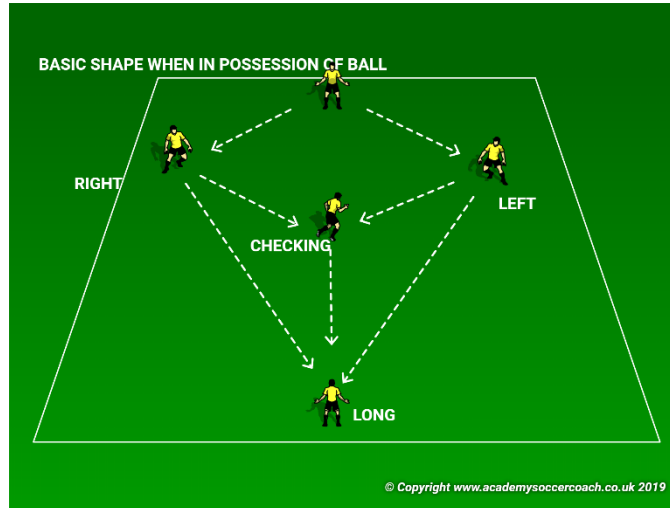


RBFC U12 TRAINING TOPICS

1. POSSESSION 1
2. DRIBBLING 1
3. COMMUNICATION
4. SYSTEM OF PLAY/FORMATION 1
5. INDIVIDUAL DEFENDING
6. SITUATIONAL TACTICS
7. COMBINATION PLAY
8. PLAYING OUT OF THE BACK
9. FINISHING 1
10. SET PIECES ATTACKING/DEFENDING
11. SYSTEM OF PLAY/FORMATION 2
12. SMALL GROUP DEFENDING
13. SWITCHING THE FIELD
14. WIDE PLAY
15. FINAL THIRD ATTACKING PLAY
16. PRESSING
17. POSSESSION 2
18. TRANSITION OFFENSE/DEFENSE
19. MOVEMENT OFF THE BALL
20. STRIKING BALLS
21. SPEED OF PLAY
22. NUMBERS UP/DOWN ATTACKING/DEFENDING
23. FINISHING 2
24. POSSESSION 3



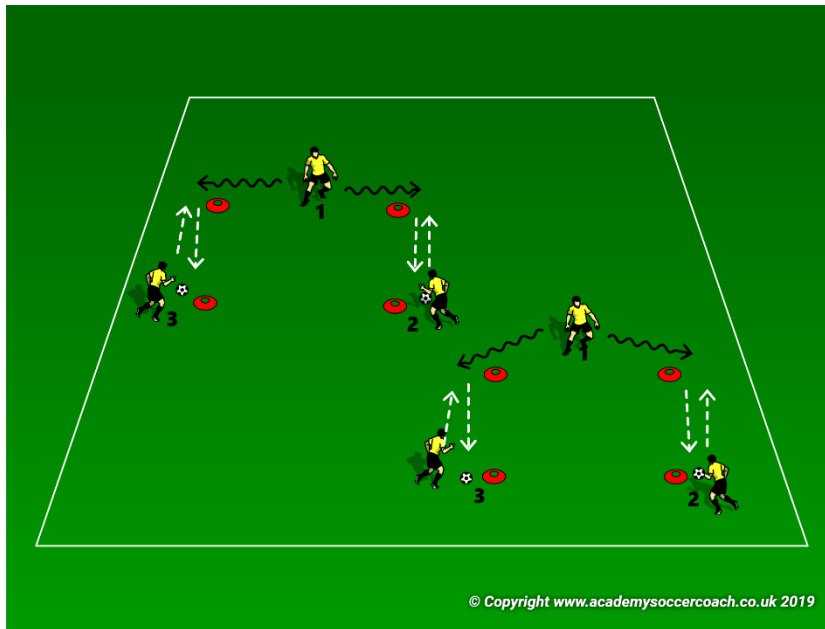
RBFC U12 – SESSION 1 POSSESSION



KITE SHAPE WHEN IN POSSESSION OF BALL. PLAYER ON THE BALL MUST HAVE SUPPORT RIGHT, LEFT, CHECKING, AND LONG.

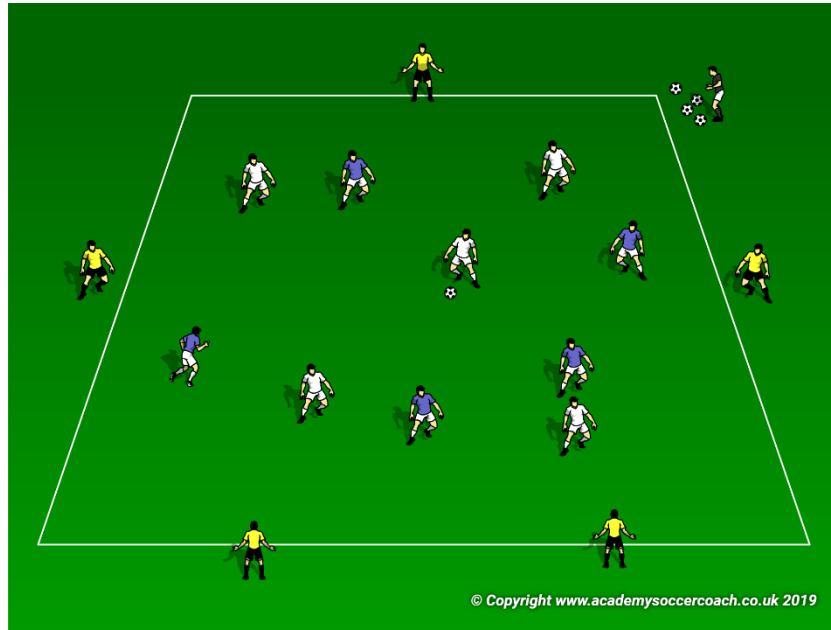
10 MINS
20 MINS

DYNAMIC WARM-UP



Exercise 1 - Groups of three. Player 1 moves to side and passes the ball to player 2/3. 1. First time pass. 2. Receive with inside of foot and pass back with same foot. 3. Volley with side of foot. 4. Receive service in the air/control/pass back to server. 5. Receive with inside of foot, roll ball across body and pass back with other foot. Rotate every minute.
Coaching Points: Crisp passes, lock ankle when passing, ask for ball each time (verbal/non-verbal).

25 MINS



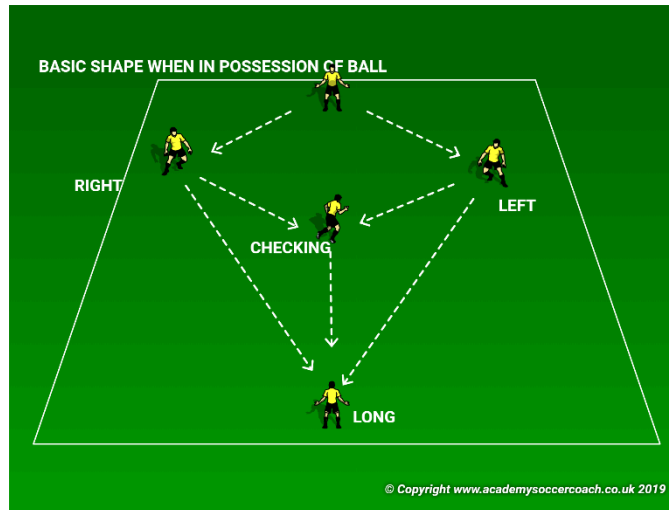
Exercise 2 - Basic Possession game - 5v5 + 5. Neutral team on outside (only has 2 touches). Both teams in the middle can use outside neutral players. First team to get 10 passes scores a point. Coach passes ball into the grid if it goes out of bounds.
Coaching Points: Kite shape (support of ball right, left, center, stretching) See shape diagram. Communication, movement on and off the ball, combination play.

30 MINS **SCRIMMAGE**

5 MINS **COOL DOWN**



RBFC U12 – SESSION 2 POSSESSION

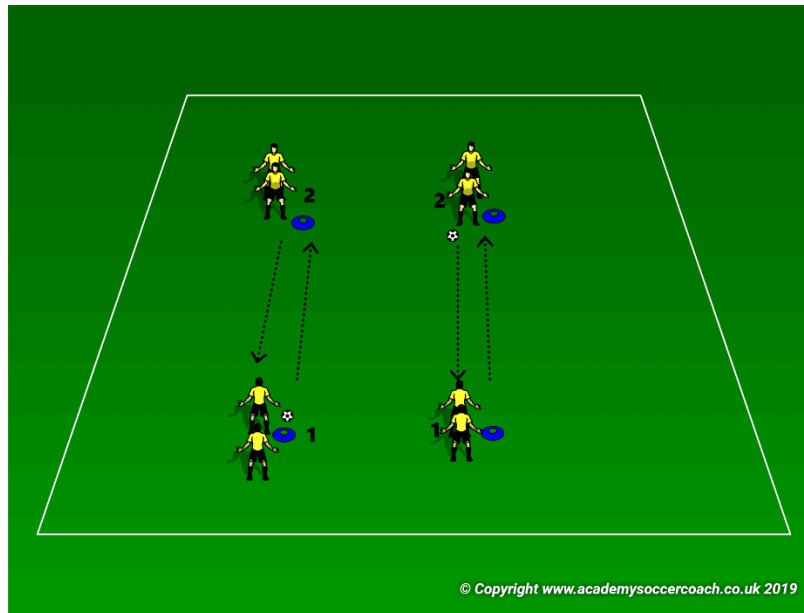


KITE SHAPE WHEN IN POSSESSION OF BALL. PLAYER ON THE BALL MUST HAVE SUPPORT RIGHT, LEFT, CHECKING, AND LONG.

10 MINS

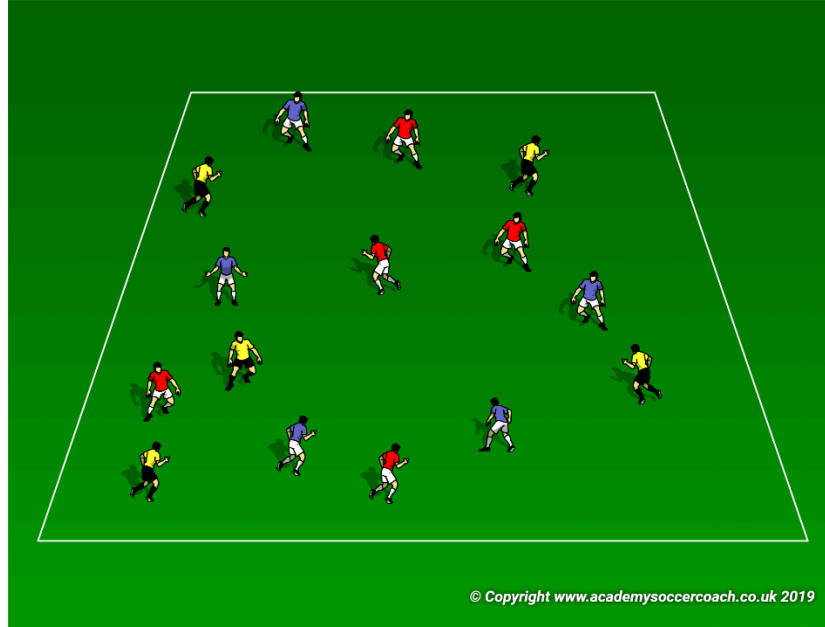
DYNAMIC WARM-UP

20 MINS



Exercise 1 - Passing/receiving - First player in line 1 passes to line 2. Player follows pass and goes to back of opposite line. 1. Dribble across. 2. One touch. 3. Receive and pass. 4. Receive and make a move. 5. Play wall pass with opposite player. 6. Dribble towards other line and allow teammate to execute a takeover. 7. Receive, roll over, pass.
Coaching Points: Pace on the pass, Focus on first touch, change of pace when switching lines, small touches with laces when dribbling.

25 MINS



Exercise 2 - Possession - 5v5 + 5. Team that starts on defense has to win the ball back from the other team 10vs5. The team that gives the ball away transitions to defense when ball is turned over.
Coaching Points: Kite shape, movement off the ball, pressure as a team to win ball back, make field big offensively, small defensively, quick transition from defense to offense.

30 MINS **SCRIMMAGE**

5 MINS **COOL DOWN**

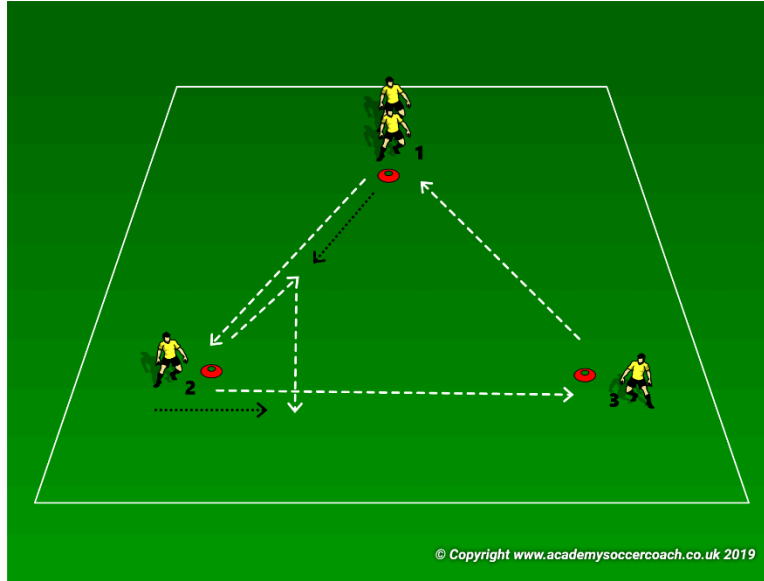


RBFC U12 – SESSION 3 - PLAYING OUT OF THE BACK

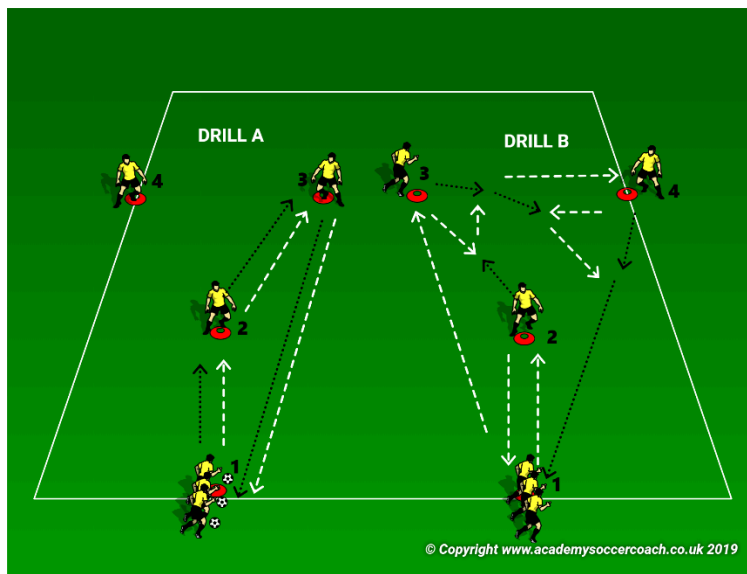
10 MINS

DYNAMIC WARM-UP

20 MINS – 10 MINUTES ON EACH

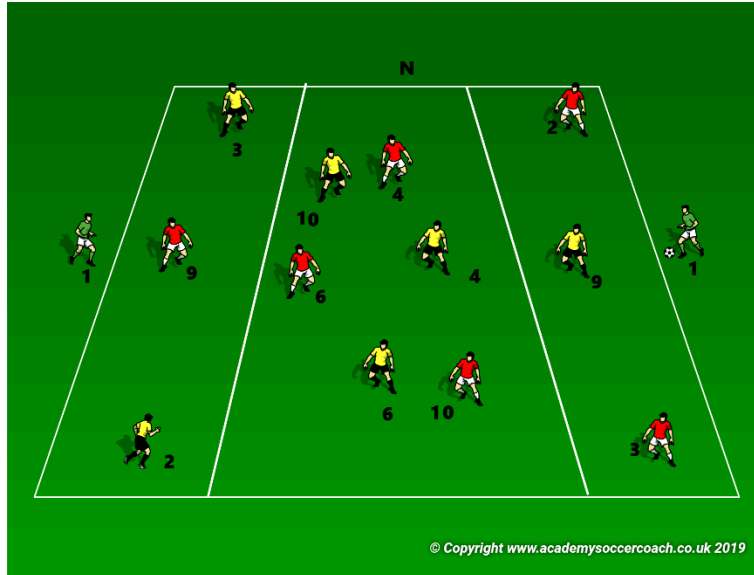


Exercise 1a - 1 passes to 2, 2 passes to 3, 3 passes to 1. Players should receive ball across their body (open up). Change direction after two minutes.
Progression 1 - 1 passes to 2, 2 bounces ball back to 1, 1 plays wall pass back to 2. Same combination with 3.
Coaching points: Let ball come across body, open up from cone to receive pass, pace of pass, timing of runs, sprint after pass, don't fill space too early after wall pass.



Exercise 1b - Add one more cone to the 1a triangle used in exercise 1a.
Drill A - 1 passes to 2, 2 receives the ball side on and passes to 3, 3 dribbles to back of line 1. 1 becomes 2, 2 becomes 3, 3 becomes 1. Alternate between 2 moving towards 3/4 so that they are working both sides.
Drill B - 1 passes to 2, 2 plays back to 1, 1 plays diagonal ball to 3, 3 plays wall pass with 2, 3 plays wall pass with 4, 4 dribbles to back of line 1. Rotation 1 becomes 2, 2 becomes 3, 3 becomes 4, 4 becomes 1
Coaching points - be vocal, ask for the ball, timing of runs, movement to receive ball, don't close space too early.

25 MINS



Exercise 1 - Goal is scored by being able to transfer the ball from one green to the other green. Green cannot play directly to green. Players have to stay in their zones. When goal is scored possession of the ball transfers to other team. If ball is won in transition you can play directly into green target for point.
Progression 1 - Player in possession of ball can dribble over line into other zone to create numbers up situations.
Progression 2 - Player who passes the ball over the line can enter next zone.
Progression 3 - Either defender can enter middle zone when team has possession of ball.
Coaching Points - Spreading out in possession, Target picking best passing option, midfield rotation to create space for each other, opening up body to receive pass, passing ball back to target if under pressure.

30 MINS **SCRIMMAGE**

5 MINS **COOL DOWN**

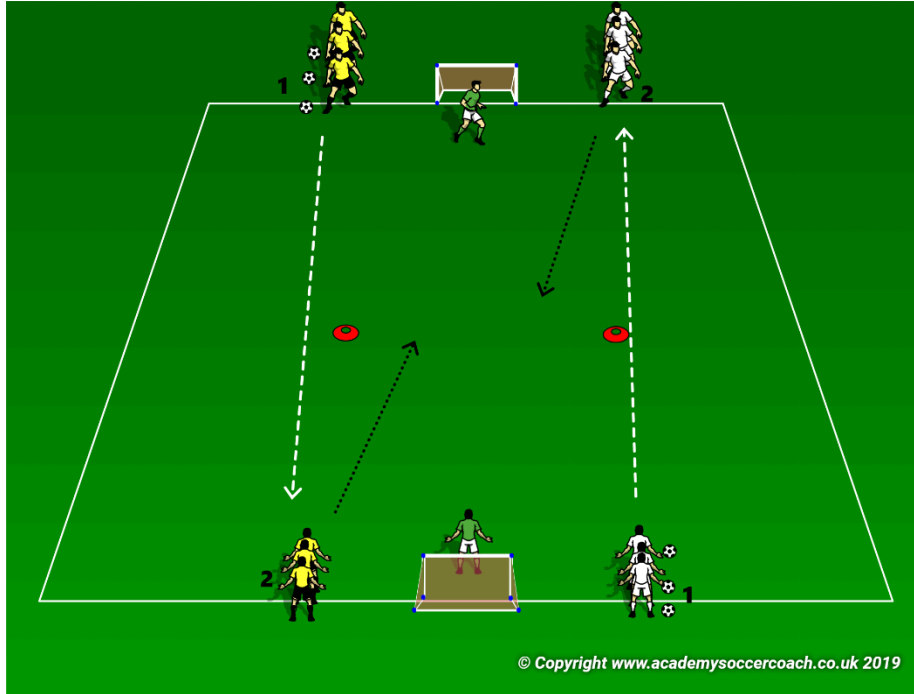


RBFC U12 – SESSION 4 – FINISHING/OFFENSIVE CORNERS

10 MINS

DYNAMIC WARM-UP

30 MINS



Exercise 1 - Finishing - Line one passes ball to line 2, 2 takes a few touches and chips ball into GK's hands. Line 1 and 2 switch lines. Play first team to 10.

Progression 1 - Same exercise however players are now trying to score - First team to 10 goals again.

Progression 2 - Same exercise however 2 has to make a move around the red cone.

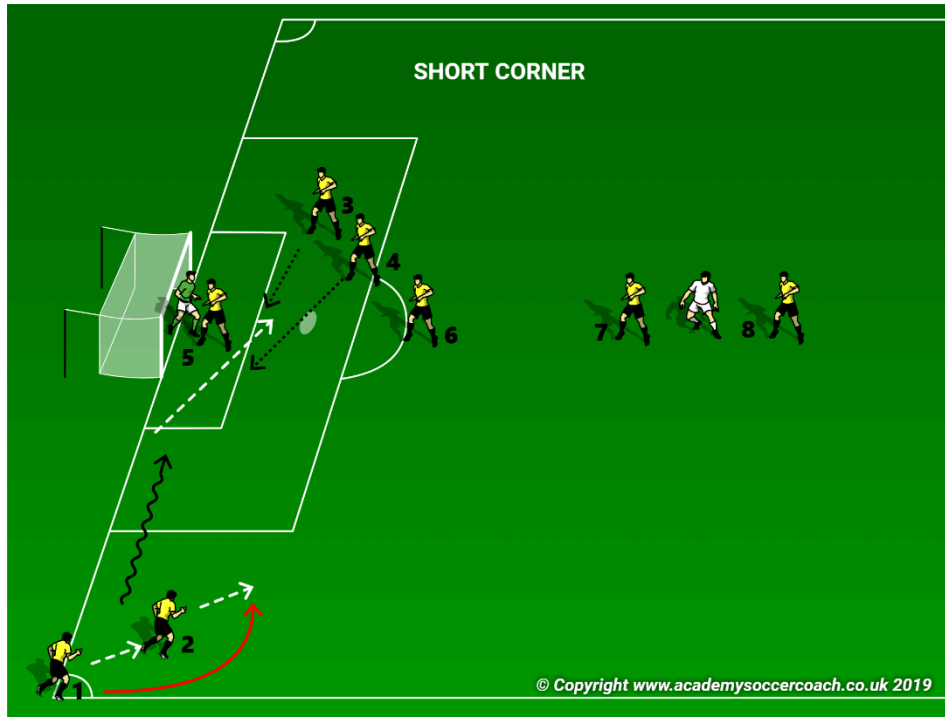
Progression 3 - 1 passes to 2, 2 passes back to 1 who lays ball off for a first time shot. Shot has to be from behind cone.

Progression 4 - Line 2 starts at corner of grid. Player 2 checks out wide to receive a long diagonal pass from 1, 1 runs around far away cone and receives a cross on the ground from 2. Players have to shoot first time.

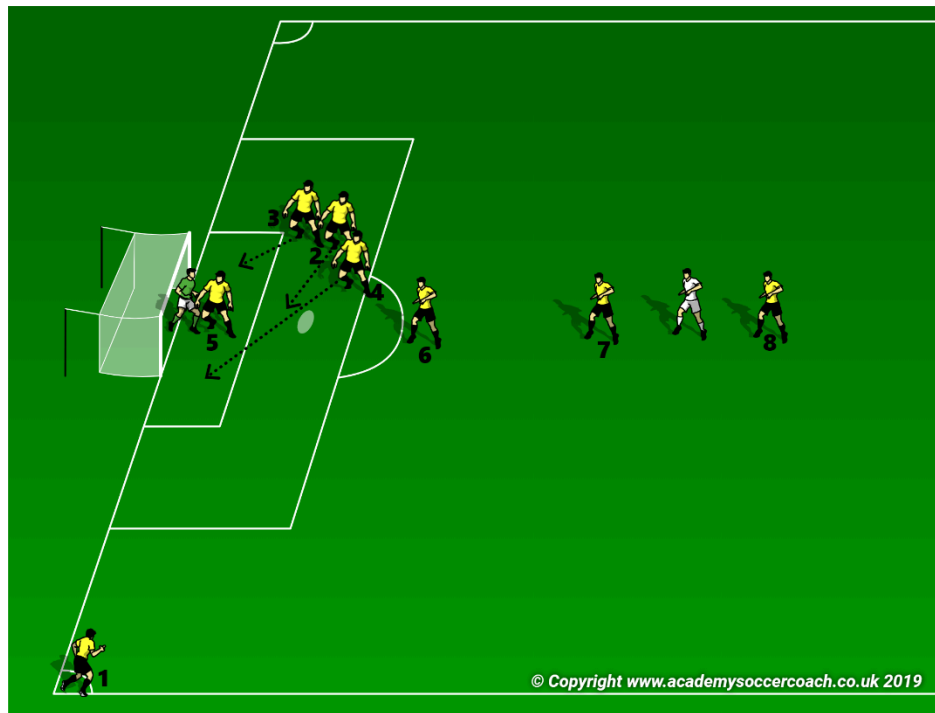
Coaching Points - Angle of approach to the ball, follow through, laces/side of foot, pace on the pass, speed of play.

20 MINS SCRIMMAGE

15 MINS CORNERS

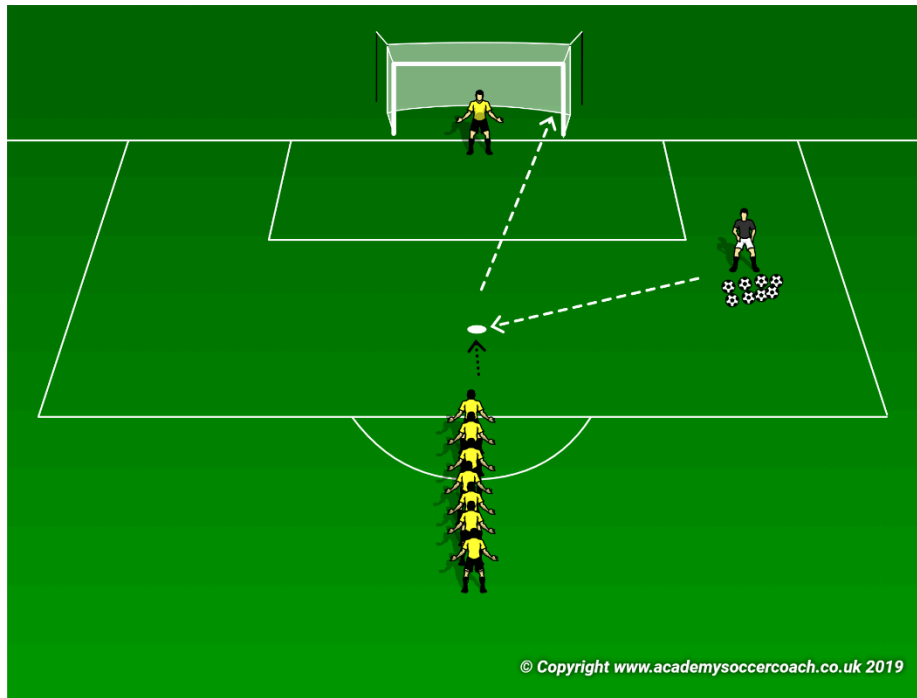


Corner Kick 1 - 1 passes to 2, 1 overlaps 2, 2 has the option of dribbling inside or passing to overlapping 1. 3 attacks center of goal, 4 attacks front post, 5 stays on GK, 6 stays at top of box, 7 & 8 stay back (side to side if no forward, front and back if marking a forward).



Long Corner - 2 attacks top of 6, 3 attacks back post, 4 attacks front post, 5 stay on GK, 6 covers top of box, 7/8 stay back (front and back if defender if forward stays high, side to side if no forward).
Coaching Points: Crosser raises hand to signal start of runs, pace on the cross, attack the ball with a purpose.

10 MINUTES LIGHTNING



Lightning - Coach passes the ball to first player in line. If player scores they go to the back of the line, if they miss they become GK, if you get scored on twice in a row you are out. When out you can return to the game if you can catch a ball that goes over the top of the goal. Last player remaining wins. If running out of time you can play shorter passes with less time in between passes.

5 MINS COOL DOWN

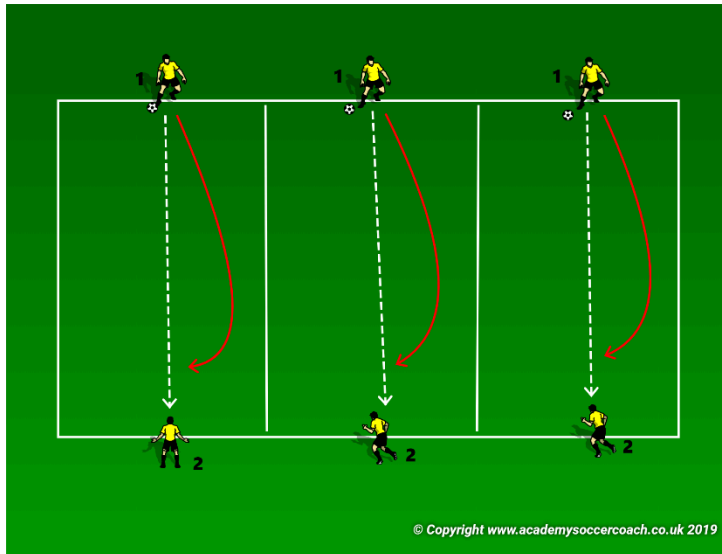


RBFC U12 – SESSION 5 - DEFENSE

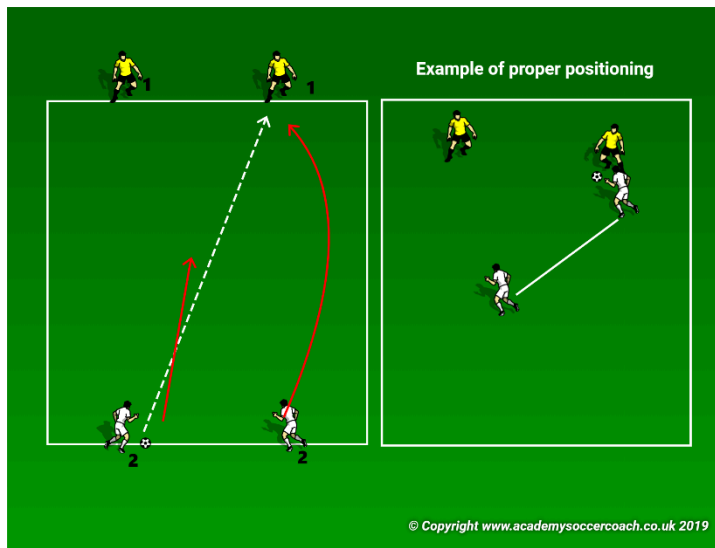
10 MINS

25 MINS

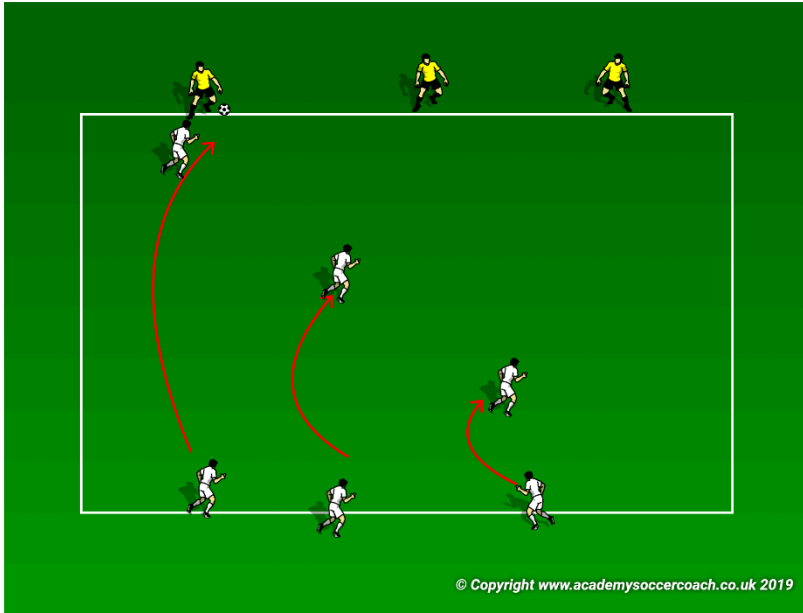
DYNAMIC WARM-UP



Exercise 1 (pressure/1st defender) - 1v1 Ladder - Player 1 passes the ball to player 2. Player 2 tries to stop the ball on the opposing players end line. If defensive player wins the ball they can score a point by stopping the ball on other end line. Keep track of points and play 90 second games. Alternate who passes the ball over. Winner moves up a grid and loser moves down a grid after each 90 seconds. Winner in the top grid stays where they are/loser in bottom grid stays where they are. Coaching points: Be vocal "I've got ball", angle your run, get there quickly then slow down, eye on the ball, knees bent in an athletic position, side on to ball, force one way, if attacker gets turned then close the space and get tight on their back.

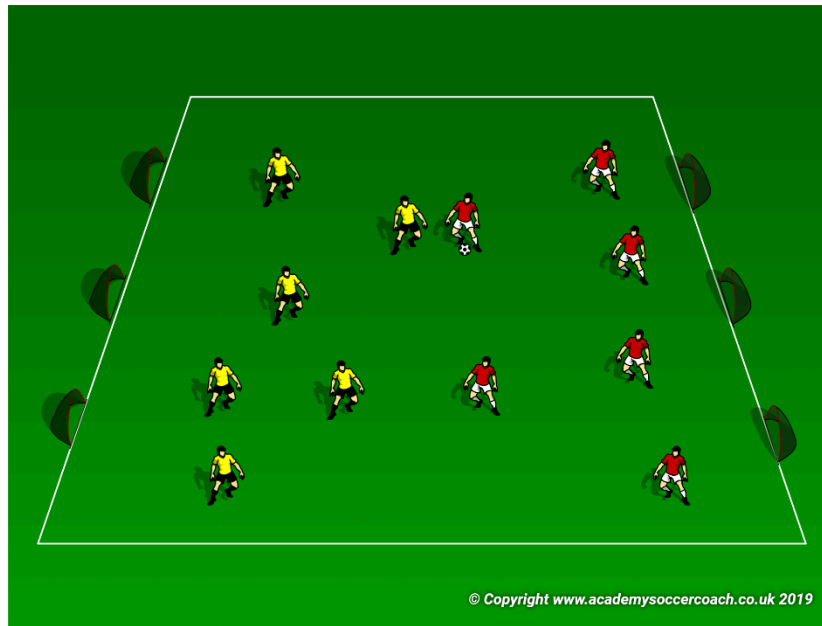


Exercise 2 - Pressure/Cover - 2v2 Ladder. 2 passes the ball to 1. Point is scored by stopping the ball on opponents end line. Defensive team can also score point if they win the ball. Play 90 second games with winning pair moving up and losing pair moving down. Coaching Points - 1st defender (pressure) - same as first exercise. 2nd defender (cover) - distance between 1st and 2nd defender (close enough to provide help to first defender, not close enough where one pass/move can beat both defenders), same body position as 1st defender, angle between both defenders, recognizing change of pressure as ball moves, communication, protect space/goal behind.



Exercise 3 - Pressure/Cover/Balance - 3 v 3 ladder. Same concept as previous drill.
Coaching Points - Positioning of third defender (Balance) related to ball, communication, recognizing change of defensive roles.

20 MINS



Exercise 4 - 6 Goal Game - Yellow team can score in any of the opposing teams three goals. First one to 5 goals wins. Set team up with players in their usual positions.
Coaching Points - Pressure, cover, balance, defensive team try to make field small, communication, protect goal/space in behind, move as a unit.

30 MINS SCRIMMAGE

5 MINS COOL DOWN

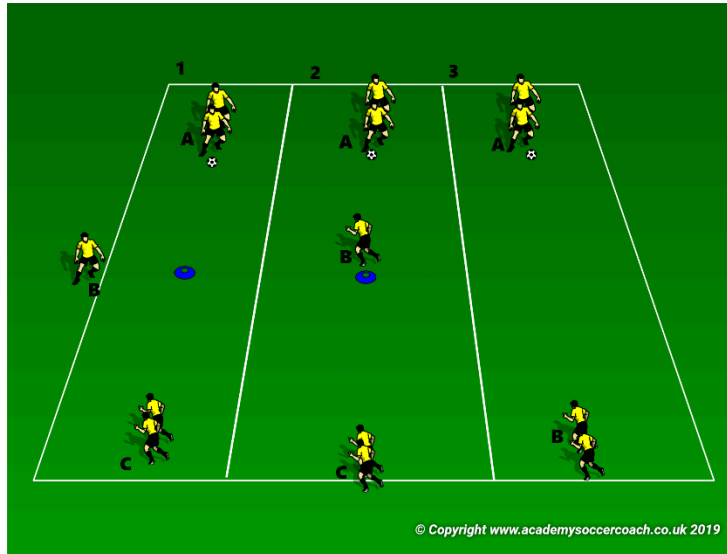


RBFC U12 – SESSION 6 – COMBINATION PLAY

10 MINS

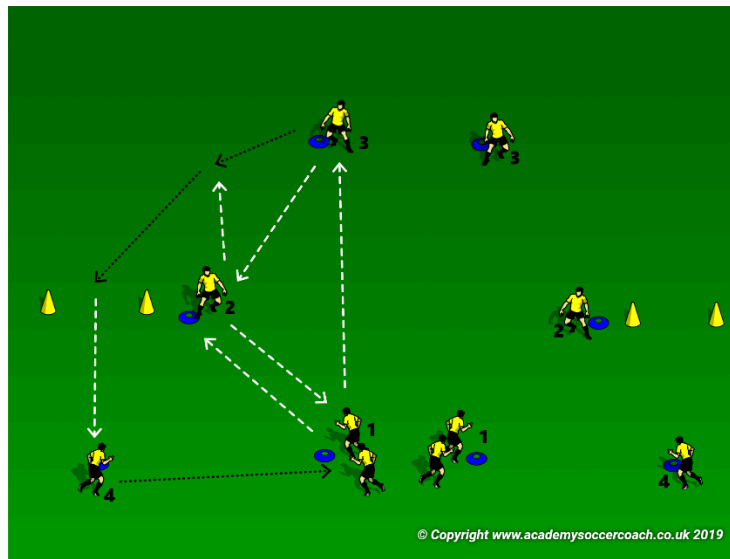
15 MINS

DYNAMIC WARM-UP



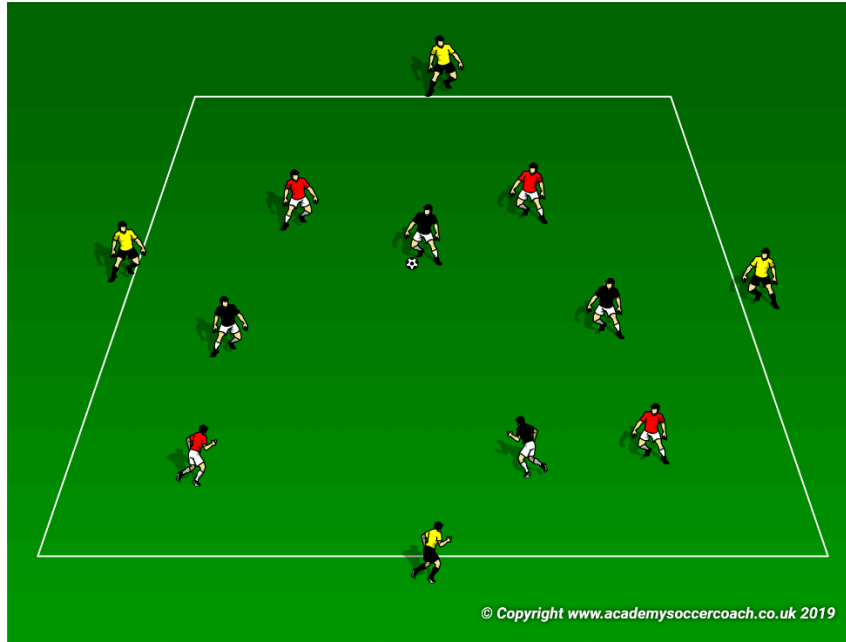
Exercise 1 - Simple combination play
 Progression 1 - Wall Pass - A dribbles towards cone and passes to B, B passes back to A who then passes to C. C completes same movement going the other direction. Switch the B player every 30 seconds.
 Progression 2 - Overlap - A passes to B, B dribbles inside of cone, A runs behind B and receives pass from B, B passes to C. Switch B every 30 seconds
 Progression 3 - Takeover - A dribbles towards B, B takes ball from A at midpoint of grid. Players switch lines.
 Coaching Points - Wall Pass - A has to dribble at cone (defender), weight of pass, communication, change of pace.
 Overlap - Weight of pass, B has to dribble inside to open space for A, A communicates to B (Hold, Hold, Pass).
 Takeover - Ball is on inside foot, player's have to communicate, change of pace when player takes ball over.

15 MINS



Exercise 2 Combination Play - 1 passes to 2, 2 passes back to 1, 1 passes to 3, 3 passes to 2, 2 passes ball into space for 3 to receive, 3 dribbles through gates and passes to 4, 4 dribbles to back of line 1. Rotation - 1 moves to 3, 3 moves to 2, 2 moves to 4, 4 moves to 1. Same pattern is going on at the same time on the other side. Team gets a point every time they dribble through the yellow cones. Turn game into competition.
 Progression 1 - 1 does take over with 2, 2 passes to 3 and uses same sequence as before
 Coaching Points - Weight of pass, speed of play, quick transition to next position, verbal/non-verbal communication.

20 MINS



Exercise 3 - 4v4 plus 4 on outside - 1 point for 10 consecutive passes, teams can also score a point by completing a successful wall pass, takeover or overlap. Both teams can use the team on the outside. 2 touch maximum on the outside. Play 6 minute games. Can also add a neutral on inside to create more combination opportunities. Players can overlap the outside neutrals. Coaching Points - recognizing combination play opportunities, same coaching points as earlier activities.

25 MINS **SCRIMMAGE**

5 MINS **COOL DOWN**

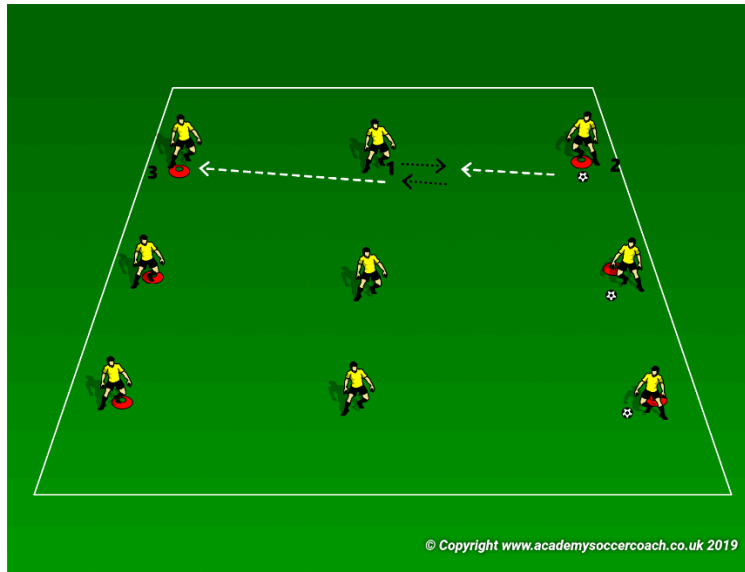


RBFC U12 – SESSION 7 – SWITCHING FIELD

10 MINS

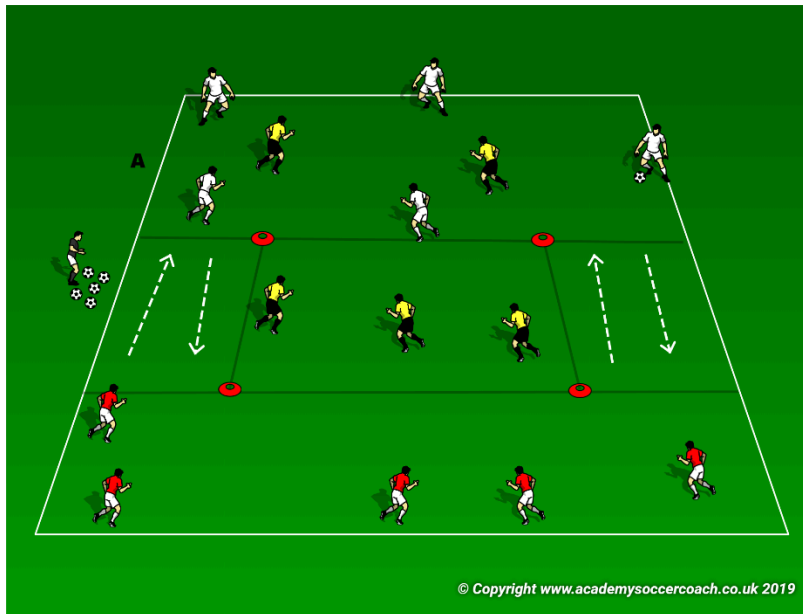
DYNAMIC WARM-UP

15 MINS



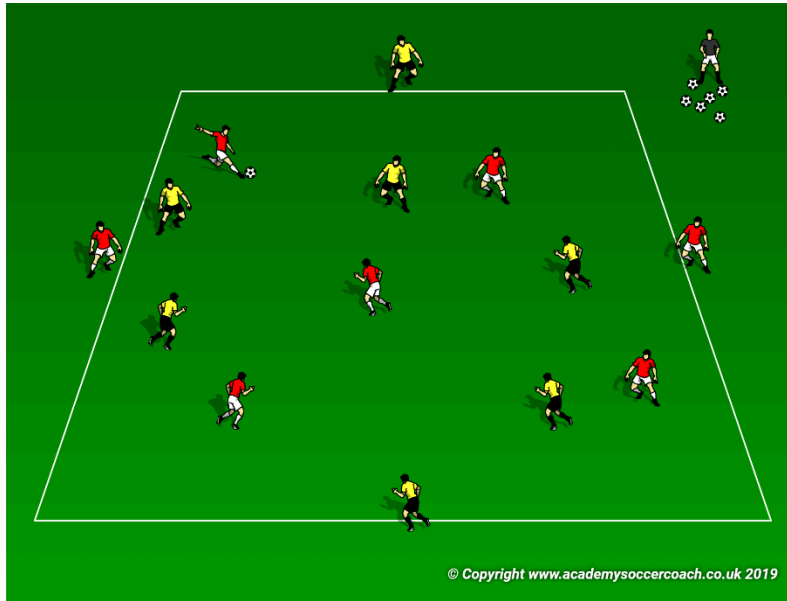
Exercise 1 - Technical exercise (switching the field) - Player 1 checks to player 2 and receives pass, player 1 turns and passes to player 3. Player 1 then checks away from ball again and checks back to player 3. Repeat sequence. Outside players should tell checking player to "turn". Switch after 45 seconds.
Coaching Points - receive ball side on, communication verbal/non-verbal, check with a purpose, weight of pass.
Progression 1 - turn with inside of foot, Progression 2 - turn with outside of foot, Progression 3 - receive ball in front and turn with sole of foot.

20 MINS



Exercise 2 - 5v5v5 switch/transition game - Players play 5v2 in grid A. Once white team gets 5 passes in a row they can pass the ball down one of the outside channels to get a point. If white scores then two new yellows would come out of middle zone to defend red. If yellow wins the ball back or it goes out of bounds then white would become the defensive team and send two players over to defend red. Defensive team cannot defend in the channels.
Coaching Points - do not force switch, decision making on the ball, transition from offense to defense, speed of play.

20 MINS



Exercise 3 - 5v5 plus targets - Teams play 5v5 possession, point is scored by switching the field through the middle from one target to the other target. Other team is going in opposite direction. Targets can move up and down the line. Players can bounce ball back to target to retain possession. Coach places a new ball in to start game. First team to ten points wins.
Coaching Points - quick switch of field, support the ball, short/short/long, pace on the pass, decision making on the ball, don't force switch.
Progression 1 - Receiving target can switch with inside player if point is scored.

20 MINS SCRIMMAGE

5 MINS COOL DOWN