

# U11-U12 Sample Session Plan

## Meet Coach & Teammates



## Uniform & Ball Collection



## Play 1 Game (20 Min Halves)

After getting your uniform and ball, players will start a game against another team. This will help the players become familiar with their teammates and the rules of the game.

Starting week 2, there will be an activity at halftime.

# U11-U12 Curriculum

Week:

2

## DRIBBLING

Enhance ball control and decision-making while dribbling at speed and under pressure.

3

## 2V2 DEFENDING

Learn to pressure the ball effectively, and cover space, ultimately preventing the opponent from creating scoring opportunities.

4

## 2V2 ATTACKING

Work together to develop movement, combination play, and decision-making to create scoring opportunities.

5

## SHOOTING

Focus on technique and power to finish scoring opportunities.

6

## PASSING & RECEIVING

Refine passing technique and first touch to maintain possession and build attacks.

7

## KEEPING POSSESSION

Learn how to move the ball effectively using support play and quick decision-making.

8

## COMMUNICATION

Develop verbal and non-verbal communication skills to enhance teamwork and coordination.

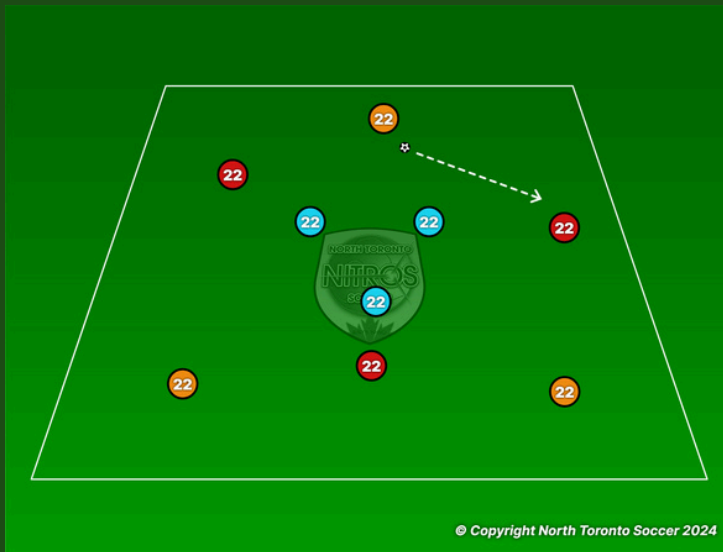
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## TEAM CHALLENGE

Apply skills in game-like scenarios that emphasize problem-solving and team strategy.

# U11-U12 Sample Session Plan

## Keeping Possession



**Time:** 12 min

**Topic:** Dribbling & Ball Control

### Coaching Points:

- Where should the support come from (wide and depth)
- How to keep possession

### Instructions:

- Divide players into 3 teams, each with different colour pinnies.
- Team A and B are attackers, and try to maintain possession of the ball by forming a rough diamond shape in the grid.
- Team C is defending team and plays in the center of the grid, trying to steal the ball or force the teams in possession to make a mistake and kick the ball out of bounds. If team C does either, they become one of the attacking teams and the team (A or B) that last touched the ball becomes the defending team.
- The game does not stop when this transition happens. Play is continuous, so teams need to learn to transition quickly.