

U9-U12 SOCCER PLANS

H.A.R.D#1

WEEK 1

ACTIVITY 1

10 mins
10 yards

Cat and Mouse

Start with practice rounds, focus on control and staying close to the edge, then make it into games.

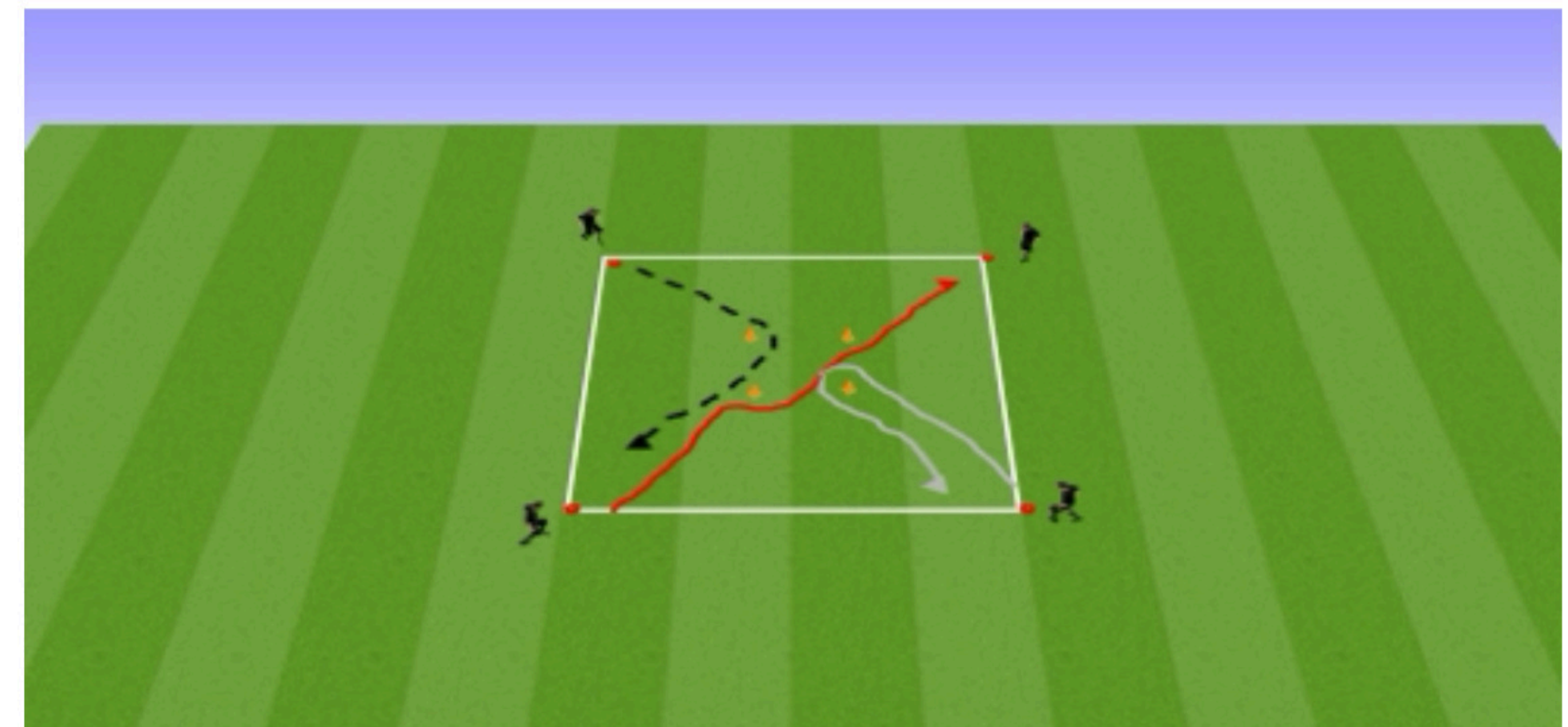


ACTIVITY 2

10 mins
12x12

Dribbles, turns and creativity

Using a mix of patters. Work on touches, change of direction and turns at cones. Be creative.



FUN

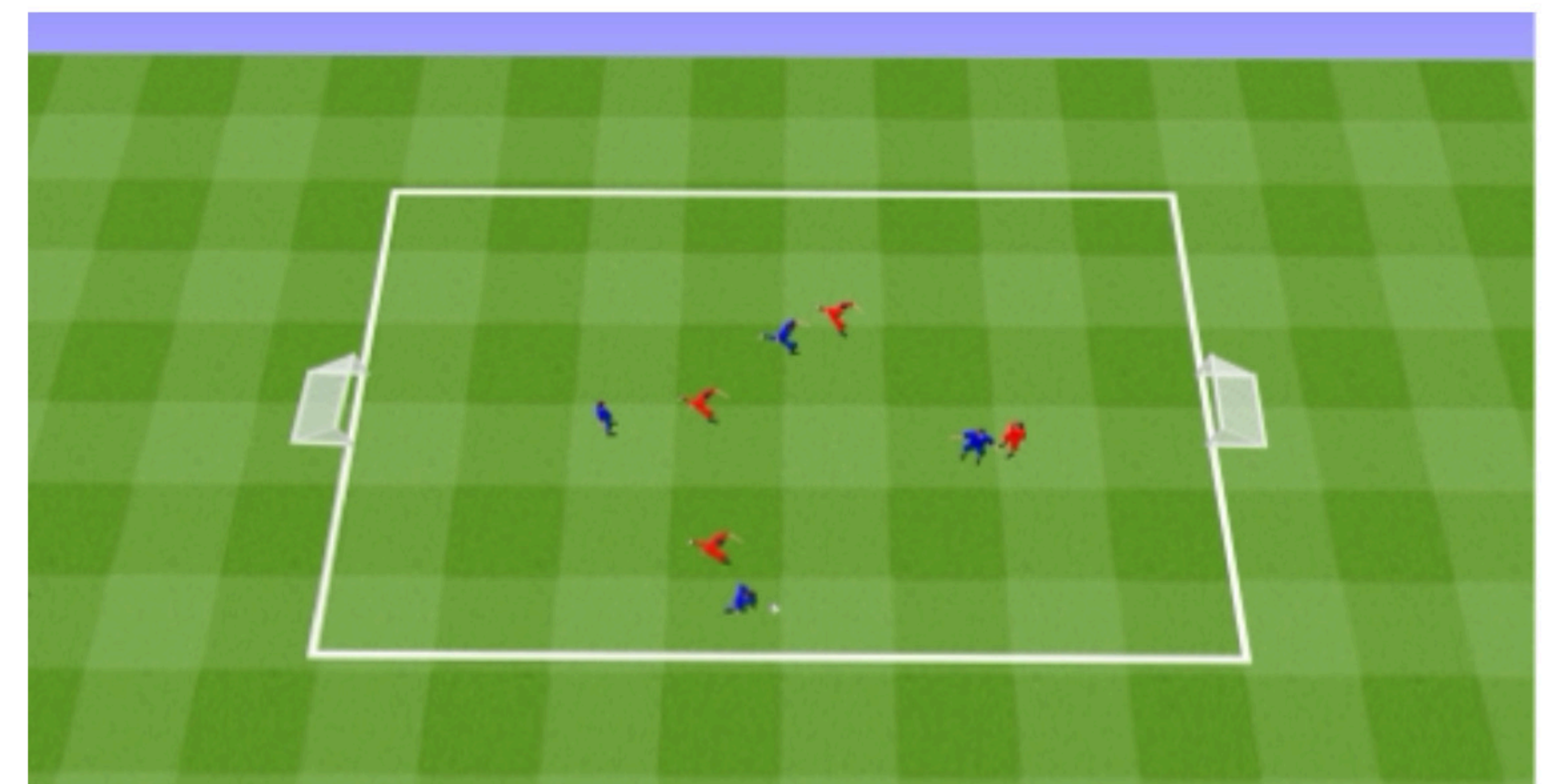
10-15 mins
12 yards

Throw ins

Start with throwing to a partner who controls the ball with their feet. Then move into throw in bowling



Scrimmage Focus on throw ins.



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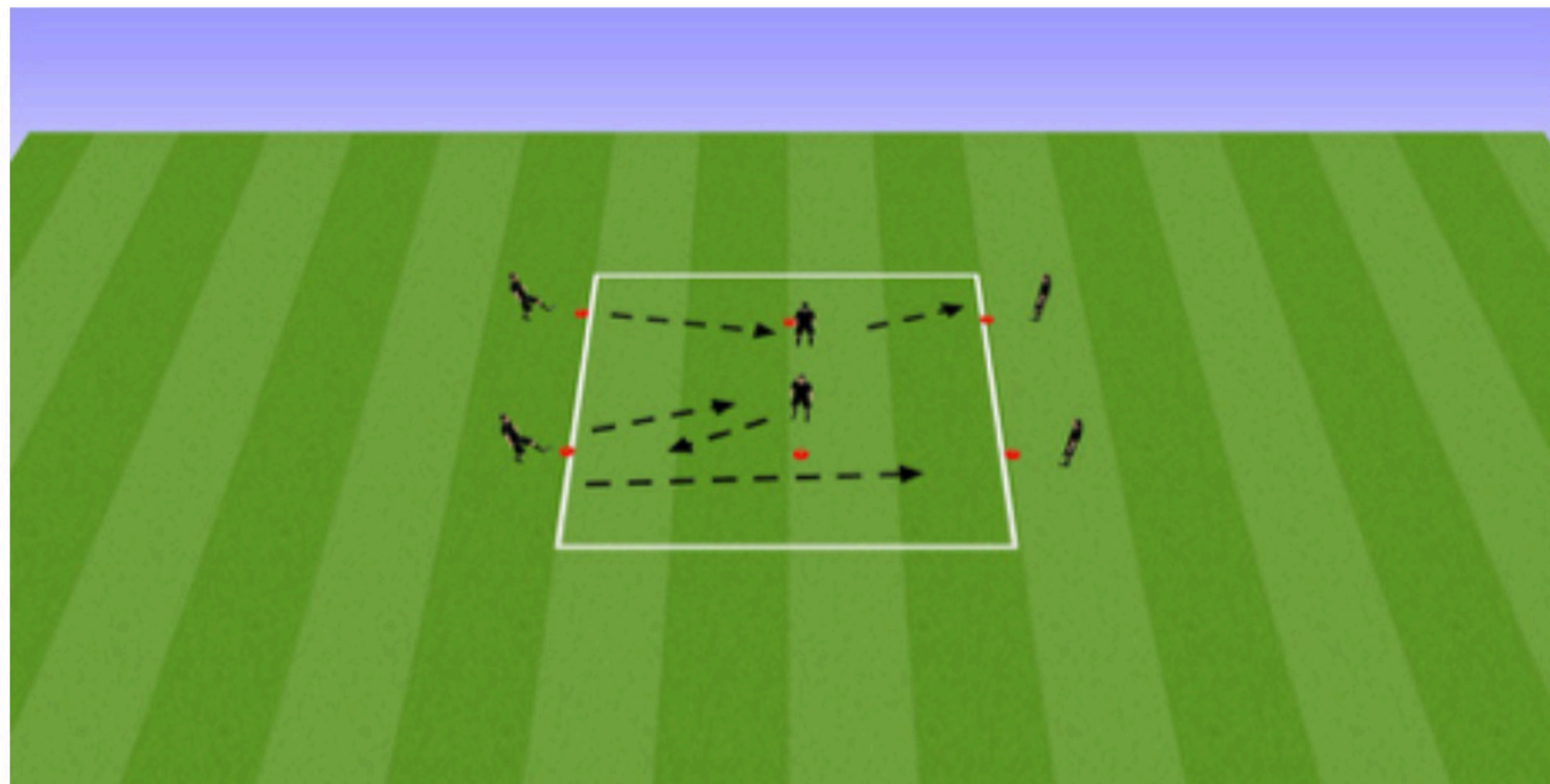
WEEK 2

ACTIVITY 1

10 mins
15 yards

Passing patterns

Using the two patterns, each player will work for 30 secs and complete both patterns twice.

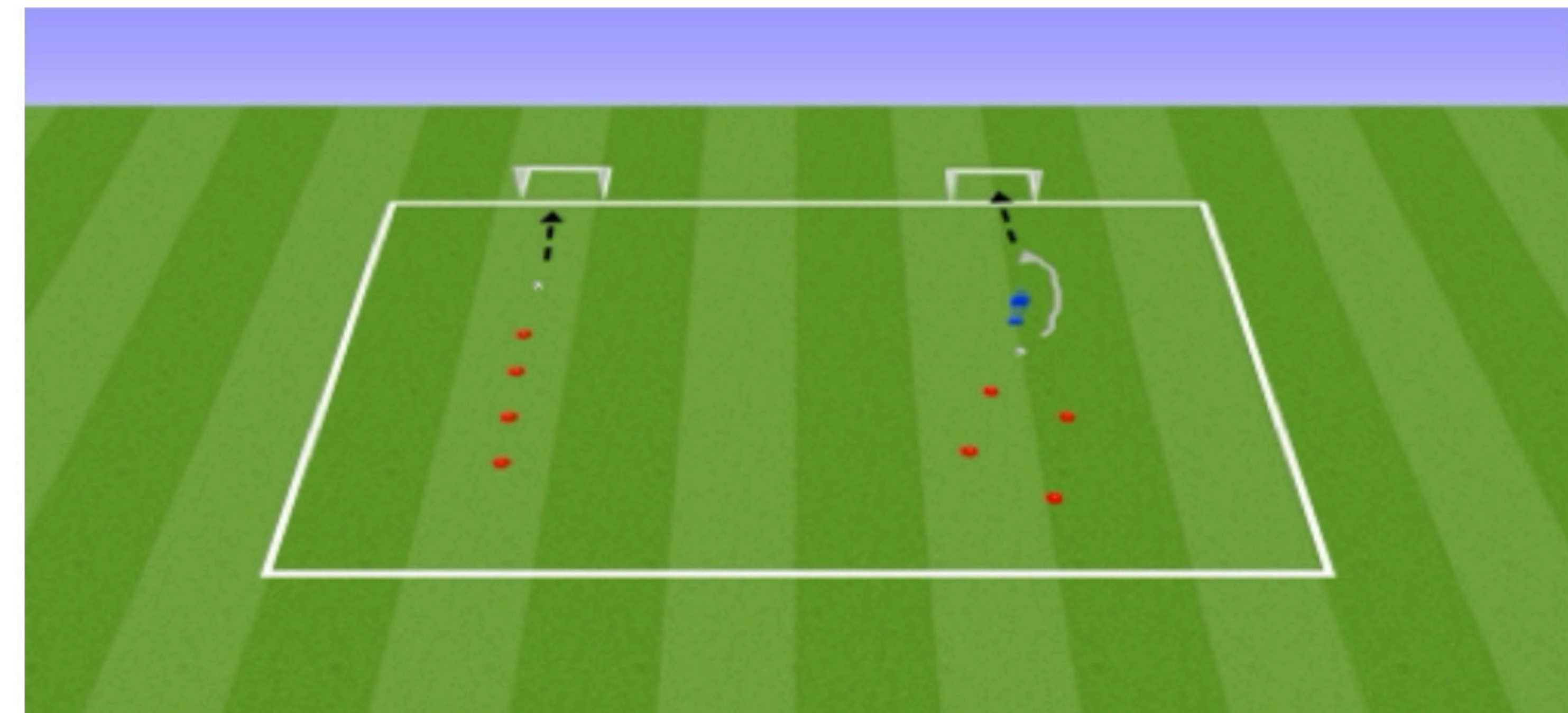


ACTIVITY 2

10 mins
Dimensions

SAQ relay races

Vary a couple of patterns- Dribble or shuffle through the cones, before scoring and returning to the team.

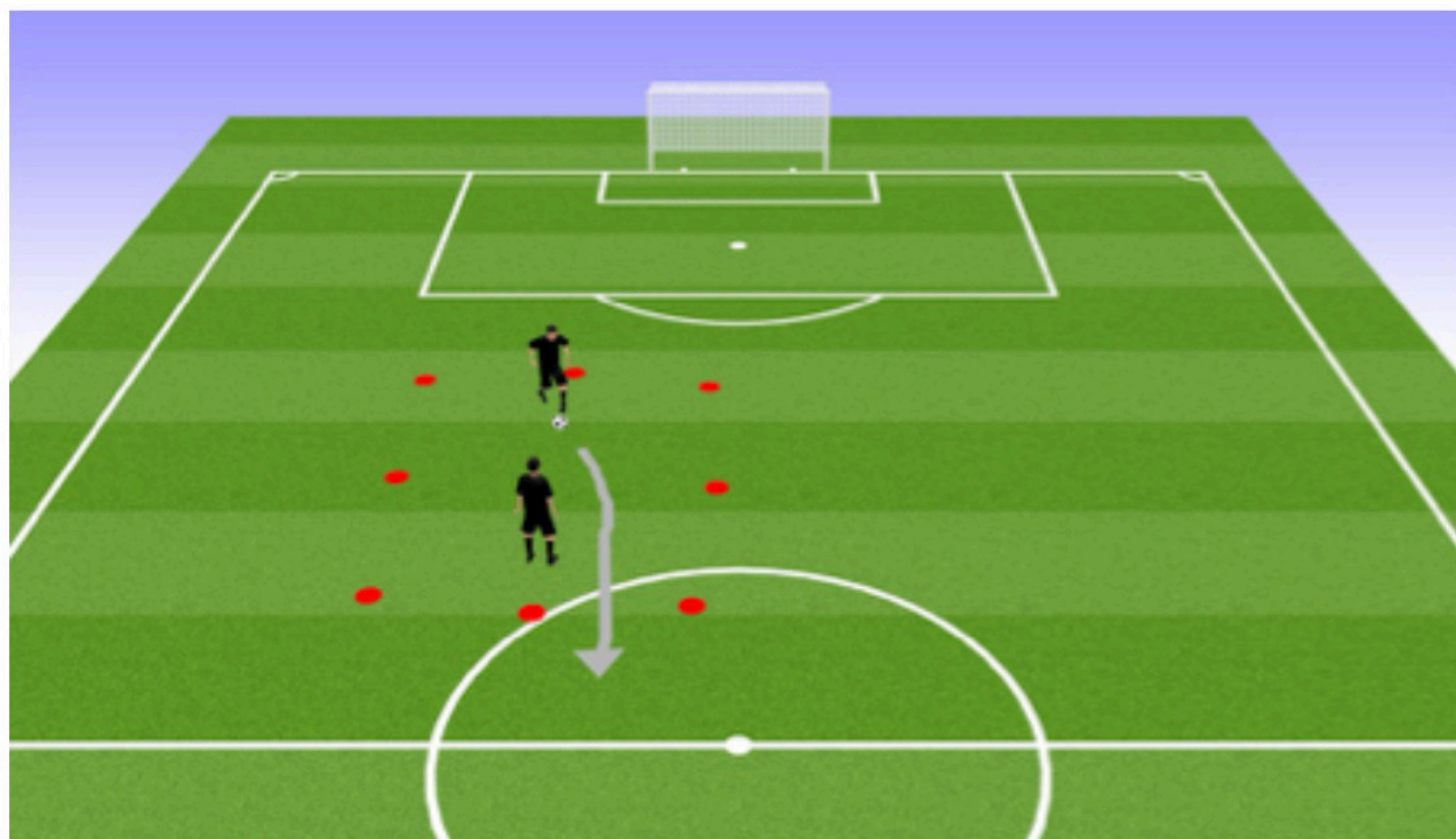


ACTIVITY 3

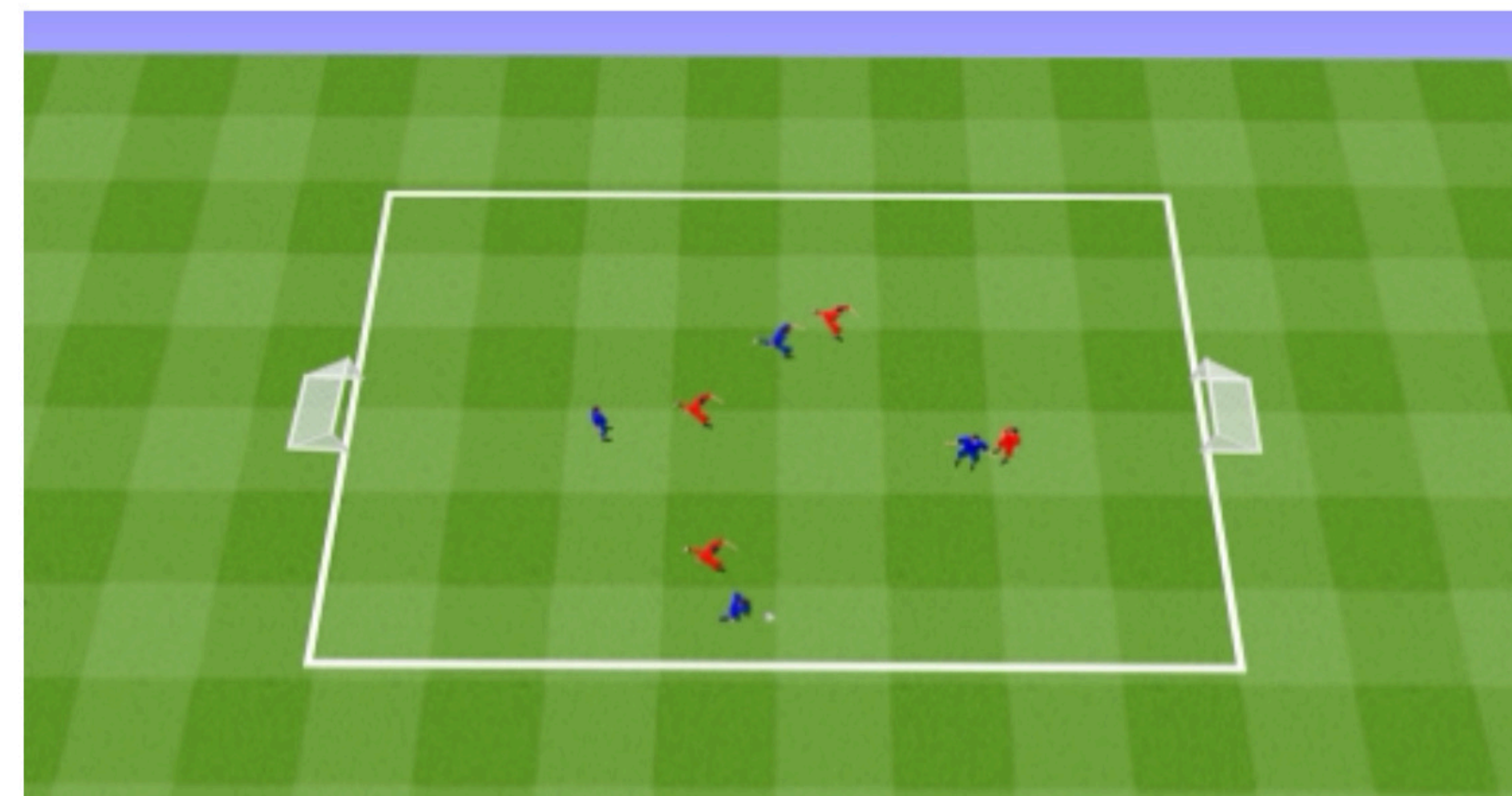
15 mins
10X15

1 v 1 to endline

Balls start at one end, player passes across and then defends 1v1. Aim to dribble over the opposite endline for a point.



Scrimmage 1 v 1 focus of beating a player/Not getting beat



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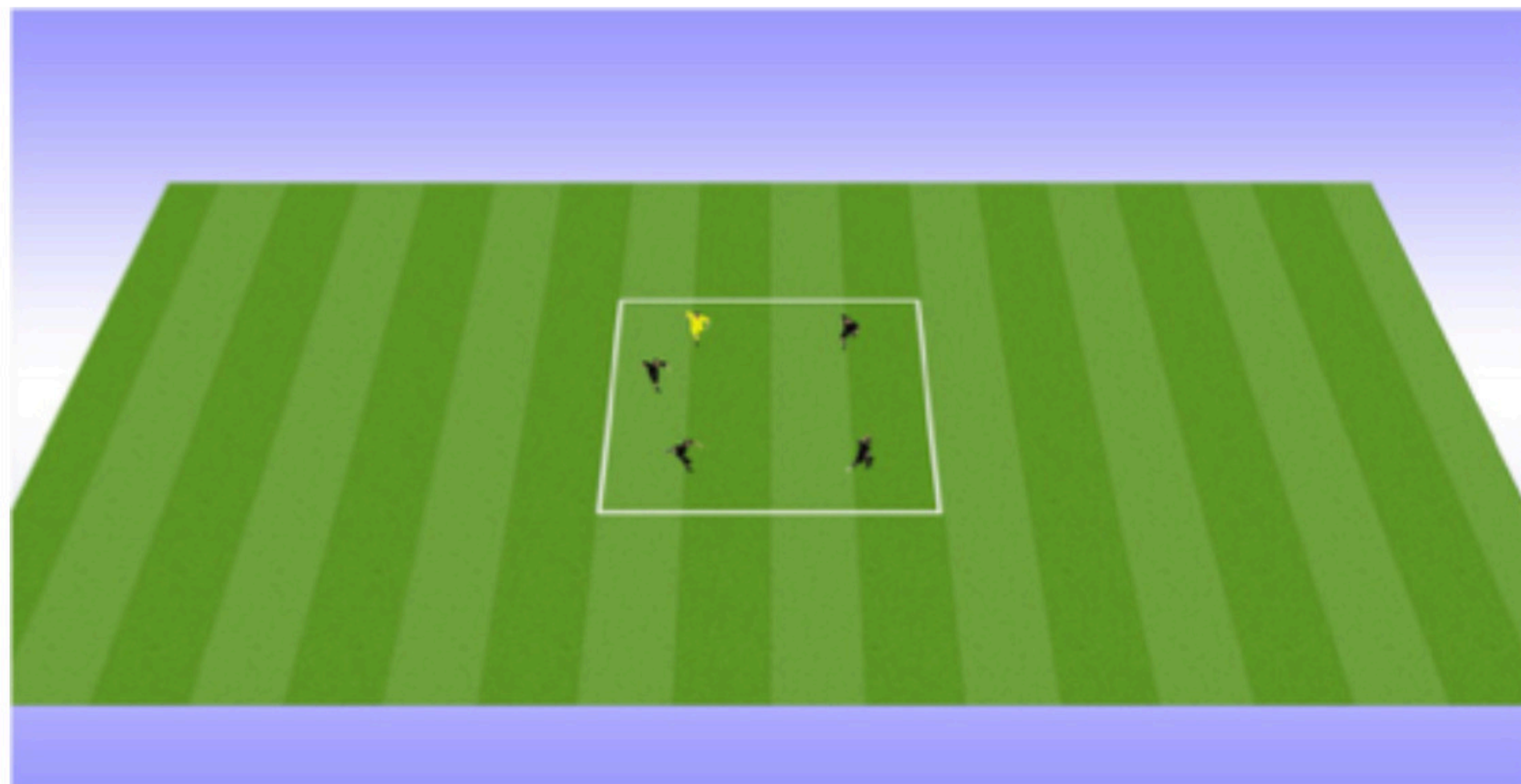
WEEK 3

ACTIVITY 1

5 mins
30x30 yards

Tag

Little fun and get the competition mindset started.



ACTIVITY 2

10 mins
10x15

1v1 to endlines

"Balls start at one end, player passes across and then defends 1v1. Aim to dribble over the opposite endline for a point."



ACTIVITY 3

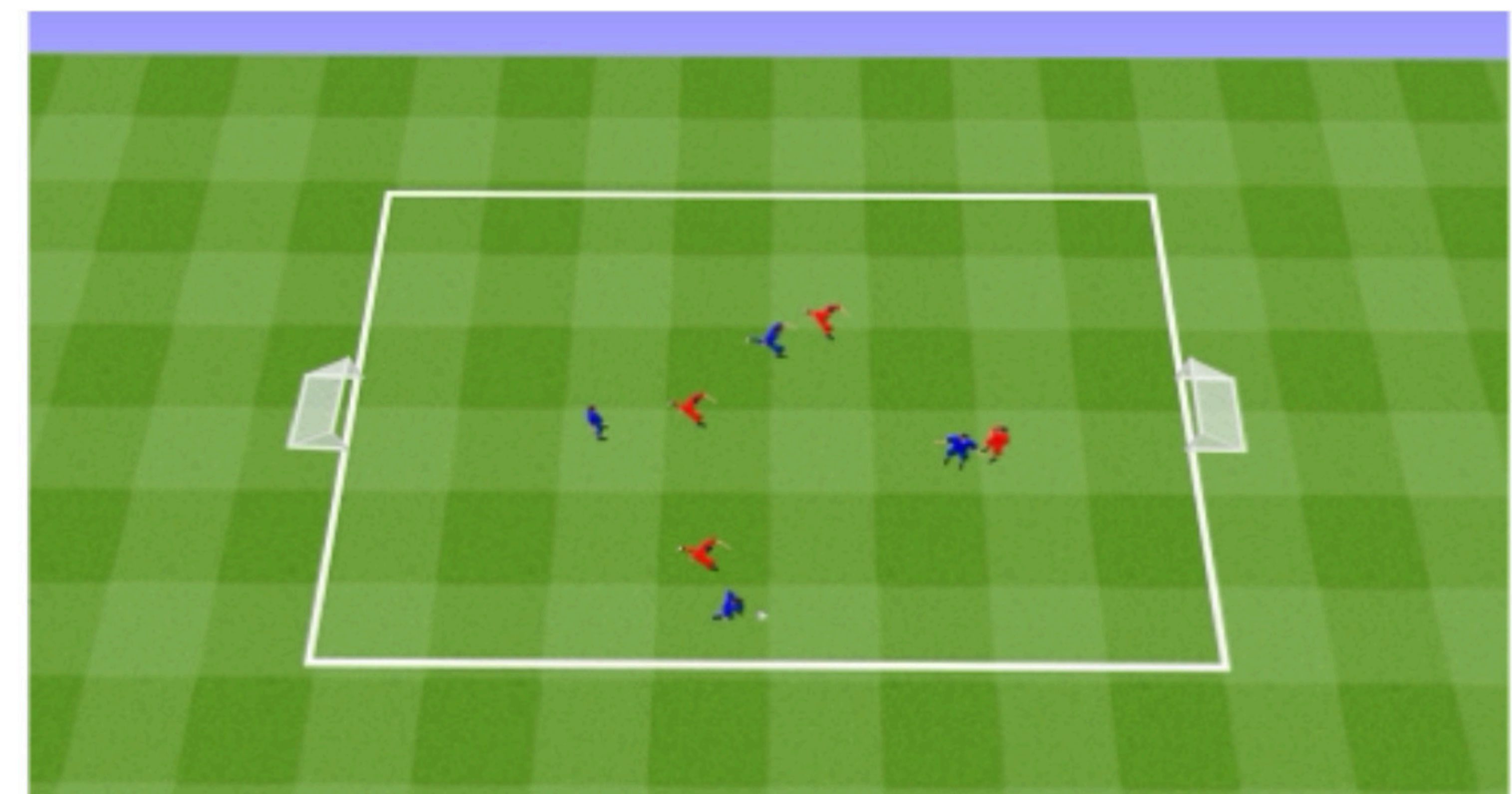
15 mins
10X15

1v1s to mini goals

Same concept, now progressing into a final product. Beat the defender and score/prevent atracker scoring .



Scrimmage



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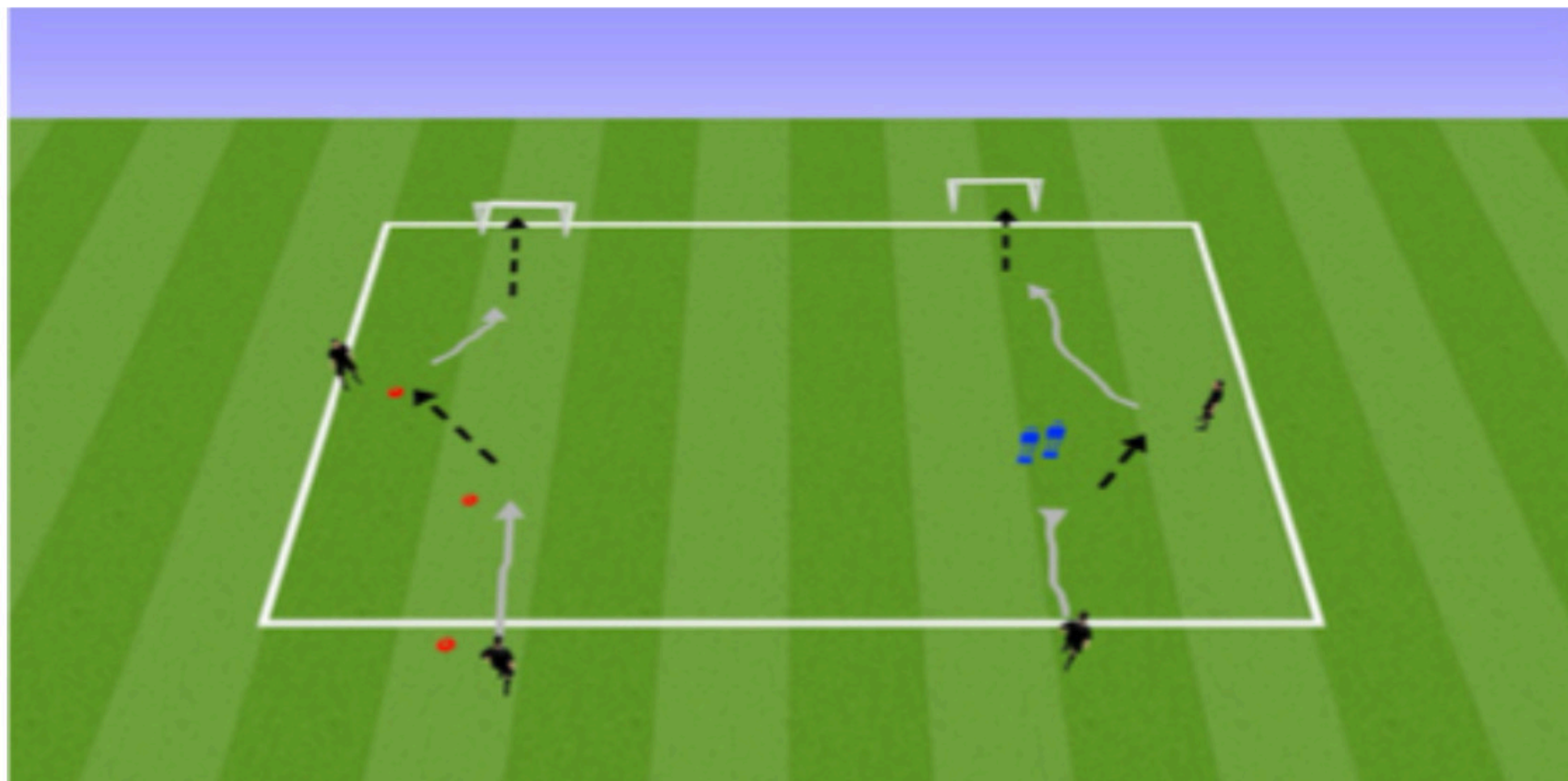
WEEK 4

ACTIVITY 1

5 mins
12 yards

1-2 Warm Passing Pattern

Dribble and play 1-2 with

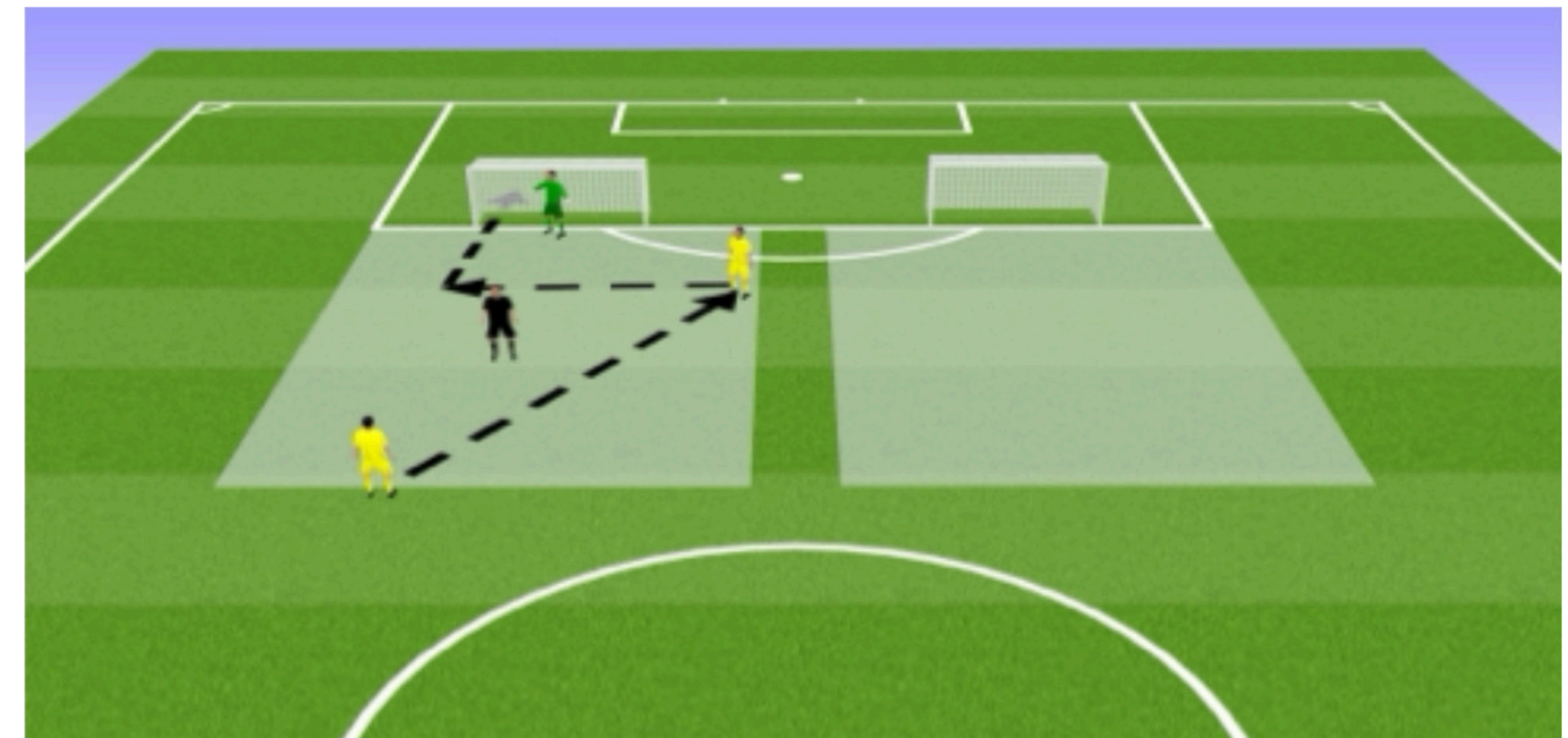


ACTIVITY 2

15 mins
20x25

2v1 to goal

Decision making- pass or go 1v1. Allow players to decide.



ACTIVITY 3

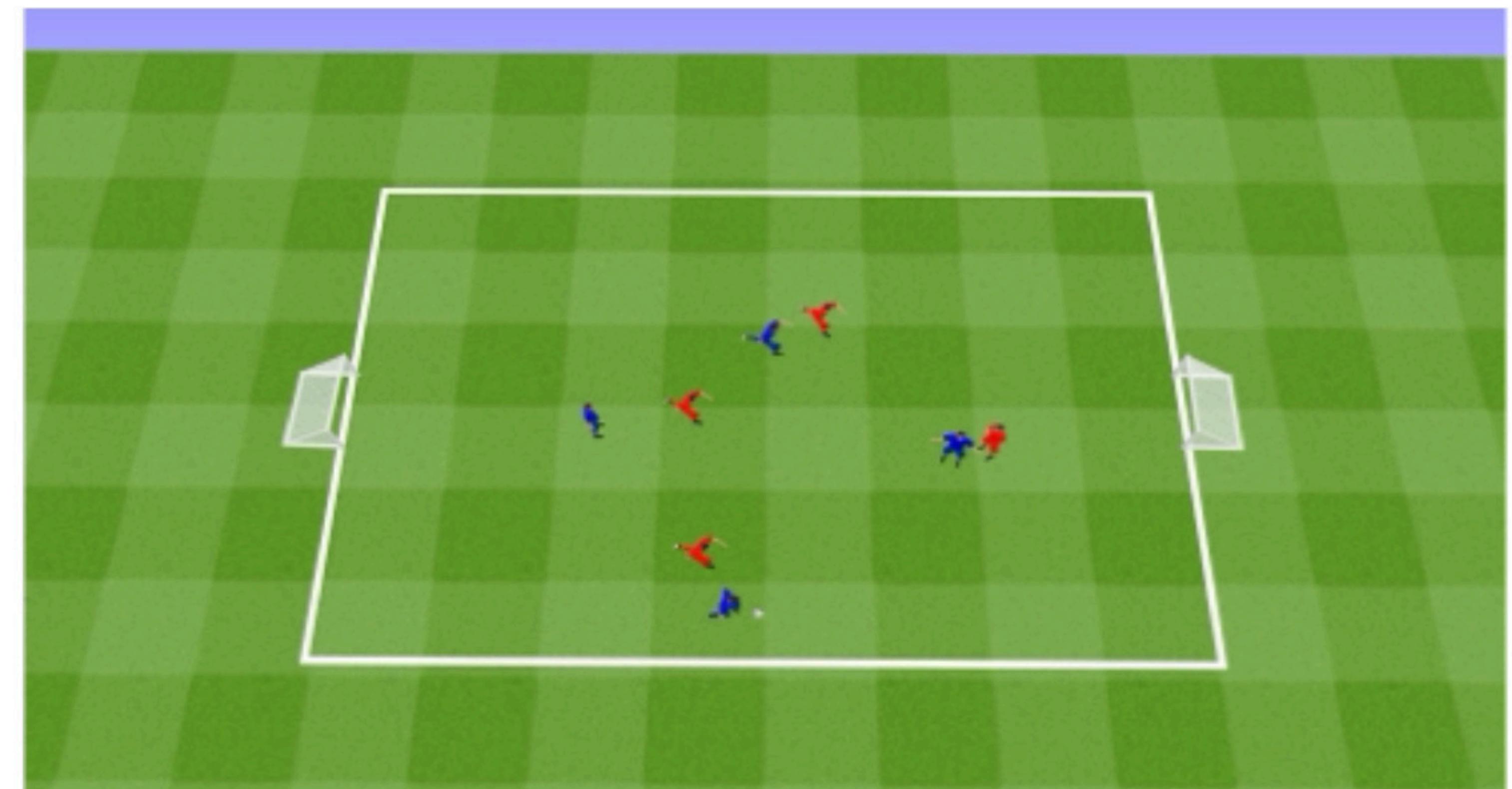
10-15 mins
12X20

Treasure hunt

Dribble, shoot, take treasure if you score. Shot must be 5+yards from goal. Team who steals all treasure 1st wins



Scrimmage



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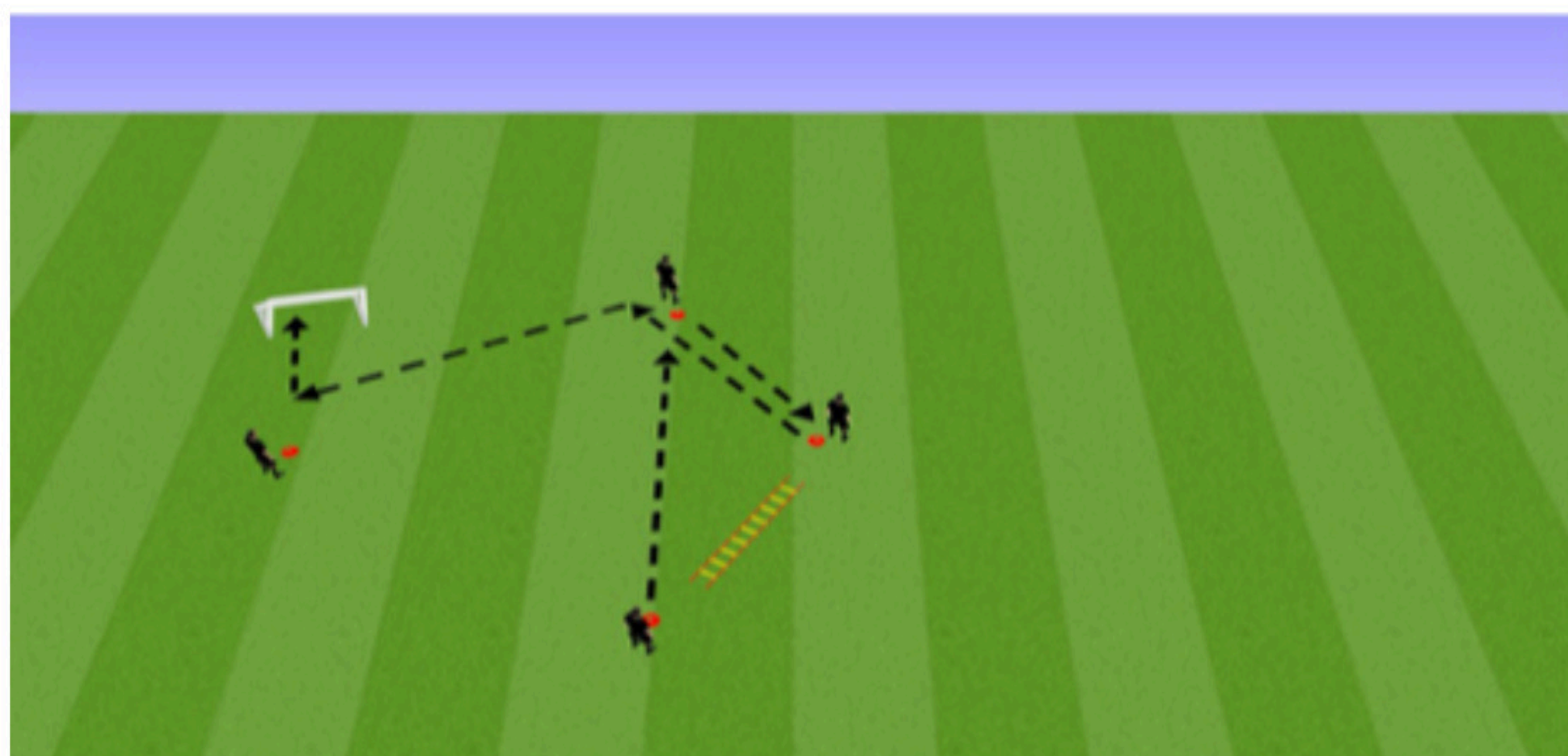
WEEK 5

ACTIVITY 1

Time
Dimensions

Switching passing pattern

Up, out, back and switch

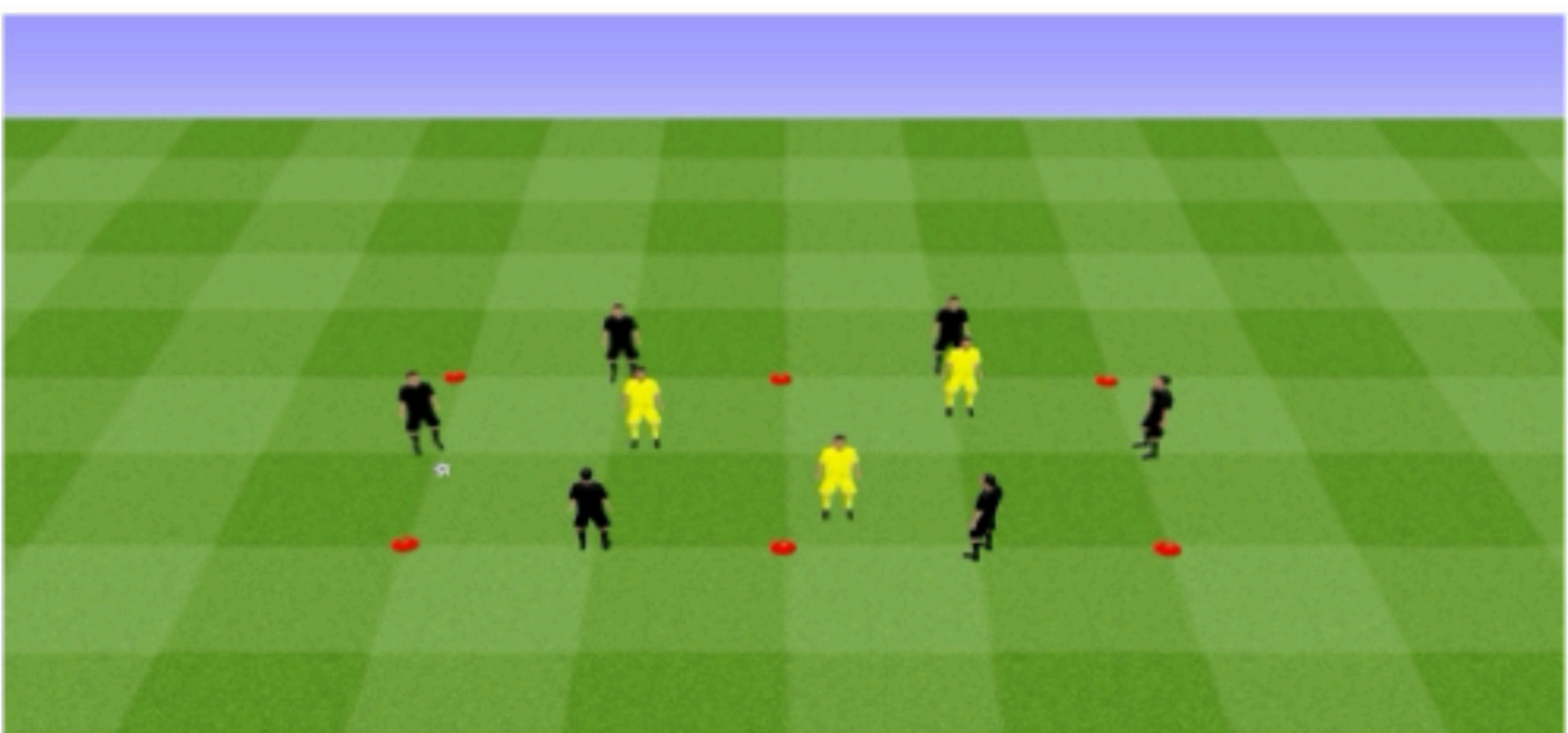


ACTIVITY 2

15 mins
15x8

6v3 or 7v3

Keep ball possession- 3 defenders trying to win the ball off the possession team. Connect passes and move. Defenders in for time(count score)

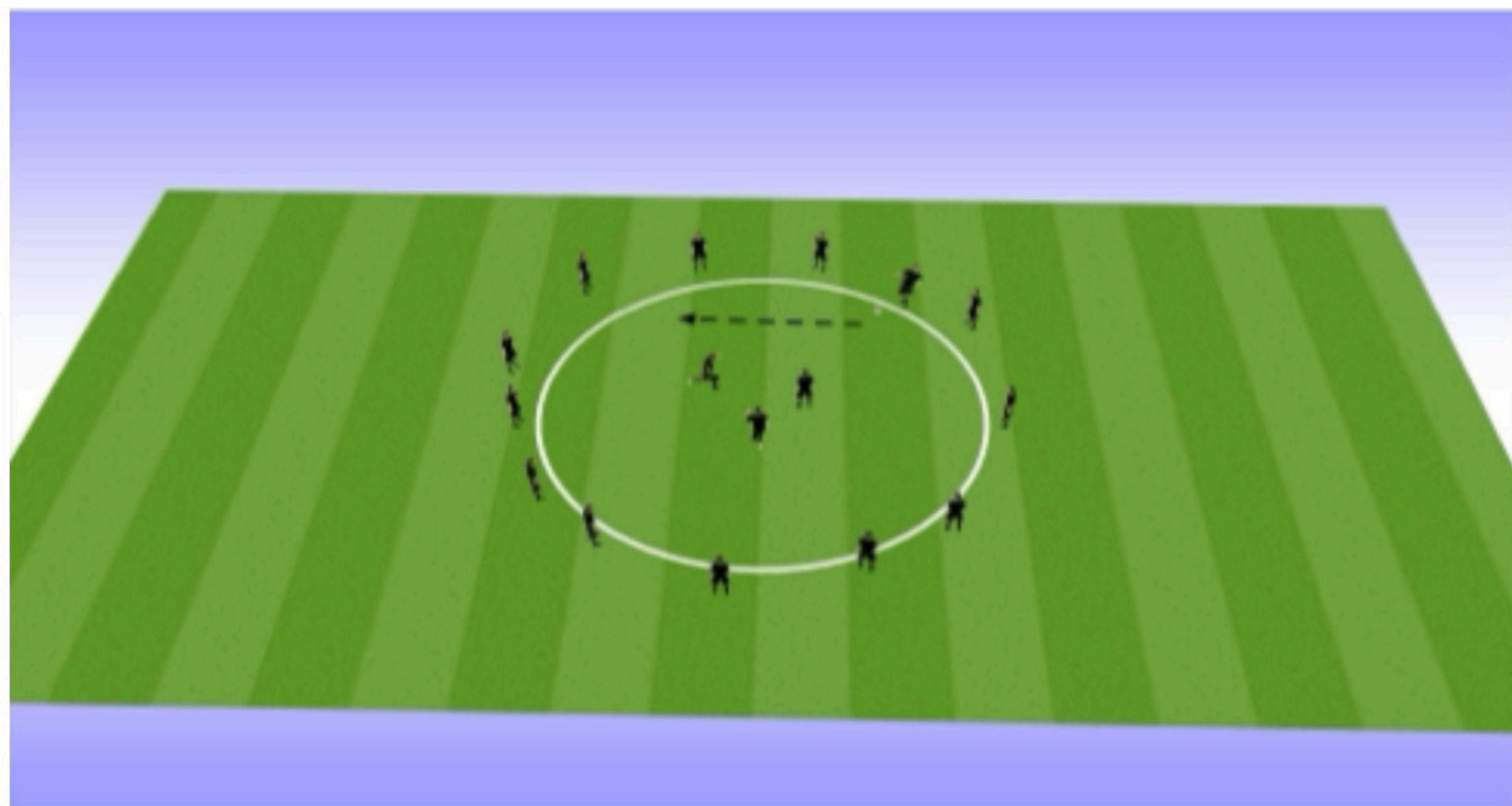


ACTIVITY 3

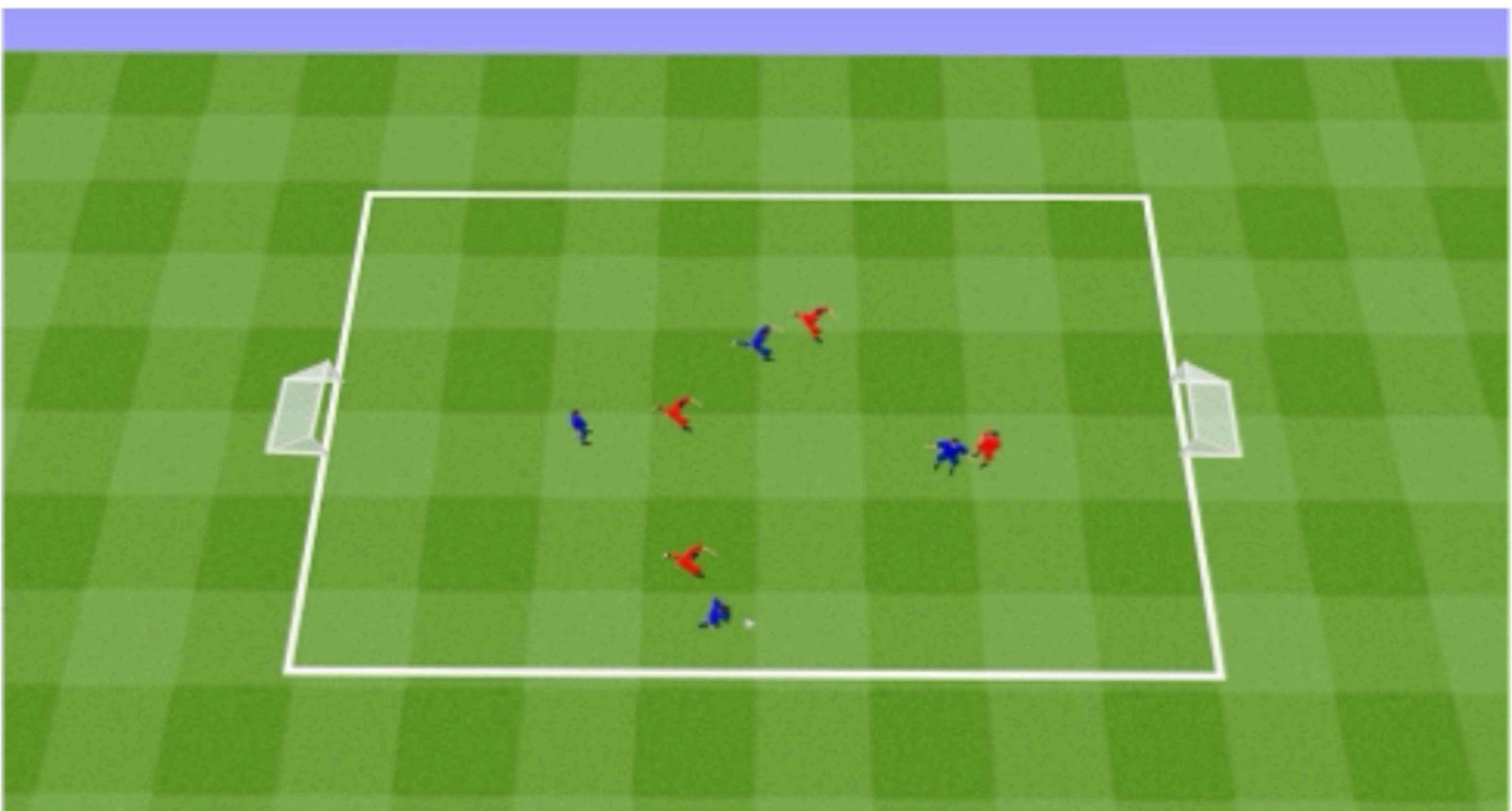
10 mins
Big circle

Piggy in the middle/keep ball

2-3 defenders against the whole team- whoever makes the mistake is in



Scrimmage



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WEEK 6

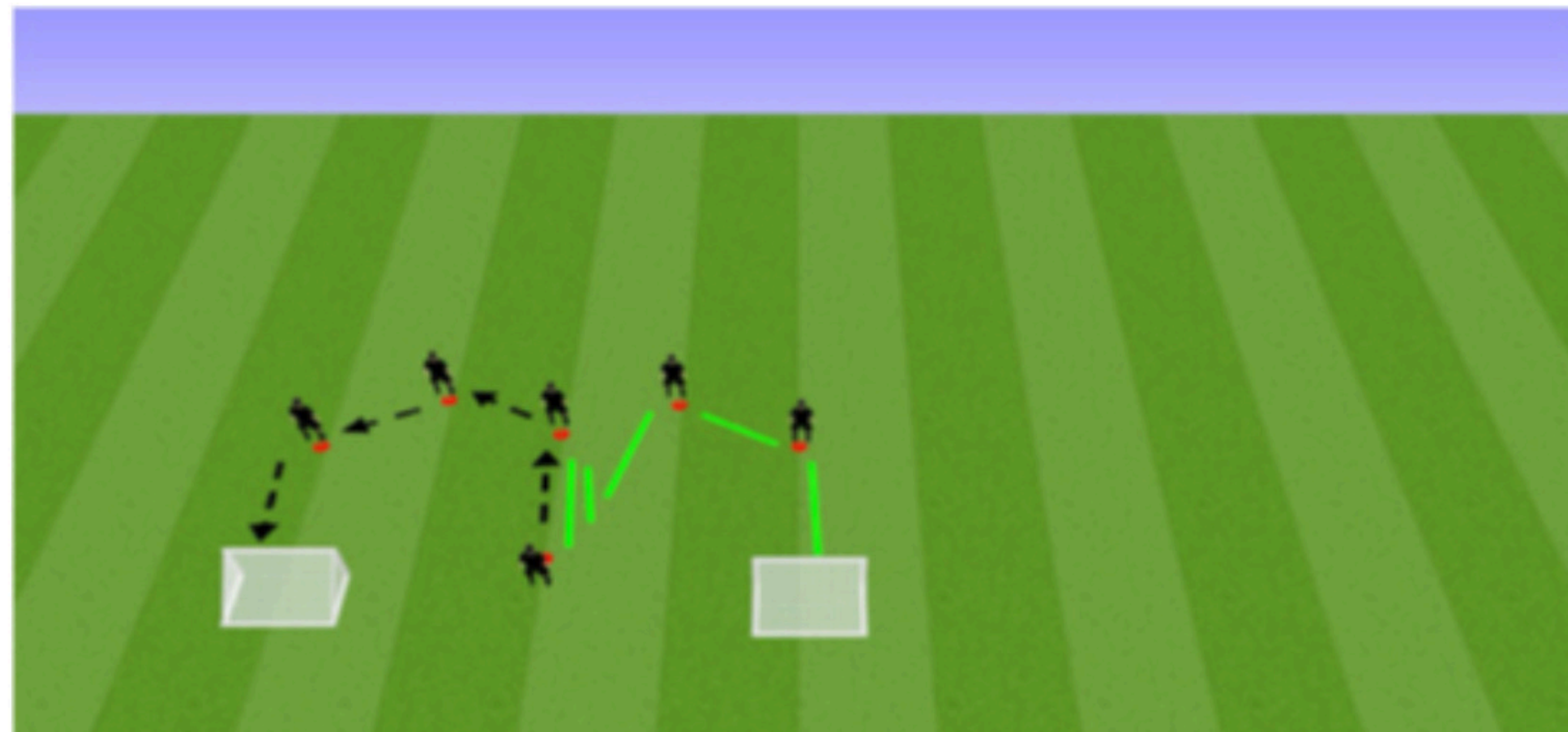
ACTIVITY 1

Time

Dimensions

Y passing pattern

2 variations- Alternate the direction or start all balls one way, then adjust players and go other direction



ACTIVITY 2

15 mins

15x8

6v3 or 7v3

Keep ball possession- 3 defenders trying to win the ball off the possession team. Connect passes and move. Defenders in for time(count score)



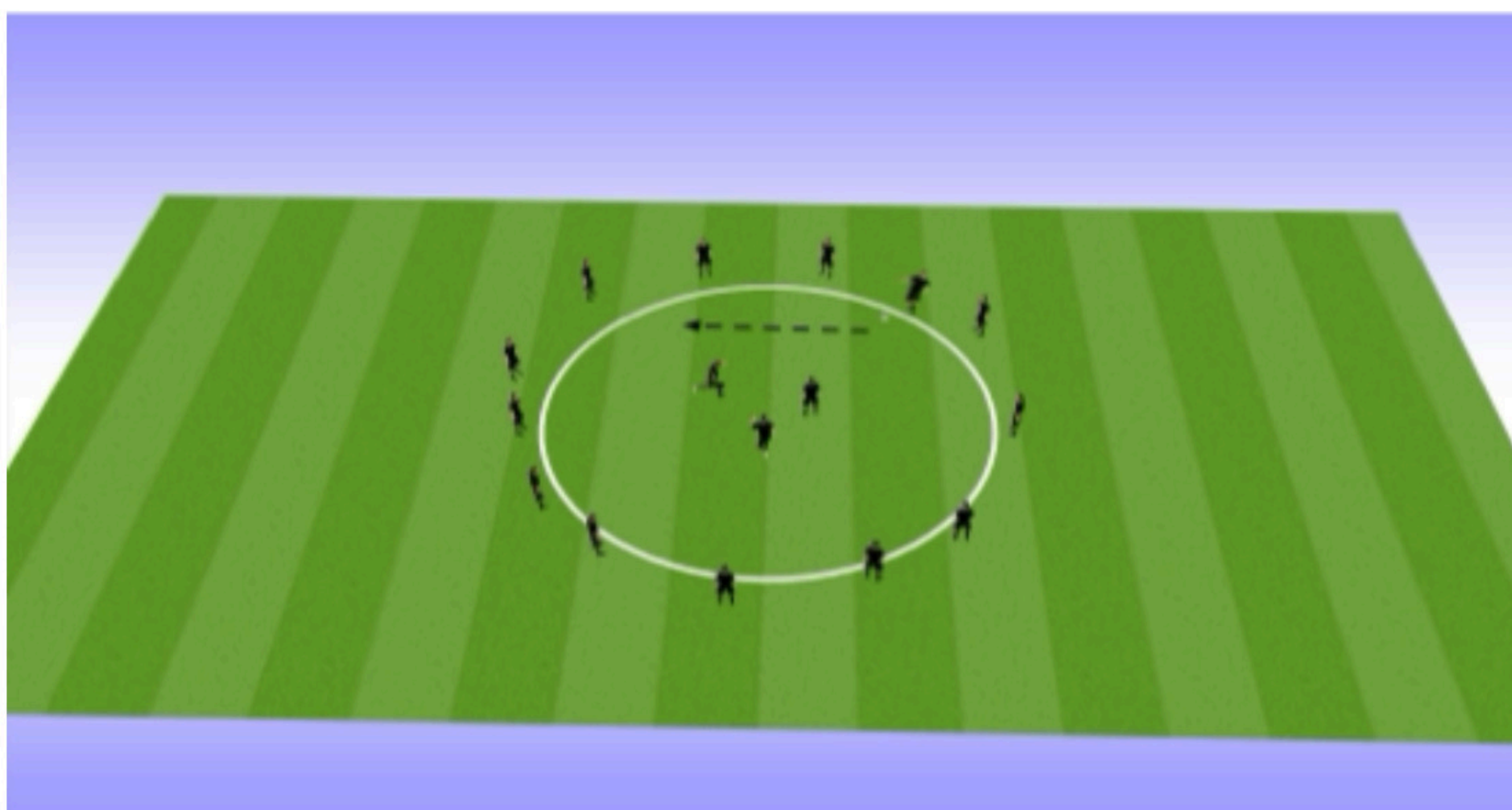
ACTIVITY 3

10 mins

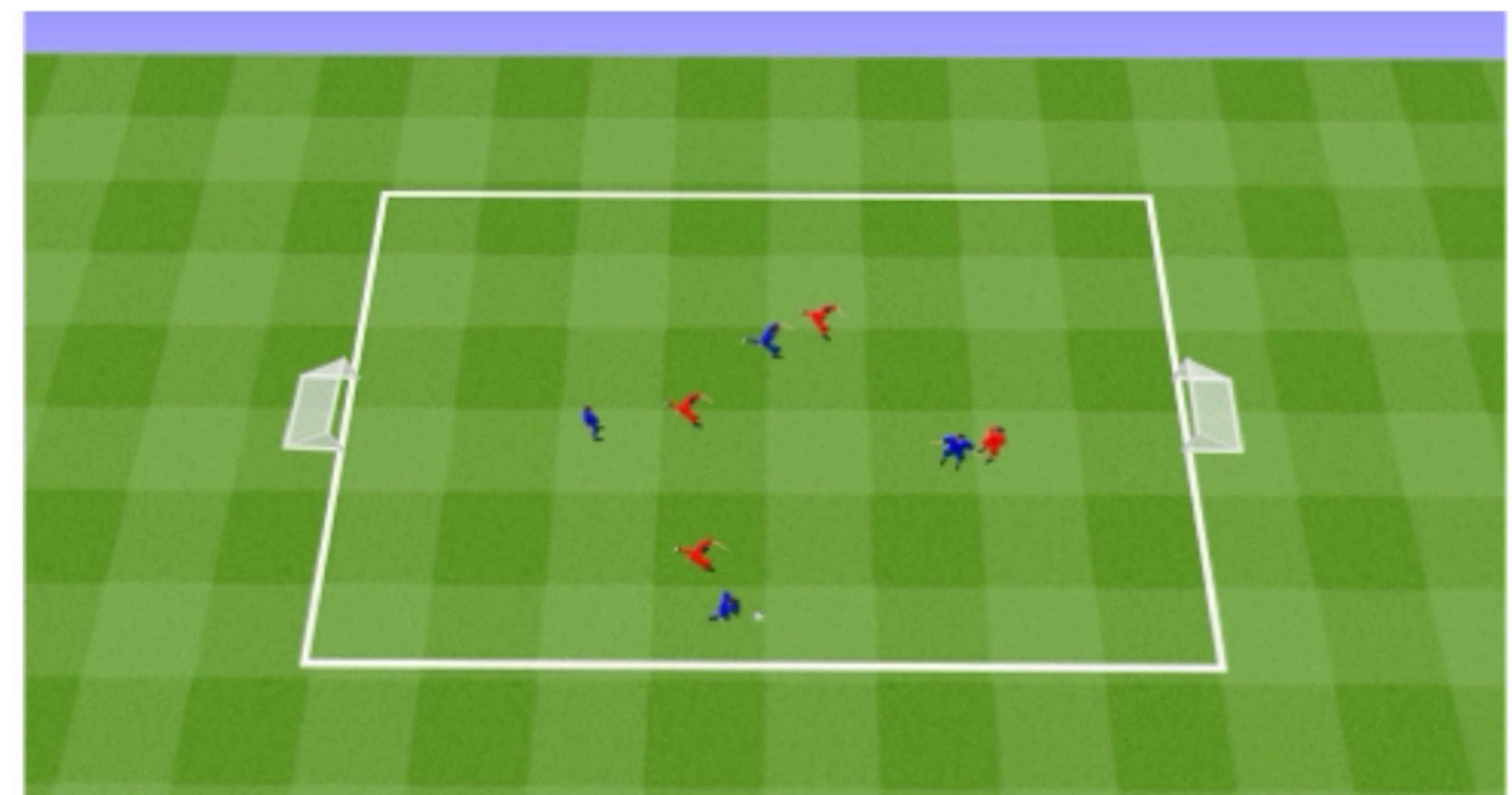
Big circle

Piggy in the middle/keep ball

2-3 defenders against the whole team- whoever makes the mistake is in



Scrimmage



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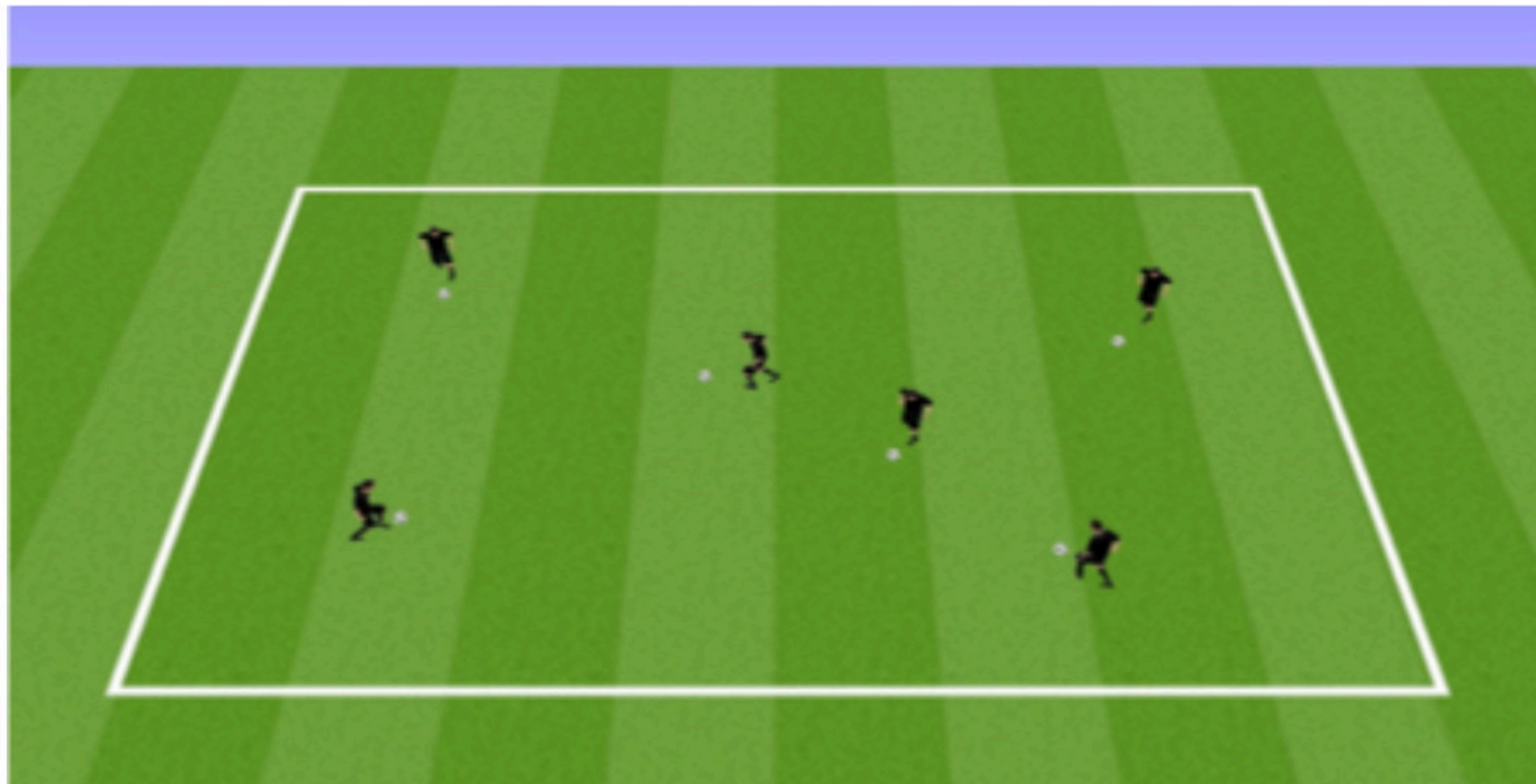
WEEK 7

ACTIVITY 1

10 mins
30x30

Juggling

Free time to practice juggling. In hands, juggle and catch, two juggles and catch, three and catch...

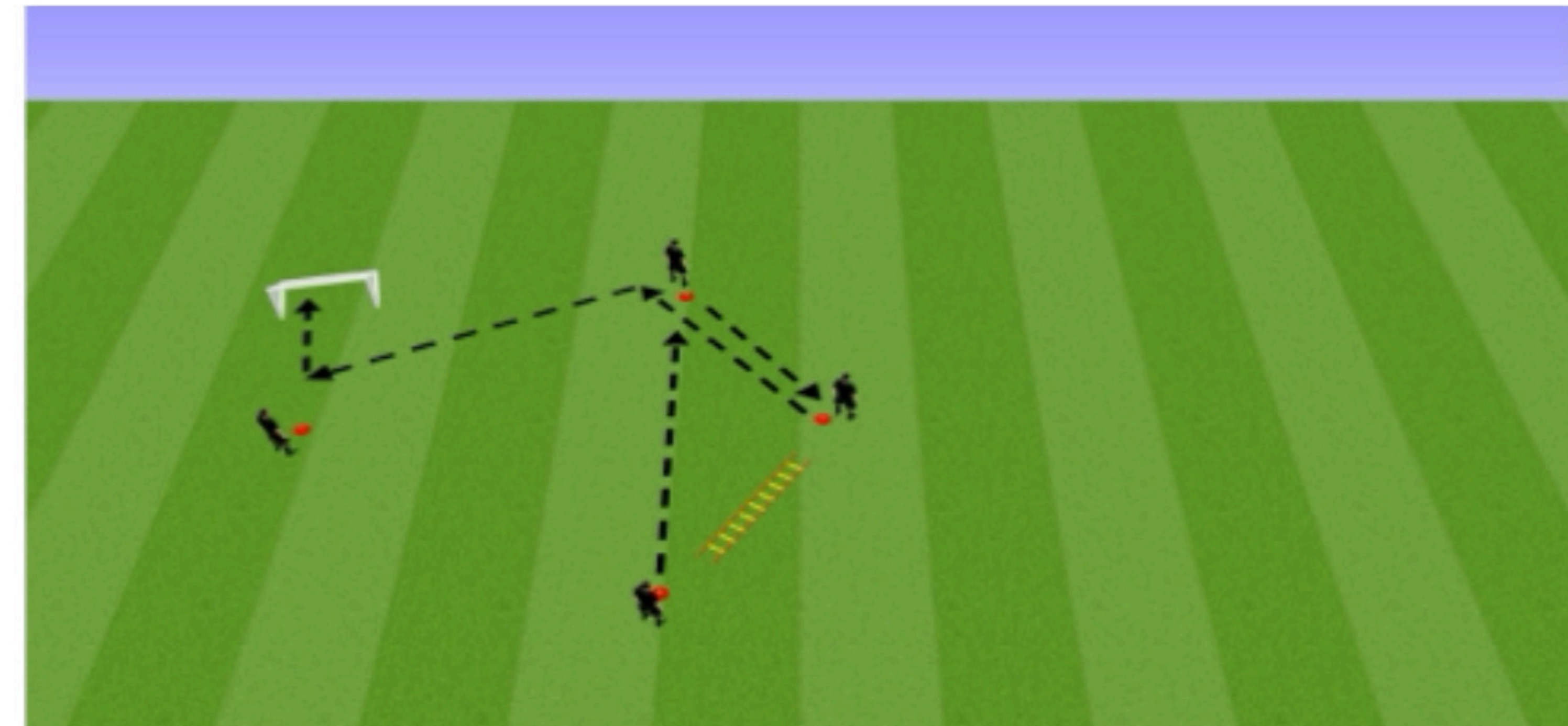


ACTIVITY 2

10 mins
10x15

Passing Pattern with switch

Small passing pattern to introduce switching the field. Add SAQ for additional fun/interaction.

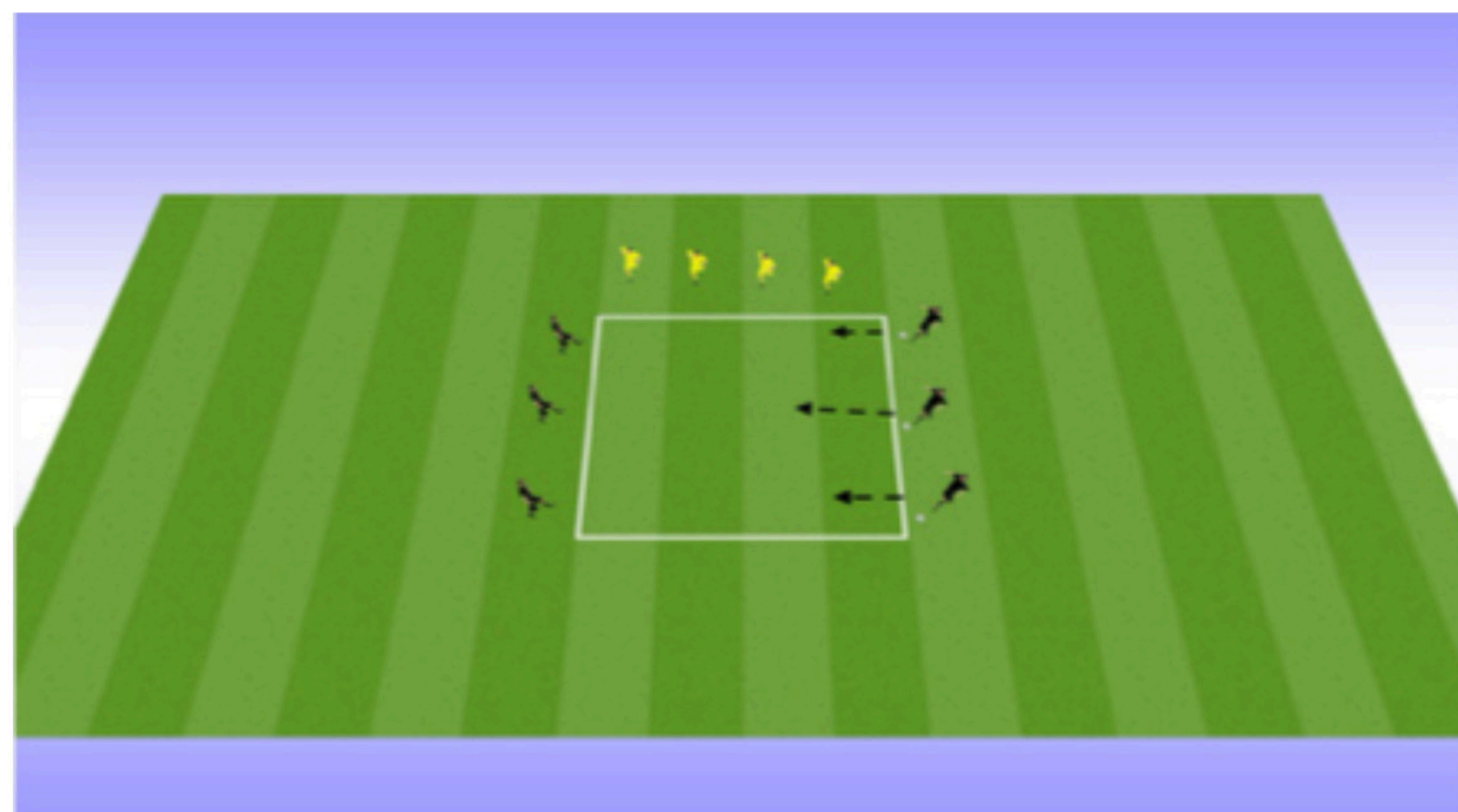


ACTIVITY 3

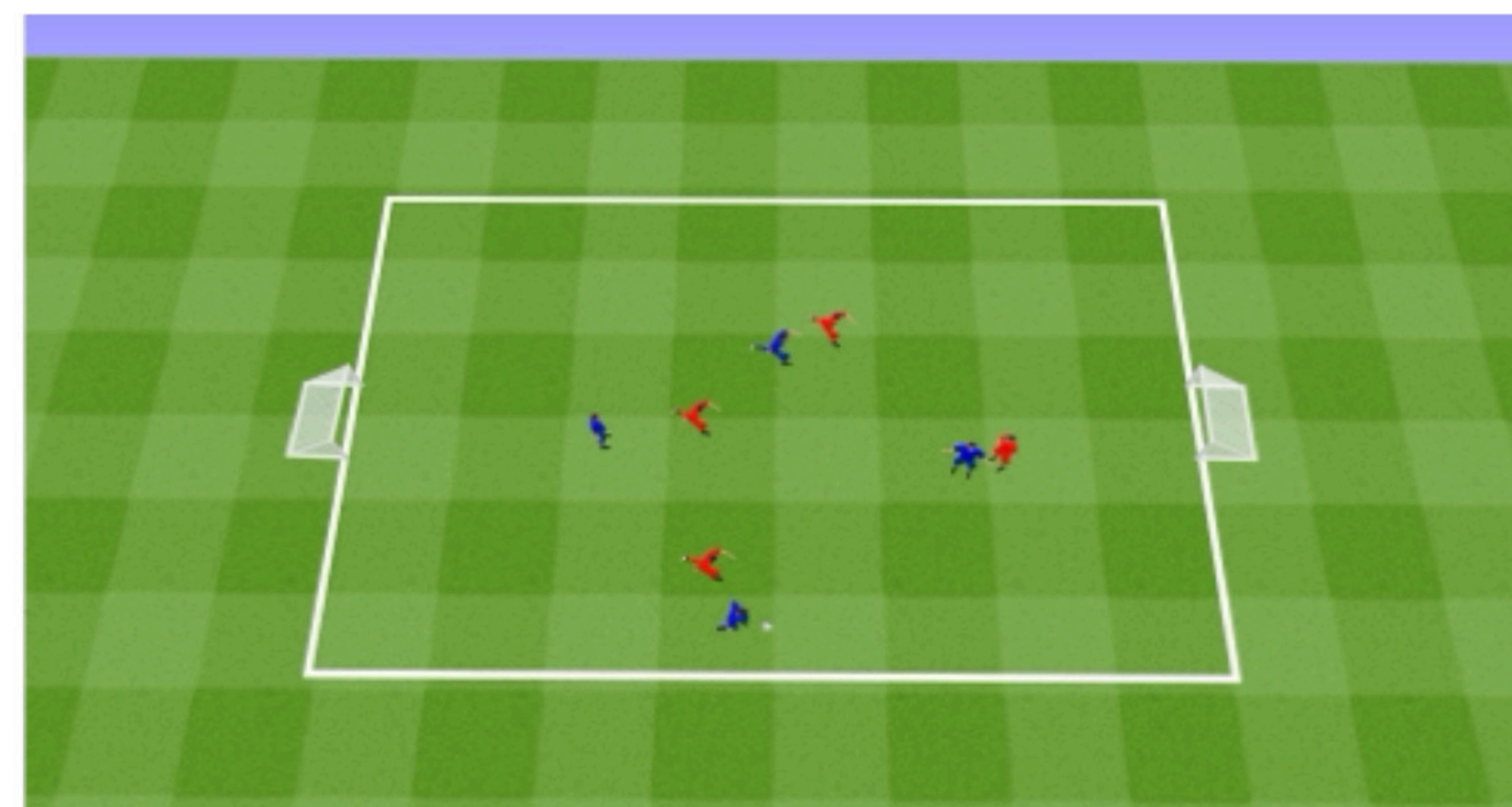
10 mins
15x20

Passing Dodgeball

Inside foot passes ONLY, hitting below the knees. One team runs through middle, dodging the ball.



Scrimmage



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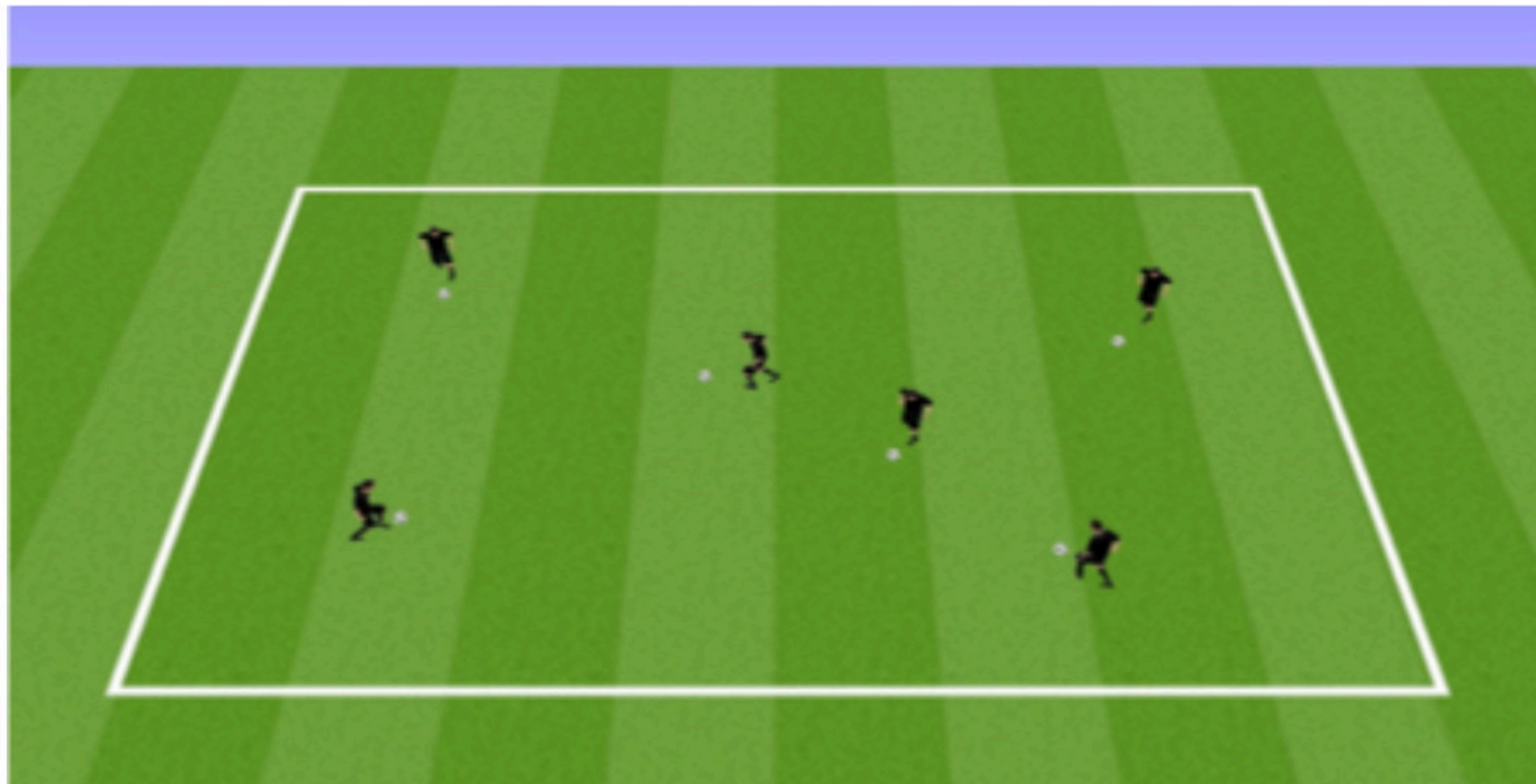
WEEK 8

ACTIVITY 1

10 mins
30x30

Juggling

Free time to practice juggling. In hands, juggle and catch, two juggles and catch, three and catch...

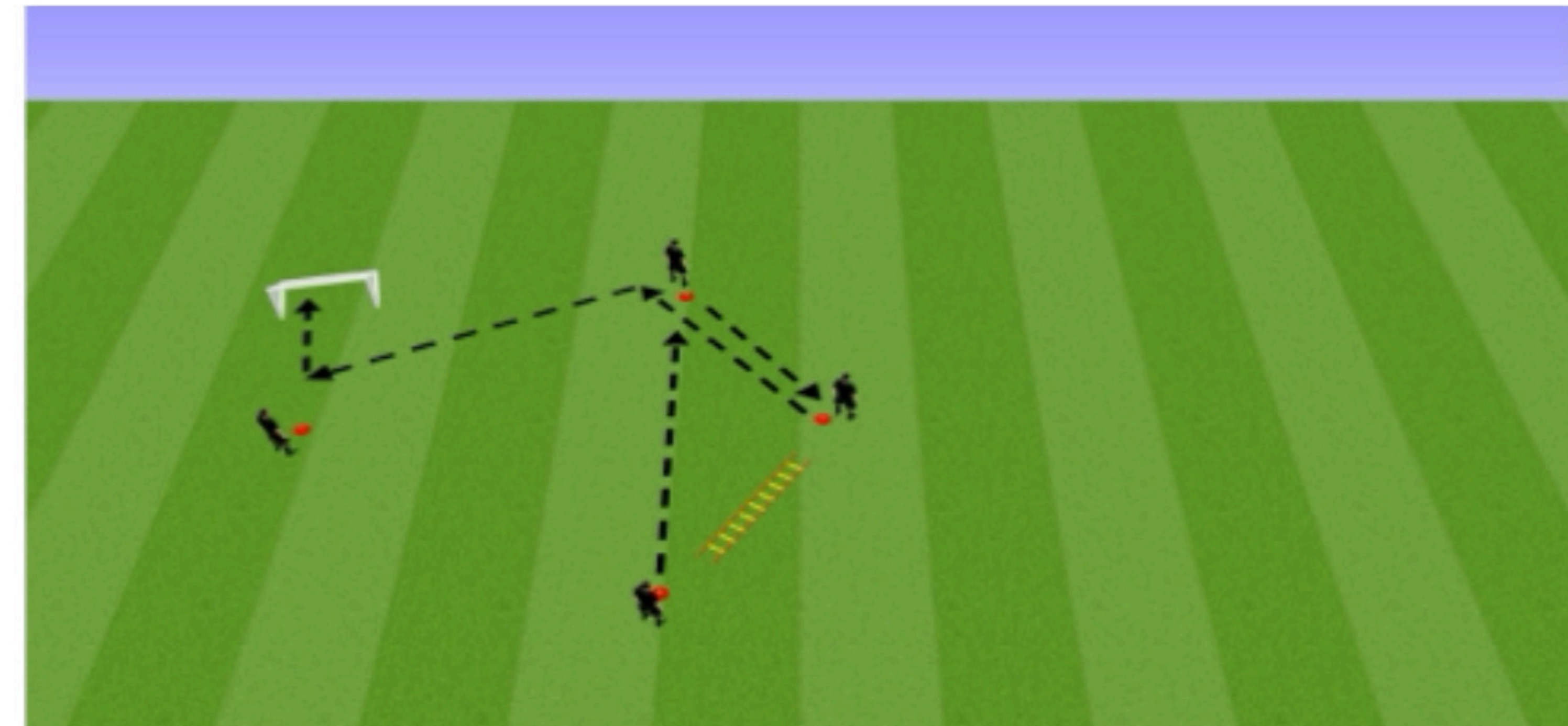


ACTIVITY 2

10 mins
10x15

Passing Pattern with switch

Small passing pattern to introduce switching the field. Add SAQ for additional fun/interaction.

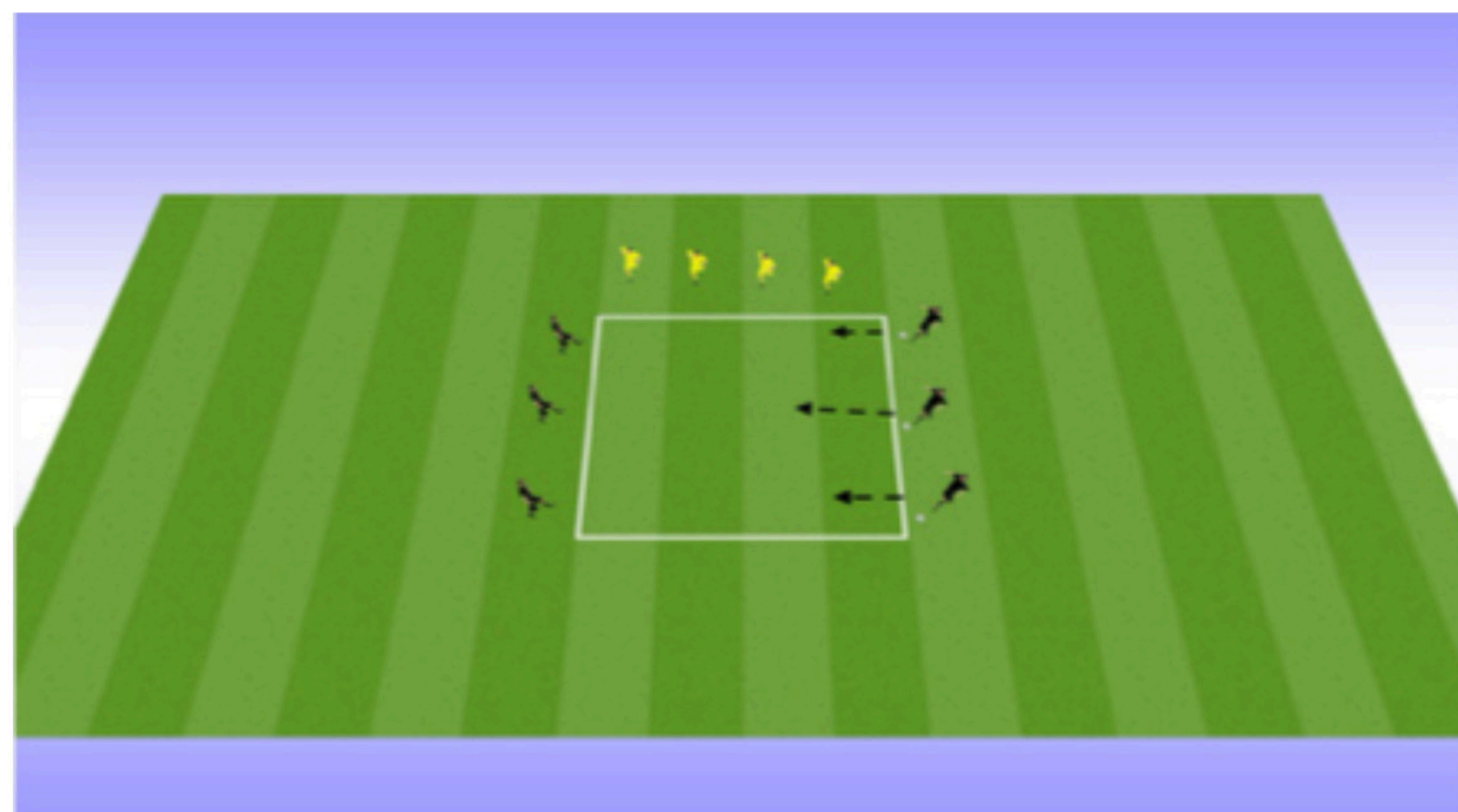


ACTIVITY 3

10 mins
15x20

Passing Dodgeball

Inside foot passes ONLY, hitting below the knees. One team runs through middle, dodging the ball.



Scrimmage

