



OYSA Clinic

Develop Quality Passing & Receiving (U12)

Mike Smith



Warm-up

Set up a 20x30 yard field with small goals. This can be utilized for all activities!
16xU12 Players – divide them into two teams of 8 with colored bibs.

Half players in a circle and half buzzing around with ball scoring points by passing and receiving balls. Consecutive points only scored by passing to someone at least 2 players away. Play for a minute and then swap roles.

Windows (Passing)

Pair players up and place a number of windows randomly around an area (2 cones close together). 2 players have to pass through the window to score a point. Only rule is they cannot pass through same window **twice in a row!** After letting the players play for 2 minutes the Coach must reiterate the basic techniques for passing.

Passing Under Pressure

Have each player dribble in area with partner passing ball between them. Then introduce two defenders who try and knock balls out of grid. If knocked out, then both partners have to sprint to the ball, then play it back in. Both pay for the mistake.

Add Numbers

Put a group of 4 players in the 20x30 grid. Instruct them to simply pass the ball between them, but to keep the ball moving. See what happens. Instruct players to get further apart (show how a defender can cover two players standing too close!) and also to keep in a diamond shape.

Add Pressure

Then introduce one defender who tries to knock the ball out of grid. If team with ball makes 4 passes they score a goal. If the defender wins the ball and knocks it out then he scores a point. If ball is knocked out, coach plays another ball right in. Play for two minutes each team, with one defender. Keep scores. As players get better add a second defender.

Three teams of four (red, yellow, green)

All red and yellow players in grid with ball each. On command, greens are timed knocking all balls out. If a ball is out it stays out, but then the red and yellow players can pass and support each other to keep remaining balls away from green. Keep green's time. Then play again timing red and then yellow as the attackers. A lot of scheming, helping and double teaming strategy will be evident.

The Football Game!

Play games to end zones (crazy extra point) – 4v4 round robin. Play 5 minute games.

Final Activity – The Game!

Play games – 4v4 round robin. Play 5 minute games.