

I'm human



## Soccer drills for 11-12 year olds

**Soccer drills for 10 year olds. Soccer drills for 12-14 year olds. Soccer drills for under 11. Soccer drills for 11 year olds. Good soccer drills for 11 year olds. Soccer drills for 12 year olds. Good soccer drills for 12 year olds. Football drills 10 year olds. Under 12 soccer drills. Soccer conditioning drills for 10 year olds.**

Great soccer drills for kids aged 11-13 in middle school are available on this website. These drills help improve skills and make games fun. You can do some of these exercises at home with friends. Age Range: 4-6, Session Length: 10 mins, Number of Players: any Skills to Learn: awareness, speed, coordination Equipment: balls and cones Description: The number of balls decreases by one each round. Each player starts with a ball but must find a new one when the music stops or you blow your whistle. One less ball is given out with each round. The player without a ball does jumping jacks for 5 seconds to stay in the game. This drill can be repeated several times. Age Range: 8-10+ Length of Session: 10 mins Number of Players: 5-6 players per square Skills to Learn: passing, receiving, movement off the ball Equipment: 4 cones and 1 ball per square. Kids must pass the ball around a square created by cones. Each player follows their pass and waits at their cone. They show for the ball by popping up from the cone when it's passed to them. Focus on body position, opening up to receive, and playing in 2 touches. The drill is completed both clockwise and counterclockwise directions. More advanced patterns can be added later such as a wall pass at each corner or changing direction to go up, back, and through. Age Group: All age groups Session Length: 5 minutes Number of players: minimum of 2 Skills learned: first touch, passing, quick feet Equipment: 2 cones, 1 ball per pair Each pair has 2 cones placed about 5 yards apart. They stand behind the cone with their partner on the other side. The player with the ball passes it to the other player and then shuffles to the left or right of the cone. The other player receives the pass, takes one touch, and returns the pass before shuffling back to their original position. This drill can be repeated in both directions. In Short Pass, Long Pass, players form a grid where they have to complete passes while focusing on opposite foot passing. The distance between players should be 15 yards apart. For this drill, teams of 4-16 players are divided into groups. Each group creates a 4-cone passing grid that spans the width of the training field. Players take turns playing quick one-two return passes and long passes to each other, focusing on accurate and controlled passing. The drill is repeated several times, with groups competing against each other by counting complete passes within the time frame. Looking for the ideal space to set up this dribbling exercise is crucial. Alternatively, consider creating a grid that spans 35 yards. Set up three cones: one at each corner of the penalty box, and another in the center circle. Position multiple balls near these cones along the edge of the penalty box. If there are sufficient players, divide them into two teams. P1 and P2 will begin the drill from the penalty box cones. The remaining players should wait and observe until the round is complete. Speed Dribbling ----- On the coach's signal, P1 and P2 will dribble towards the center circle as fast as possible. Emphasize taking big touches and playing the ball ahead of themselves to maintain speed. However, they must also control the ball. When reaching the center circle or the cone on the halfway line, players should stop the ball dead. P1 and P2 will then sprint back to the starting position, picking up a second ball. Repeat this drill until each player has left three balls in the center. After completing all rounds, return the balls to the starting point. The next two attacking players will begin the second round on the coach's signal. To add an element of competition, focus on right foot dribbling for one round and left foot dribbling for another round. Limit the number of touches a player can take between the start and center to increase the challenge. Drill Name: Zig-Zag Dribbling ----- Duration: 5 minutes Age Group: All ages Number of players: 1-18 Skills learned: Ball control, dribbling, turning, accelerating with the ball Equipment: 1 ball (minimum), 4 cones Set up a zig-zag grid by placing four cones 10 yards apart in a lightning bolt formation. Players will line up behind P1 at the starting point. If there are six or more players, set up an identical grid and divide the team into two groups. Zig Zag Dribbling ----- P1 starts the drill by dribbling towards the second cone, then decelerating and rounding it before moving to the third cone. They should decelerate and round the third cone before dribbling toward and around the final cone, repeating the process from the opposite angle. Focus on sharp but controlled turns, instructing players to trap the ball as they turn. For advanced dribblers, practice chopping the ball with their heel for a round. Create competition between teams or individuals to complete the drill quickly, introducing time penalties for losing control of the ball. The agility passing weave session involves players navigating through cones while practicing quick movements and sharp turns. The session is designed for all ages and requires a minimum of five players. To start, a square grid is formed using cones positioned 5-10 yards apart, with an additional cone indicating the starting point. Four players stand outside each corner of the grid, each holding a ball. Upon the coach's signal, the first player (P1) sprints around the first cone and faces P2, then calls for the ball. The focus is on quick movements and sharp turns to simulate getting free from a defender to receive a pass. Players are encouraged to be vocal, calling for passes as they would in an actual game scenario. The drill emphasizes practicing with both feet, using various passing techniques such as headers, volleys, or chest control, and increasing the passing distance for higher-skilled players. Additionally, there's another drill called "Pass, turn, & shoot" which involves a player (P1) playing a low, hard pass to P2 who then takes a touch to control the ball before turning toward the goal and shooting. This drill focuses on technique, with an emphasis on precision passing, great first touches, and accurate shots. The session can be timed for all players and a competition created to see who can get the best time. The teams are divided into two groups, and if there's sufficient time, a best-of-3 time trial competition is run. This drill is designed to improve skills such as sprinting, changing direction, back peddling, 1-touch passing, and shooting, making it suitable for all ages and skill levels. Quick Fire Passing Drill This drill focuses on quick passing skills, accuracy shooting, and movement. #### Age Group: 10+ #### Number of players: 2 (minimum) #### Session Length: 10 minutes The Quick Fire Passing Drill is a 10-minute session designed for players aged 10+. The minimum number of players required is two, although more can participate. ### Equipment: - 1 ball per pair - 3 cones - 6 cones for the progressive passing drill ### Instructions: \*\*Quick Fire Passing Drill:\*\* Divide into pairs. Each player operates in a 3-yard, 2-cone gate and a perpendicular cone, 3 yards from the gate. P1 starts at the center of the gate, while P2 begins with the ball at their feet at the perpendicular cone. On the coach's signal, P2 plays two return passes to P1, who then shuffles to the right side of the right-hand cone to receive the next pass. After receiving the pass, P1 takes one touch and passes the ball back to P2. The process is repeated for 1 minute before switching roles. \*\*Progressive Passing Drill:\*\* Divide into two teams: attackers and defenders. Set up a 20-yard, 4-cone square grid with 6 cones and 1 ball. Each team consists of eight players (four as attackers and four as defenders). The attackers stand outside the grid on one end, while the defenders occupy the same space on the other end. The attackers are P1, P2, P3, P4, P5, and P6, with D1 occupying P5's space and D2 occupying P7's space. On the coach's signal, P1 plays the ball to either P5 or P6. They work together to play the ball into the next section to P7 and P8. The attackers can play the ball back to P1 and P2 to recycle possession. The defenders (D1 and D2) tackle, block, and try to regain possession. If they win back the ball, the attackers must restart with P1 and P2. Each time the attackers successfully play the ball from one side to the other, they score a point. 1. Add defenders to center sections to create competition among groups by tracking scores. 2. Adjust grid size according to player skill levels, limit touches per player, and instruct passive play if attackers struggle. 3. Drill Name: 1v1 Mini-Game 4. Session Length: 5-10 minutes 5. Age Group: All age groups 6. Number of players: 2 7. Skills learned: Passing, dribbling, defensive positioning, tackling, finishing 8. Equipment: 10 cones, 1 ball 9. Instructions: \* Create a 10-15 yard square with 4 cones in corners and 2 on sides. \* Set up 2x3 yard goals using cones. \* Players start at opposite goals, P1 has the ball. \* Drill begins with coach's signal; P1 dribbles towards goal, while P2 defends. \* Defender must score within 3 seconds after gaining possession to end round. \* Switch roles after each round. The Academy Coach Dave Wright has designed adaptable sessions for football practices. These sessions provide key focus points, setup, and progressions that can be applied to future training sessions. The main goal is to create a fun experience while coaching U12 soccer and selecting the most effective drills. As players grow older, it's essential to remember that their continued development depends on them staying engaged with the game, which begins with a love for the sport. USA National Instructor Tom Turner emphasizes the importance of treating children as kids, not just young footballers, when developing youth soccer programs. He believes that focusing on "play" is crucial in promoting positive experiences and encouraging motivated training among young players. Stuart English, Assistant Academy Manager at Sunderland AFC, agrees with the need to create an inclusive environment where love for football remains a priority. Coaches should take a holistic approach to develop children as people, considering their physical growth, psychological maturation, social development, technical skills, and tactical abilities simultaneously. According to Gabriel Flores from Fulham FC, the Foundation Phase (U6-U12) is the golden years of learning. This time is essential for developing core skills that will underpin more advanced technical and tactical developments as players grow older. Ball mastery remains a key aspect, with coaches aiming to help players become comfortable passing and receiving off both feet by the end of the Foundation Phase. As players progress through U12 soccer, it's crucial to teach them decision-making skills, make them feel comfortable playing in various positions, and instill confidence in their abilities and how they can contribute to their team's success. Children between the ages of are critical for developing their physical literacy through various sports. Playing different sports helps build a diverse movement vocabulary. As children mature physically, coaches should recognize differences in early and late maturers. Early maturers tend to excel physically, while late maturers often struggle with big areas. Coaches must cater to the needs of smaller players who may not be comfortable using their bodies yet, ensuring they're involved in practice and games. Larger players need to focus on technical development without relying solely on physical advantage. Drills should encourage varied movement patterns, such as jumping, turning, accelerating, and evading. Games with more randomness challenge children to move differently, improving coordination, balance, and agility. When coaching, it's essential to be patient and empathetic, providing a positive learning environment. As players approach the Youth Development Phase (U13-U16), they should consider consequences, take ownership of decision-making, and assess their performances. By fostering reflection, coaches can develop independent thinkers who make decisions without relying on them. This development will benefit children in soccer and beyond, teaching valuable social skills. As coaches, we should focus on developing life skills in our players beyond soccer during the Foundation Phase. Skills like listening, following instructions, and teamwork are essential for their overall social development and will benefit them in future game situations. Small-sided games (SSCG) have inherent value in increasing playfulness and joy in competition while giving players more time on the ball and opportunities to support teammates. By using SSCG and constraints-based games, we can help kids develop concepts like space and movement that they'll need as they progress through different game formats. In the Foundation Phase, our goal is for players to become confident, independent problem-solvers with good decision-making skills. To achieve this, we should incorporate some chaos into our practices by making drills less structured and more random. This will allow kids to encounter problems and find solutions themselves. U12 soccer drills can be made more complex than those used in younger age groups, reflecting the players' ability to enjoy more challenging situations. We should aim to create realistic football problems that guide players towards key information, helping them develop their decision-making skills and technical abilities. By using game-based drills that challenge kids' decision-making ability as well as their technical skills, we can help them become confident, independent problem-solvers who are comfortable with the ball under pressure. This will prepare them for more complex challenges in future game situations. Our ability to instill confidence in our young players hinges on effective communication. When coaching children, a positive message and language tailored to their understanding are essential. This requires building personal connections with each player, exploring interests outside of soccer, and learning about life events that shape them. By doing so, we create an environment where kids can have fun, feel secure, and enjoy the game. Engaging drills that prioritize enjoyment over competition are crucial for retaining young players in the Youth Development Phase. Using small-sided games to teach concepts like space and movement can help develop problem-solving skills. Incorporating elements of randomness into drills encourages creativity and decision-making. Positive communication is vital for creating an optimal learning environment where kids feel safe, have fun, experiment, and thrive. By understanding our players' interests and using relatable language, we can instill confidence and excitement in the game.