



U10 and U12 – Games and Activities and Themed Lesson Plans

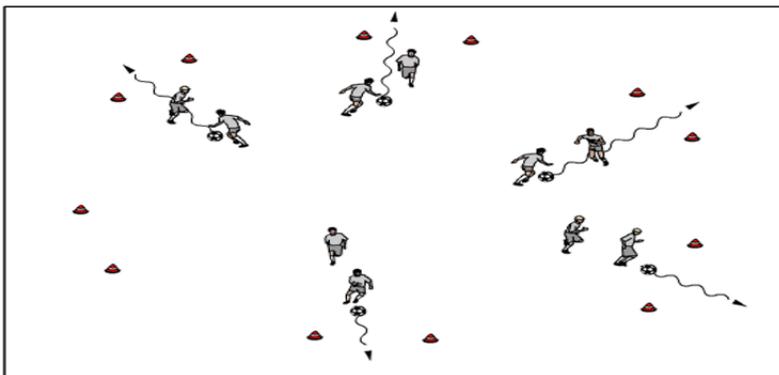
The following chapter includes games/activities and themed lesson plans for U10 and U12 players. The games and activities and lesson plans shown are age specific but in many instances the U10 examples can be used for U12 players and vice versa. Therefore, coaches are encouraged to review both sections to find appropriate content for their coaching sessions.

Adjust the size of the training area accordingly to make sure your practices work.

ACTIVITY KEY	
	PASS
	RUNNING
	DRIBBLING
	SHOOTING

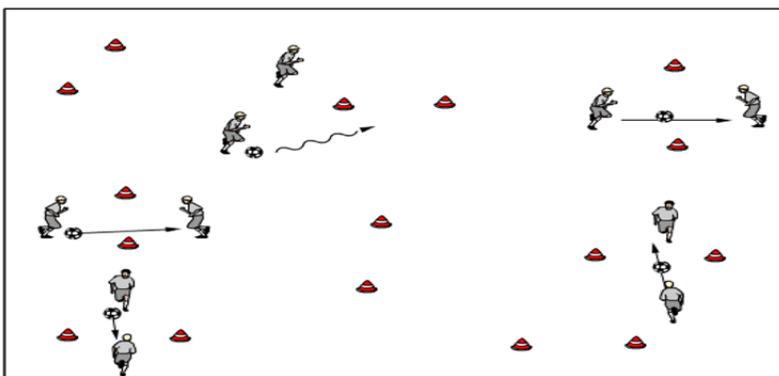
U10 Games and Activities

1. 1 v 1 Dribbling to Multi Goals



Organization: Players in groups of 2 with one ball per group. Create a circle of goals around the players. Attackers try to beat defenders and score in any of the goals. Goals can only be scored from the inside of the circle outwards and never in the back of the goal. If a player scores they must then attack another goal. The same goal cannot be attacked twice in succession. If the defender wins the ball they become the attacker. Play for 60 second and whoever scores the most goals wins.

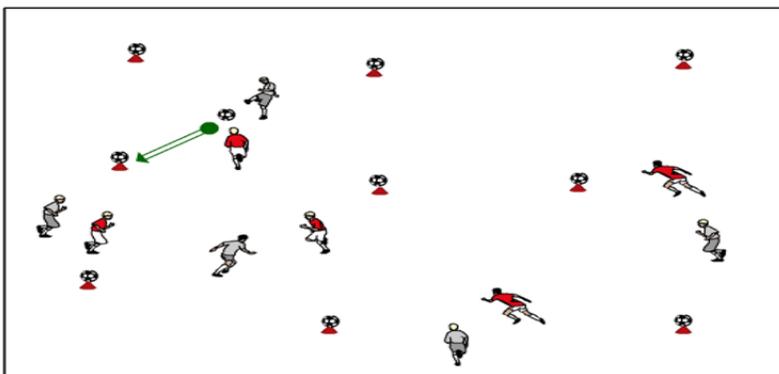
2. Multi Goal Passing



Organization: Set up random goals (Cones 2-3 yards apart) within the playing area. Divide players up into pairs with one ball between each pair. On the coaches command the players try and score as many goals as possible by passing the ball through the goals to their partner and then moving to the next goal. Play 60 second rounds and then tally up the goals.

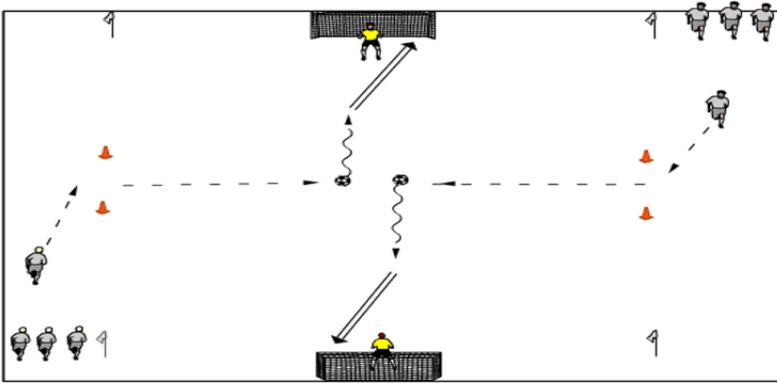
Progression – Challenge the players by asking them to pass the ball through the goals in different ways e.g. outside of foot, heading, diving header, feed and volley.

3. Target Ball



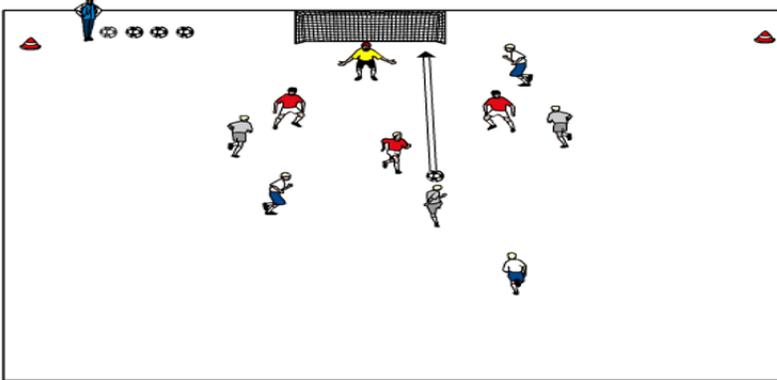
Organization: 40 x 30 training area. Divide players into two equal teams. A set number of target balls are balanced on cones and distributed randomly throughout the training area. An additional number of balls are placed outside of the training area. One team attacks and one team defends. The attacking team tries to dislodge as many target balls as possible. The defending team tries to protect the cones and win possession of the ball. If they defending team wins the ball they play it outside of the training area. The attacking team has a set number of balls to dislodge as many target balls as possible but there can only be one ball in the training area at any one time. After a team has used all their balls the teams switch roles. The team that's knocks over the most target balls wins the game.

4. MLS Shootout



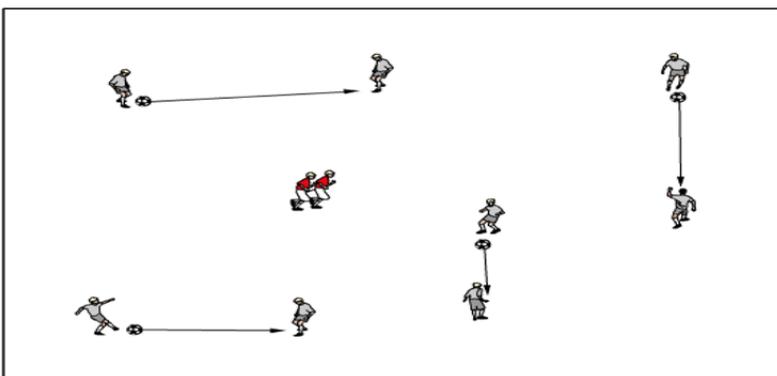
Organization: 40 x 30 training area with large goals, GKs and two balls placed in the center of the field. Divide players into two equal teams, numbered 1-4 and stationed diagonally opposite on each end line. The coach calls out a number and those players must run through the cone gates before entering the field. The first player to score wins.

5. Olympics



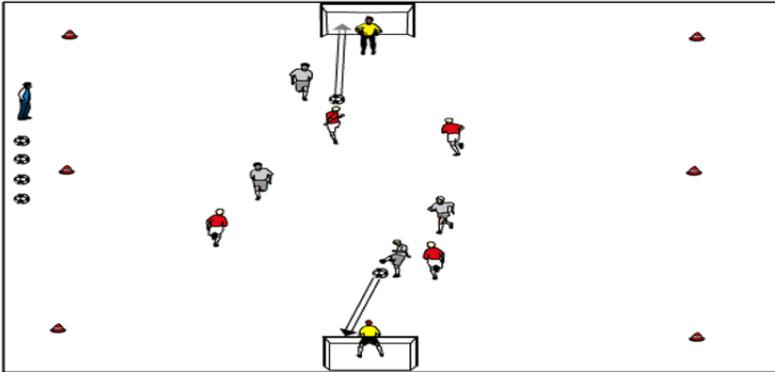
Organization: Three teams of 3 players plus a GK. Game is played to one goal. The coach has a number of balls ready to play in. Each team of three picks a country name. When team scores they run off the field and yell their country name. The first team to score gets a gold medal. The remaining two teams play for silver and bronze. Play five or six times and see who is at the top of the medal table.

6. Partner Pass Tag



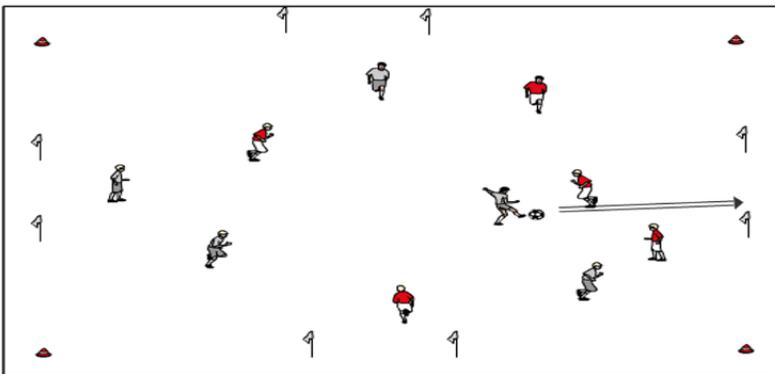
Organization: Players pair up and share a ball. One pair does not have a ball and they hold a pinnie between them. They are "it". They try and tag any body that has a ball. Pairs that have a ball can only pass to each other. If someone that has a ball gets tagged they along with their partner become "it" and the "it" players now take their ball and try to prevent being tagged.

7. Balls Galore



Organization: 4 v 4 plus GKS in a 40 x 30 training area. Play a normal small-sided game with the exception of playing with multiple balls fed in by the coach.

8. Four Goal Game



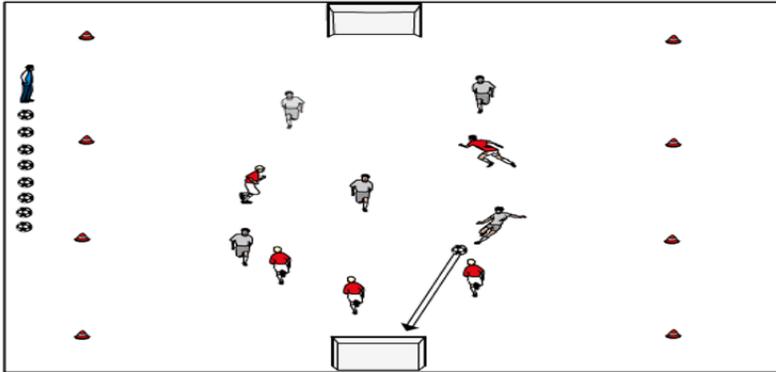
Organization: 5 v 5 in a 40 x 30 training area. Players defend and attack two goals

9. Get Outta Here



Organization: 30 x 20 training area. Divide players into two equal teams. Each team stands to the right and left of the coach outside the field. The Coach has all of the balls. Each team sends two players out at a time. Two small goals are on each end. Coach plays ball in. Whichever team scores stays. If the ball goes out of bounds, they are both out of there and two players from each team step on. If a team has too many players on the field when the coach plays in a new ball, then it is a penalty kick.

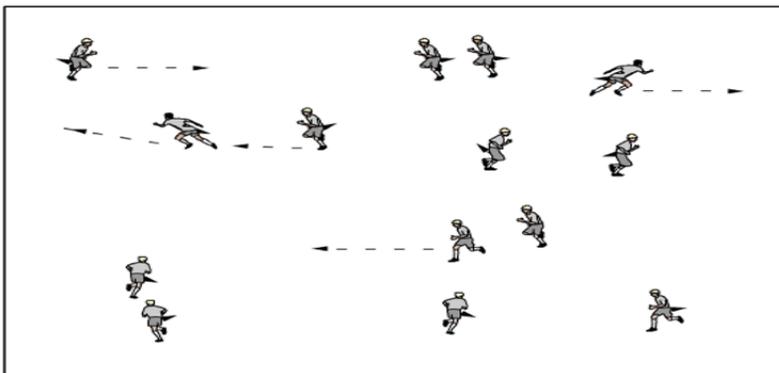
10. Boss of the Balls



Organization: Play 4 v 4 or 5 v 5 to small goals in a 30 x 40 field. The coach is in the middle of the field and on the side. Coach is the “boss of the balls”. Anytime the ball goes out, the players simply leave it and the coach plays in another one. Coach continues this until all of the balls are gone. The coach then tells the players to retrieve them as fast as they can.

U12 Games and Activities

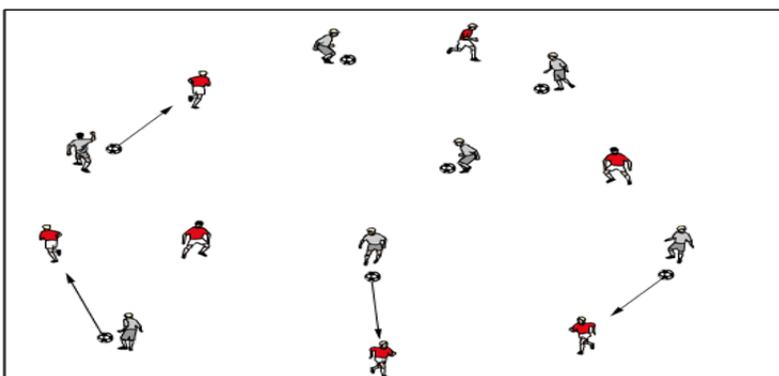
1. Tail Tag



Organization: In a 25 x 25 training area. Each player has a tail (pinnie tucked into the back of their shorts). On the coach's command, each player tries to steal the other players' tails and if they win a tail they throw it on the ground. When a player loses their tail they continue to play as the winner is last player left with a pinnie. A variation is for player to keep the pinnies they steal and see who can collect the most pinnies. Players cannot steal a pinnie from another player's hands.

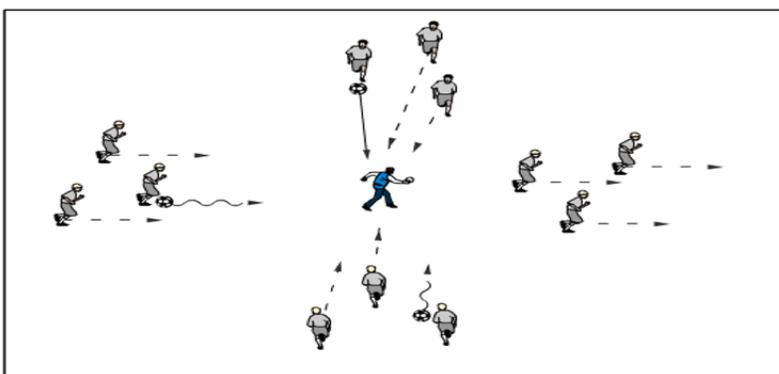
Progression: Play the same game while dribbling a ball.

2. Defrost Tag



Organization: Divide players into two equal teams. One team starts on the outside of the training area, each player with a ball and the other team starts inside the training area without a ball. The team outside the area dribbles into the area and tries to hit players from the other team below the knee.. Once a player is hit, they become frozen and must stand with their legs apart. The objective is freeze the entire team as quickly as possible. A frozen player can only get defrosted when a teammate crawls through their legs they are safe until the crawl is over. See which team can freeze the other team fastest.

3. Ball Retrieve in Threes or Fours

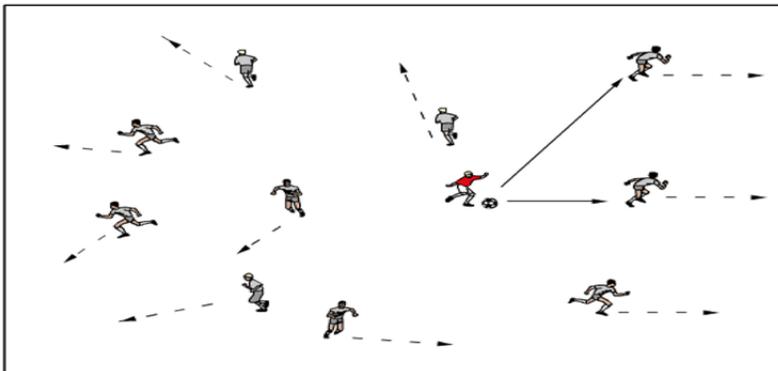


Organization: Players in groups of 3 or 4 with one ball per group in approximately half a soccer field. Each group dribbles their ball to the coach who tosses the ball away. The groups of players must return the ball to the coach with each player touching the ball at least once. The coach then asks the groups to return the ball in different ways e.g. – juggling, passing outside of foot only, heading etc.

Variation: The coach may move and change position which encourages players to look up.

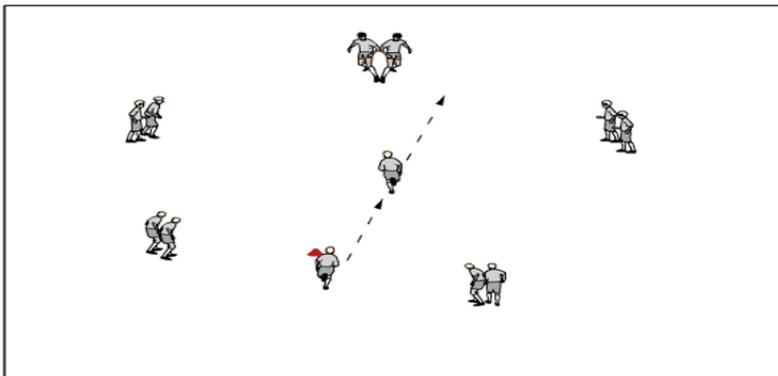


4. Pacman



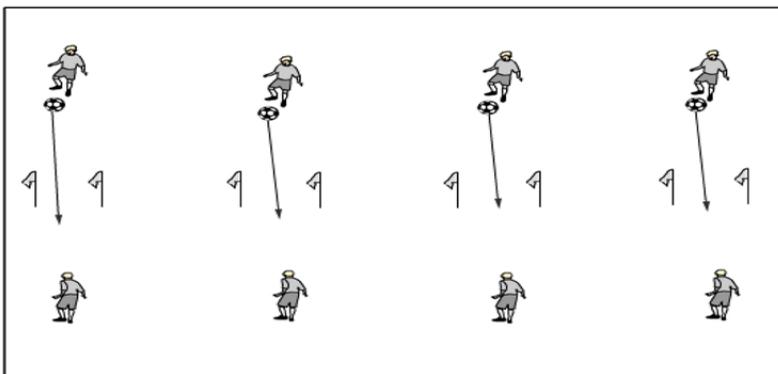
Organization: One player with a ball (Pacman) outside the area and the rest within a 25 x 20 yard area. All the other players run freely within the area. On the coach's command the player with the ball dribbles into the area and tries to hit the other players below the knees by passing the ball at them. Once a player is hit, they go outside the area to get a ball and become the second Pacman. Game continues until all but one player is left who is the Pacman for the next game.

5. Elbow Tag



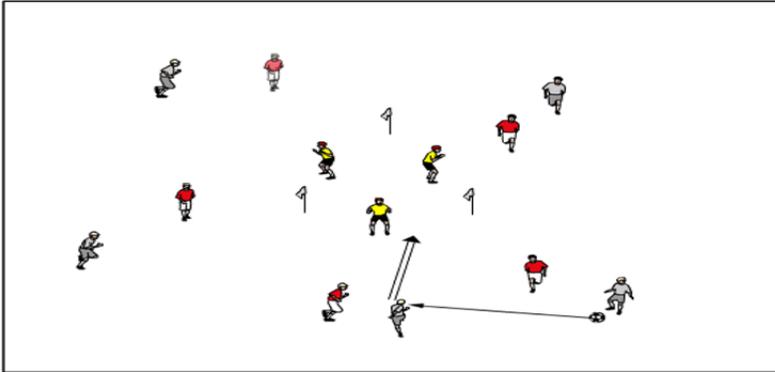
Organization: Players in pairs with their elbows hooked standing in a circle. The other hand is on the waist and elbow bent. The coach separates one pair and gives a pinnie to one player, while the other runs free. The player with the cone/pinnie chases the free player and tries to tag them. If the chaser tags the player being chased, they must throw away the pinnie and the player that was tagged must pick up the pinnie and they then become the chaser. The player being chased tries to stay safe by hooking onto the elbow of another pair. Once this occurs the player on the opposite end must leave and is now chased by the chaser. Players must stay within one step of the outside of the circle and can go anywhere inside the circle.

6. Pong



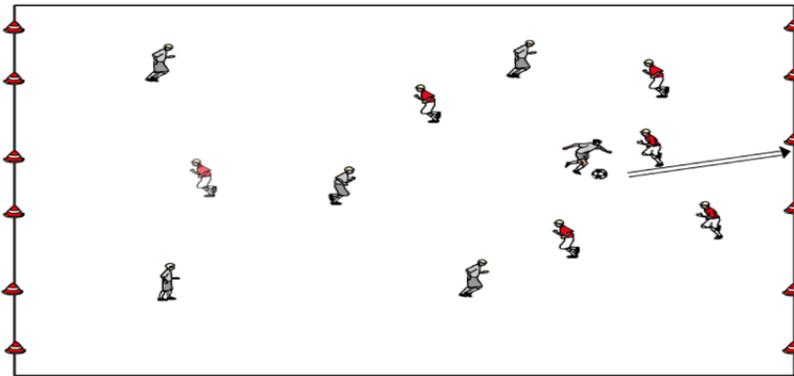
Organization: Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose! Players pass back and forth to each other. The ball must never stop, must always stay on the ground, and must go through the two cones without touching them. Whenever this is violated the other person receives a point. Players must play 1 or 2 touch. The closer the two cones are, the closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade "Pong" game. Play and see who can become the PONG Champ!

7. Triangle Game



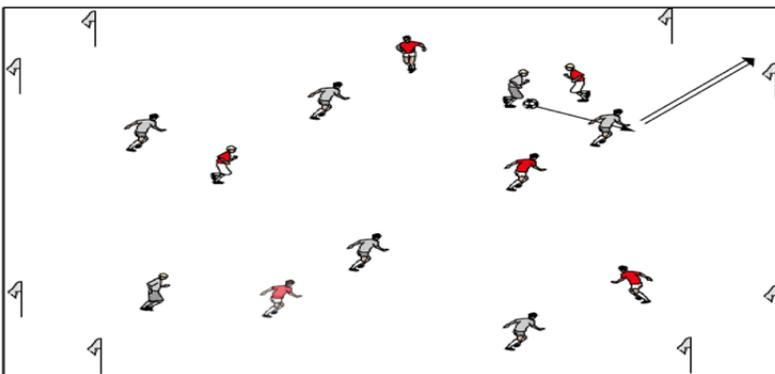
Organization: Divide players into two equal teams with three GKs. Using cones or flags create a triangle in the middle of your training area with a GK on each line. The sides of the triangle should be approximately 8 -10 yards apart. Use up to half a field with no out of bounds. A goal may be scored on any side of the triangle below the shoulder height of the GK.

8. Multi Goal End Line Game



Organization: Divide players into two equal team on a 30 x 40 yard fields. Place three goals on each end of the training area. Players score by dribbling through one of the multiple goals on the opponent's end line.

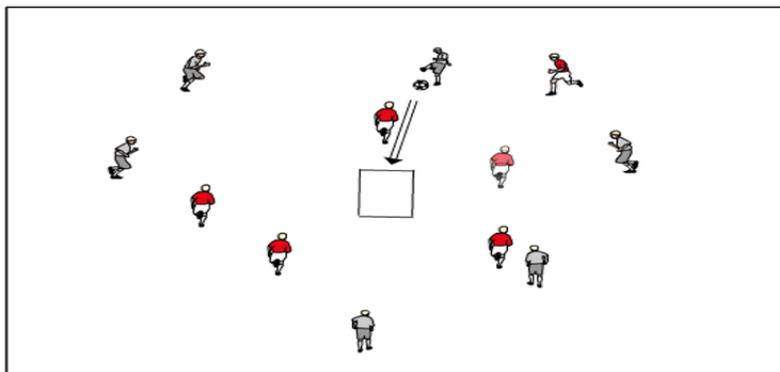
9. Corner Gates



Organization: Divide players into two equal teams on a 30 x 40 yard field. Make diagonal goals with flags or cones in each corner of the field. When a goal is scored or the ball goes out of bounds, the coach plays in a new ball to keep the game flowing. The object of the game is to score through any of the 4 corner goals by passing or shooting.

Progression: Assign each team two goals to attack and two goals to defend.

10. Kick The Can



Organization: Divide players into two equal teams. Use up to half a field with no out of bounds and a trash can in the middle of the field. Score a goal when you hit the barrel. The game is continuous and continues even when a goal is scored. If player congregate around the can place a 2 yard circle around the can that players cannot enter. Condition: Can only score with a first time finish.