


U-12 Training Session Planner

No.	Date	U-12 Game Objectives		U-12 Techniques
		Attacking Objectives • Score • Maintain Possession • Advance the ball	Defending Objectives • Prevent Scoring • Regain Possession • Delay the opponents	• Dribbling [] • Instep Kick [] • Throw - In [] • Inside of Foot - Push Pass [] • Inside of Foot - Ball Control [] • Tackling - Front Block [] • Goalkeeping [] • Ball Control - Top of Thigh [] • Ball Control - Sole of the Foot []
Halifax / South Boston 		U-12 Principles of Play Used to Achieve Objectives		
		Attacking Principles • Penetration • Width • Depth • Mobility • Creativity	Defending Principles • Delay • Concentration • Depth • Balance • Composure	

Player	Present	Absent	Activity	
			Warm-up & Stretch	20min
			Skill Based Activity	20min
			Short-Sided Play	20min
			Announcements	

"THE GAME IS THE BEST TEACHER!"
Use conditioned games to emphasis techniques.



POSITIVE INSTRUCTION AND ENCOURAGEMENT!