



# U12 – Session 4

## Team Shape

### **Intentional Free Play:**

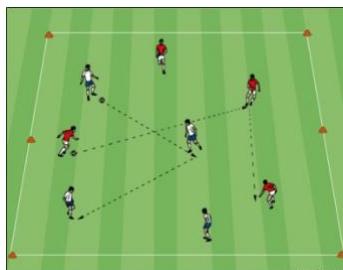
Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



### **Inter Passing in 3's or 4's:**

Players are in teams with different colors. Each team has one ball and passes and moves freely in the 30x 40 yard grid.

**Coach:** Concentrate on polishing the mechanics of passing and receiving as well as player's technical speed and individual/group shape.



### **4v0 + 4v0:**

Two groups of 4 players each with one ball per group. Play through each other in the same 30x40 yard grid. Each group focuses on their ball, individual/group shape, and speed of play.

**Coach:** Encourage players to keep a diamond/kite shape with players always being in good supportive positions.



### **4v4 or 5v5 to End Zones:**

Two teams of 4 or 5 players each play in a 30x40 area with a 2-3 yard end zone on the 30 yard lines. Each team defends one end zone and attacks the other. If a team successfully plays the soccer ball into the opposite end zone, they receive a goal. In order to score, the player receiving the soccer ball must arrive into the end zone when the ball is arriving. Waiting for the soccer ball in the end zone will be off-sides. The defenders cannot enter the end zone.



### **Scrimmage:**

Create field based on playing numbers and size of area.

