team.</p>	<p>YMCA Tutorial: Page 183</p> <p>A separate video drill to teach the throw-in:</p>  https://sportsedt.v.co/3skpR8y

		<p>Watch the reference video to know what aspects of a throw-in to teach.</p> <p>Coach: What happens when you kick the ball out of bounds beyond the opponents' goal line? Players: A goal kick is given to the other team.</p> <p>Coach: What is the offsides rule? Players: A player cannot receive a pass if at the moment the pass was played, the player was behind the last opposing defender.</p>	
3 min	Team Circle	<p>Gather players into a single-file line. "Everyone turn to your right so the person to the side of you is now in front of you. Put your arms on their shoulders. We are going to walk forward, as a group, using first the right foot and then the left. We will walk slowly so take your time so we all move together. Get ready with your right foot, now step; get ready with your left foot, now step."</p> <p>Repeat for four steps.</p> <p>"Let go of your teammates. Did we have to work together to walk as a group? We did. All season we will need to work together, with everyone doing their part. We will talk about four values that all players should have— caring, honesty, respect, and responsibility. We need to understand and use these values or qualities in every practice and game."</p>	
	Total Time	73 minutes	

Notes:



YMCA Soccer Ages 12U

Session 2

Coach:

Team:

<p>Practice Goals: This session focuses on passing, some defending, and primarily playing to get the players reminded of all the rules, and ready to compete for the season. Make sure you watch for offsides in the 8v8 game, and that restarts are done correctly and as they will happen in an actual game.</p>			
Time	Activity Type	Activity Description	Reference
15 Min	Warm-Up: Rondo (passing)	This exercise (shown in video) will get players warm, as well as rehearse passing and defending techniques. It is a great way to start any practice.	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3jXcrf8</p>
5 Min	Fitness: General	<p>Gather the team into a group.</p> <p>“Last practice we talked about different kinds of fitness. Can you tell me what they were?”</p> <p>Listen to responses until they say cardiorespiratory, flexibility, and muscular strength and endurance.</p> <p>“What are some examples of physical activities to improve cardiorespiratory fitness?”</p> <p>Discuss examples (walking, running, swimming, and so on).</p> <p>“Muscular strength and endurance?”</p> <p>Discuss examples (ball-handling skills and drills, kicking for distance, etc.).</p> <p>“Flexibility?” Discuss examples (leg and arm stretches).</p> <p>“By working hard at all the practices and outside of practice you can help attain the overall fitness you need for soccer.”</p>	<p>YMCA Tutorial: 186</p>
20 min	Passing Circle	This activity (see video) will help players improve their two touch	<p>Video Tutorial:</p>

		<p>passing, keeping their head up, and communication. Make sure to stress that players call the name of the destination of their pass, as shown in the video.</p> <p>Add two balls as soon as players look comfortable with one (as shown in video).</p>	 <p>https://sportsedtv.co/3mfqQps</p>
30 min	8v8 Play: Restarts & Throw-Ins	<p>8 v 8 Game.</p> <p>Remind the players of the offsides rule, and make sure it is followed in the game. This will prepare them for the rule during the seasons.</p> <p>Also have players follow the standard restart rules.</p> <p>If players struggle with throw-in form, stop the game for 5 minutes to practice them. (see reference video). You can do this quickly by having pairs of players do throw-ins to each other (one ball per pair). Make sure to teach the rules of throw-ins as described in the video.</p> <p>Set up and practice goal kicks and corner kicks during the game too.</p>	<p>YMCA Tutorial: 187</p> <p>Throw-In Video Tutorial:</p>  <p>https://sportsedtv.co/3skpR8y</p>
3 min	Team Circle	<p>Gather the team and separate into two groups, each with a ball. "Each group should pass the ball to each other. As you pass the ball I want everybody to be saying something good about the pass and the people passing and receiving. I should be hearing constant talk."</p> <p>Encourage excitement about the activity by clapping and providing players with your positive comments. "We will keep the passing going until everyone has had two turns passing and receiving. Let me know when you're done."</p> <p>Wait for players to signal that they are finished.</p> <p>"What are some of the positive comments that you heard? Saying positive comments shows you care."</p>	

	Total Time	73 minutes	
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YMCA Soccer Ages 12U

Session 3

Coach:

Team:

<p>Practice Goals: This session includes short volleys and ball control, 1v1 defending/dribbling, shooting, and finally a game focused on defending. Encourage communication in the game, particularly from the defense. Players should be constantly talking about who is marking who.</p>			
Time	Activity Type	Activity Description	Reference
15 Min	Warm-Up: Volleys & Ball Control	<p>This exercise will help players improve their first touch and ball control, while getting their bodies warm and ready for practice. Make sure to include all the variations shown, so players practice different types of control.</p>	<p>Video Tutorial:</p>  <p>https://sportsed.tv.co/2VQSw9H</p>
5 Min	Fitness: Overload	<p>Gather the team into a group. "Who can tell me what overload means?" Listen to their responses. "If your bodies do a little bit more work than they have done before, they will adapt and be able to do even more. We're talking about small amounts of work or activity—too much harms your body and causes injuries. Your fitness will improve and you'll be able to do more activity in practice before getting too tired. Let's use the acronym F-I-T—what do you think it stands for?" Listen to their responses.</p> <p>"F stands for frequency or how often you practice the activity; I stands for intensity or how hard you practice or play; and T stands for time or how long you practice the activity. FIT is a good way to remember how to use the overload principle to improve our fitness."</p>	<p>YMCA Tutorial: Page 188</p>
15 min	1v1: Defending	<p>First, introduce and teach how to defend a dribble. Players should approach the</p>	<p>Video Tutorial:</p>

	<p>& Dribbling</p>	<p>dribbler and stay low to the ground and on their toes, ready to move in either direction. They should not go to kick the ball too soon, but wait for the right moment to try to steal it. Remind players of the aspects mentioned in the video.</p> <p>Then to practice, follow the activity shown in the video.</p> <p>Two players stand across from each other in a small field of cones. One player will be the defender and one will be the attacker to start. The defender starts with the ball, and both have a goal (2 cones) behind them. The defender passes to the attacker, then the attacker will try to dribble by them and through the goal, while the defender will try to stop them. After the pass, the defender should run to get close to the attacker quickly. From there, they should slow down and pressure the dribbler by getting close to them, and waiting for an opening to kick the ball away. If the defender steals the ball, they can try to score on the opposing goal.</p>	 <p>https://sportsedtv.co/3CV5HXw</p>
<p>15 min</p>	<p>Shooting On Target</p>	<p>This activity will help players improve their shooting and reaction speed. Tell players about the importance of shooting very quickly in a game, as time is so limited around the opposing goal. As shown in the video, prioritize speed of their reaction, first touch, and shot, after your clap.</p>	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3D2x962</p>
<p>25 min</p>	<p>8v8: Defending & Marking</p>	<p>Play 8v8 games. The focus is on marking and defending. The defense earns a point when a defender stays between the ball handler and the goal. The offense earns a point when the ball handler slips past the defender.</p> <p>Coach: Where is the best place for the defender to be to mark an opponent? Players: Between the opponent and the goal.</p> <ul style="list-style-type: none"> • "Mark your opponent!" 	<p>YMCA Tutorial: Page 207</p> <p>A separate video drill on 1v1 defending:</p> 

			https://sportsedtv.co/3iOSs2B
3 min	Team Circle	<p>Gather the team into a group near two cones about 10 feet apart. Identify three honesty situations that are important for your team to practice. These could be hand balling, tripping, or another rule infraction. First ask players how they would respond, and then discuss how you would prefer them to respond.</p> <p>“Being honest about a play during the game and in practice is an important part of the game. Good players are honest even when an official, coach, or opponent didn’t see it happen.”</p>	
	Total Time	78 minutes	

Notes:

YMCA Soccer Ages 12U

Session 4

Coach:

Team:

Practice Goals: This session includes passing, shielding, and playing. Try to positively encourage players based on how you've seen them play in games. Encourage communication if they are quiet in games. Encourage spreading out if they have a tendency to bunch-up around the ball. Encourage movement off-the-ball if they sometimes don't move to be a passing option for their teammate. Etc. Encourage players to use the shielding techniques they learn in this session in the games that follow.

Time	Activity Type	Activity Description	Reference
15 Min	Warm-Up: Rondo	This exercise (shown in video) will get players warm, as well as rehearse passing and defending techniques. It is a great way to start any practice.	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3jXcrf8</p>
5 Min	Fitness: Overload	Gather the team into a group. "What does FIT stand for and when do we use it?" Listen to their responses. Discuss frequency, intensity, and time. "I want you to choose a letter of FIT and demonstrate it." As players give examples and demonstrate, encourage other players to try also. If frequency is chosen, increase repetitions. If intensity, they should try harder or faster. If time, lengthen the amount. Encourage soccer-related activities such as running and kicking. "You need to practice skills and running outside of practice and participate in other physical activities and exercise. This will give your body enough workload to overload and improve your fitness levels or abilities."	<p>YMCA Tutorial: 192</p>
15 min	Shielding	In this activity (see video), players learn to use their body to protect the ball.	<p>Video Tutorial:</p>

		<p>Demonstrate first, as the coach does in the video. From there, let the players rehearse the activity. Emphasize the players staying low, and using their forearm and body angled sideways to protect the ball. Shielding is very important for all positions.</p>	 <p>https://sportsedtv.co/37QHALz</p>
15 min	6v6 Game: Passing	<p>Play 6v6 games, with a focus on passing and possession in a tight space. For every 5 consecutive passes a team makes, they get an extra point.</p>	<p>YMCA Tutorial: 195</p>
20 min	8v8 Game: Corner Kicks	<p>Play 8 v 8 games. Begin each play with a corner kick. Scores off a corner kick are worth two points.</p> <p>Review corner kick rules.</p> <p>Enforce offsides rules, throw-ins, etc.</p> <p>Team size can be adapted as needed, larger teams for more comfortable players.</p>	<p>YMCA Tutorial: 225</p> <p>A separate video tutorial on shooting, in case players struggle with it:</p>  <p>https://sportsedtv.co/3k2r2pk</p>
3 min	Team Circle	<p>Gather the team into a circle near two cones about 10 feet apart. "What should you do if your opponents are committing fouls, complaining to the officials, and doing things that are not fair?" Listen to their responses.</p> <p>"Stand at this cone if you should continue to play your game and not try to commit fouls. Stand at this cone if you should get back at the other team by playing the same way and complain to the officials." All players should vote. Ask players why they voted the way they did. Have players at the 'complaining' cone think of other options instead of complaining.</p> <p>"You should not change the way you play your game or stop showing respect to your opponents or the officials. It's important to show respect even if the other team is</p>	

		not.”	
	Total Time	73 minutes	

Notes:

YMCA Soccer Ages 12U

Session 5

Coach:

Team:

Practice Goals: This session focuses on passing, dribbling, and shooting. For this session, emphasize communication between teammates. When a teammate has the ball, the rest of their team should look to get open and then call for the ball. The teammate with the ball should call the name of the player they are passing to. On defense, players should communicate about who is marking who. If an opponent is making a run, the team should call out to their marker to make sure he/she sees the run and stays with the opponent.

Time	Activity Type	Activity Description	Reference
15 Min	Warm-Up: Passing Circle	<p>This activity (see video) will help players improve their two touch passing, keeping their head up, and communication. Make sure to stress that players call the name of the destination of their pass, as shown in the video.</p> <p>If players are comfortable, start with 2 balls from the start instead of 1 (both shown in video). If players aren't ready for 2, keep it at 1 for the whole activity.</p>	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3mfqQps</p>
5 Min	Fitness: Flexibility	<p>Gather the team into a group. "It's important to stretch our muscles. What area of fitness does that improve? right—flexibility. It's also important to stretch muscles that have been used the most in a sport or activity. In soccer, what do we use the most? Our legs. I am going to show you the proper way to stretch the different muscles in your legs."</p> <p>Choose stretches that include quadriceps (front of thigh), hamstrings (back of thigh), and calves and Achilles tendon (back of the lower leg and ankle). Remind players to get in position and hold their stretch, not to bounce, and they shouldn't feel pain.</p>	<p>YMCA Tutorial: Page 199</p>
15 min	Dribbling: Rollouts	<p>Shown in the video, this activity helps players improve at dribbling and particularly using the soles of their feet to</p>	<p>Video Tutorial:</p>

		control the ball. The motion can be used to control the ball, change direction, and trick defenders. Have players practice going in both directions, and end with a burst of speed.	 https://sportsedtv.co/3yRIkvT
15 min	Shooting	<p>A new shooting activity (see video), to help players learn how to create space with a dribble and snap a shot off.</p> <p>The initial fake must be sold well, and from there the touch the other way and the shot must be executed as fast as possible.</p>	<p>Video Tutorial:</p>  https://sportsedtv.co/3iWQayR
25 min	8v8: Passing & Limited Touches	<p>Play 8 v 8 games. Every player is limited to 3 touches, and 1 player per team will only have 1 touch. If a player violates their touch limit, the ball goes to the other team.</p> <p>Make sure to alternate the player that only has 1 touch.</p> <p>Coach: When you are under pressure do you have time to control the ball? Players: No.</p> <p>Coach: What should you do when the ball comes and you have no time? Players: Pass it immediately.</p> <p>Encourage players to communicate with their team as much as possible.</p>	<p>YMCA Tutorial: Page 199</p> <p>A separate activity for players to work on one-touch passing if needed:</p>  https://sportsedtv.co/3iNHDOm
3 min	Team Circle	<p>Gather the team into a group. "What should be on your 'mental list' before you come to every practice?"</p> <p>Listen to responses and then lead a discussion about bringing proper equipment (a water bottle, shin guards, uniform); being mentally prepared to work hard and learn new ideas; being well</p>	

		rested; and having eaten well and drank water during the day. "Each player is responsible for preparing for each practice. It's your responsibility to the team to come to practice prepared. Good players are prepared for all practices and games."	
	Total Time	78 minutes	

Notes:

YMCA Soccer Ages 12U

Session 6

Coach:

Team:

<p>Practice Goals: This session includes practice of passing, attacking, and defending. Players will learn to defend a corner kick, as well as how to mark tighter in games. Defenders will be taught how to defend vs 2 attackers, which also gives the attackers good practice for how to beat an outnumbered defender.</p>			
Time	Activity Type	Activity Description	Reference
15 Min	Warm-Up: Rondo	This exercise (shown in video) will get players warm, as well as rehearse passing and defending techniques. It is a great way to start any practice.	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3jXcrf8</p>
5 Min	Fitness: Flexibility	<p>“Your muscles need to be stretched every day to prevent injuries. Lie down on your back with one leg up in the air. Stretch your knee toward your face and hold it there for 10 counts. Now let’s try the stretch again.</p> <p>Repeat the stretch again, holding the stretch now to 15 counts and stretching your leg a bit further. You should not stretch so far that you hurt yourself, lock your knee, or feel pain. Just stretch until you feel a gentle pull. Stretching helps to prevent injuries and improves your flexibility, an important part of fitness.”</p>	<p>YMCA Tutorial: Page 202</p>
15 min	2v1: Defending	<p>The purpose of this activity, explained in the video, is to get defenders comfortable defending against 2 attackers. It is also good practice for the attackers for a 2v1 situation.</p> <p>Copy the setup from the video, and emphasize the importance of the defender standing sideways and cutting off the</p>	<p>Video Tutorial:</p> 

		passing lane, as the video explains.	https://sportsedtv.co/3m926iY
15 min	8v8: Corner Kicks (Defense)	<p>Play 8 v 8. Use half the field, and begin each play with a corner kick. The defense scores a point each time the offense fails to score on the play.</p> <p>Coach: How can you prevent opposition from scoring at corner kicks?</p> <p>Players: Mark them tightly.</p>	YMCA Tutorial: 228
25 min	8v8: Marking	<p>Players play 8v8 games.</p> <p>Make the focus close marking by the team without the ball. Emphasize the right defensive stance, cutting off passing lanes, marking opponents closely, and communication on who is marking whom from the other team.</p> <p>Coach: What do defenders need to do when their opponent gets the ball?</p> <p>Players: Tackle the opponent.</p>	<p>YMCA Tutorial: Page 211</p> <p>A separate video defending 1v1 technique:</p>  <p>https://sportsedtv.co/3iOSs2B</p>
3 min	Team Circle	<p>Choose two players to demonstrate. Tell them they will role play a situation in which one player is dribbling the ball and passes to the other. The pass goes out of bounds and the player receiving the pass gets upset and yells at his teammate.</p> <p>Have them act out the situation with your assistance. "How would you feel if someone yelled at you for a bad pass?" Listen to their responses. "How about if you made a bad pass, but heard some encouraging words like "it's OK, maybe next time?" Listen to responses, discuss comparisons. "You show you respect your teammates by not yelling at them for a mistake and encouraging them to make a better play the next time they have a chance."</p>	
	Total Time	78 minutes	

Notes:

YMCA Soccer Ages 12U

Session 7

Coach:

Team:

<p>Practice Goals: This session focuses on passing, and dribbling at the end. Passing is one of the most important aspects of the game. Encourage players to take as few touches as they can in the passing games, and always move to get open for their teammate with the ball.</p>			
Time	Activity Type	Activity Description	Reference
10 Min	Warm-Up: Passing	<p>This exercise (see video) will get players warm, as well as rehearse one-touch passing technique. Players should focus on accurate passes that stay on the ground. If the passes are bouncing, they are likely striking too low on the ball and/or leaning back too much when passing.</p>	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3iNHDOm</p>
5 Min	Fitness: Flexibility	<p>Gather the team into a group. Choose two players to demonstrate with one ball. Have the players kick/pass to each other 10 times without telling them how hard or fast to pass.</p> <p>Then have them spread out further. Direct them to kick as hard and as fast as they can 10 times. Have them come back to the group. "Did everyone see how during the second times they kicked the ball harder and faster? When you do that, what area or component of fitness do you improve?" Listen to their responses. "Muscular strength and endurance. When you kick harder you are improving your strength; when you kick faster, you are improving your endurance."</p>	<p>YMCA Tutorial: Page 206</p>
15 min	Two-Touch Passing	<p>This activity (see video) reinforces a player's ability to play with two touches, as well as the habit of taking the first touch to set themselves up for the next pass. The further apart the players are, the more</p>	<p>Video Tutorial:</p>

		difficult this will be - adjust as needed.	 https://sportsedtv.co/3snm7Dx
20 min	Group of 4: Passing & Support	<p>Play 3 v 1 games in 10- x 10-yard areas marked by cones.</p> <p>Players focus on providing good angles of support against cold, warm, and hot defenses as necessary.</p> <p>Players should learn that supporting players should move “off the ball” so the passer always has two passing options.</p> <ul style="list-style-type: none"> • “Support the player with the ball.” • “Move to open a passing lane!” 	<p>YMCA Tutorial 196</p> <p>A different exercise to practice passing and moving, and get into the habit of getting open:</p>  https://sportsedtv.co/2VZm4ls
25 min	8v8: Dribbling Focus	<p>Play 8 v 8 games. Players attempt to beat their opponents with the dribble. Instruct players not to bunch up; there should be space behind the defenders. The offense earns a point when a dribbler beats an opponent.</p> <p>Coach: When should you try to beat a defender with the ball? (You might need to set this up: “Should you try it in this situation or that situation?”) Players: When there is space behind the defender.</p> <p>Coach: In what part of the field are you likely to find the most space? Players: Wide. (Along the sides of the field.)</p> <p>Coach: How can you beat the defender most easily? Players: Push the ball past the defender and run.</p>	<p>YMCA Tutorial: Page 216</p> <p>A separate video drill on a dribbling skill you may want to teach your players: The Cruyff Turn</p>  https://sportsedtv.co/3CT1cNh

3 min	Team Circle	<p>Gather the team into groups of three. Play a 1 v 1 game with the other player being the 'ref.'</p> <p>Play for one minute and rotate players so everyone gets a chance to referee. "How did it feel to be the ref?"</p> <p>Discuss responses and the importance of showing respect. "It can be difficult to be an official. It involves quite a few skills. Remember that it's a tough job, and always show respect for officials."</p>	
	Total Time	78 minutes	

Notes:

YMCA Soccer Ages 12U

Session 8

Coach:

Team:

<p>Practice Goals: This session focuses on dribbling and defending. The drag back & turn activity (3rd activity) will teach players new ways to change directions. Encourage players to try these moves in both the 1v1s and the 8v8 game at the end.</p>			
Time	Activity Type	Activity Description	Reference
10 Min	Warm-Up: Dribbling	Use this dribbling warmup (see video) for players to warm their bodies and muscles at the start of practice, while getting touches on the ball and improving their dribbling. Emphasize the points detailed in the video to ensure players have proper form.	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3jW1z0Z</p>
5 Min	Fitness: Safety	<p>Gather the team into a circle. "I want everyone to run to the opposite goal and back. Before you go, describe how your lungs feel and how fast your breathing rate is.</p> <p>How tired is your body?" Listen to their responses. "When you're done running, I'll ask you the same question and see if the answers are faster or slower or more tired than before. Ready? Go!" repeat the question. Discuss their responses.</p> <p>"To strengthen your heart and lungs, you need to run and make your heart beat faster and breathe faster. You need to feel a little tired while running to improve your cardiorespiratory fitness. Checking how you feel tells you that you are running fast enough to improve the strength of your lungs and heart."</p>	<p>YMCA Tutorial: Page 210</p>
15 min	Dribbling: Drag Back & Turn	This activity, shown in the video, will help players improve their ball control and learn different ways to change direction. Conduct exactly as shown.	<p>Video Tutorial:</p>

			 https://sportsed.tv.co/37KKZv9
15 min	1v1s: Dribbling & Defence	<p>Here (see video), one player starts with the ball and goes 1v1 against an opponent. This lets players practice their dribbling and defense. Both players have a goal behind them their opponent tries to score in. Rotate which player starts with the ball.</p>	<p>Video Tutorial:</p>  https://sportsed.tv.co/3iOSs2B
25 min	8v8	<p>An open 8v8 game. Include offsides rules and restarts.</p> <p>Encourage players to apply what they have learned over the course of the season. Passing and moving, staying spread out on offense, close marking on defense, dribbling when appropriate, and shooting when they have the opportunity.</p> <p>Encourage them to implement the dribble turns they learned earlier in this session.</p>	<p>YMCA Tutorial: 187</p>
3 min	Team Circle	<p>Gather the team into two groups. "Think about professional teams. What ways do they show respect for their opponents?"</p> <p>Discuss with players. Lead the discussion to talking about saying positive comments such as 'good game' and 'nice play today' along with a hand shake.</p> <p>"Let's say this is the end of a game. Your two groups are professional teams that played against each other. Show me what you do at the end of the game."</p> <p>Use one of the discussion examples for players to try. "When you say positive comments to your opponents at the end of</p>	

		a game in addition to shaking or slapping hands, it shows your respect for opponents. Good professional players show they respect opponents.”	
	Total Time	73 minutes	

Notes:

YMCA Soccer Ages 12U

Session 9

Coach:

Team:

<p>Practice Goals: The final session incorporates some passing and shooting, and is primarily focused on playing. Encourage players to incorporate everything they have learned over the course of the season, and to have fun.</p>			
Time	Activity Type	Activity Description	Reference
15 Min	Warm-Up: Rondo	<p>This exercise (shown in video) will get players warm, as well as rehearse passing and defending techniques. It is a great way to start any practice.</p>	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3jXcrf8</p>
5 Min	Fitness: Cardio- Respiratory	<p>Gather the team into a group. Have players run for two minutes with a partner without stopping. "During our run I want you to be able to run for the whole two minutes. Who remembers what a talk test is?"</p> <p>Listen to their responses. "You can use a talk test to pace yourself so you don't run too fast and get too tired before the two minutes are up. Say the word 'soccer' to your partner. If you can say it without being out of breath, keep the same pace; if you're out of breath slow down a little. Start running."</p> <p>Time for two minutes and then gather the team as a group. "Using a talk test helps you pace yourself. Pacing yourself when you run helps to improve your cardiorespiratory fitness."</p>	<p>YMCA Tutorial: Page 213</p>
15 min	Shooting	<p>A new shooting activity (see video), to teach players to aim faster and in response to their surroundings. This will improve their decision making while</p>	<p>Video Tutorial:</p>

		<p>shooting, as they will be able to pick which area of the goal to aim for faster. You don't have to use colors as shown, you could also simply call out "Left" or "Right".</p>	 <p>https://sportsedtv.co/2XBxiND</p>
10 min	4v4 Play: Passing Focus	<p>Play 4 v 4 games. Give teams an extra point for four consecutive passes.</p> <p>Keep possession of the ball by effective passing, ball control, and support play. Players will learn to provide support to their teammates with the ball during full game play.</p> <p>Coach: Other than good passing and receiving skills, what else does the passer of the ball need? Players: Someone to pass to—supporting teammates.</p> <p>Coach: Where should supporting teammates be? Players: In open space.</p> <p>Coach: Any open space? Players: A space in which the passer can get the ball to him or her.</p>	<p>YMCA Tutorial: Page 144</p> <p>A separate video drill to practice passing and moving, in case players struggle with it in the game in game:</p>  <p>https://sportsedtv.co/3mfqQps</p>
30 min	8v8: Fun!	<p>After a short break, the players play 8v8. This time, tone down the coaching. Comment on any notable moments, give some positive reinforcement, but most importantly let the players play and enjoy.</p>	
3 min	Team Circle	<p>Gather the team into a circle. "I want everyone to count how many players we have in the circle." Wait while they count. "How many do you get, total?" Listen to their responses.</p> <p>"Well, that's good counting, but you know, the real total is one. That's right. We're one team with many contributions from each player. Remember there is no 'I' in team. If we don't play together as one, we will not play our best. To play together we</p>	

		all have individual responsibilities to the team like working hard on defense and offense, following rules, and getting in good position on the field. Making sure each one of you takes that responsibility seriously is an important attitude to practice.”	
	Total Time	78 minutes	

Notes: