



**The Football Coaches Library's  
12 week syllabus for up to 12 Year olds**

This is The Football Coaches Library's 12 week syllabus for up to 12 year olds (5-11). Obviously every player and team you coach is different so this syllabus should be adapted for each group you coach making it more advanced or easier.

This syllabus was made to work on the core techniques and skills used in football and to help players develop on the long term. Although topics like movement off the ball are not included above, they will be developed in each of the sessions and taught regarding the core topic (like players making angles and getting into space off the ball in the passing sessions).

A few points for each week –

- The warm up each week should be used as an introduction to the session ahead and also to work on the fundamental movements.
- The sessions are based around an hour and a half session. Roughly split into a 10 minute warm up, 25 minute technical, 25 minute skill, 25 minute game and a 5 minute cool down/debrief.
- Homework should be set each week for the players to work on different skills, ball control etc.

The top quality session plan software used is from Academy Soccer Coach. Please visit their website at [www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk)

For more information regarding the syllabus or more session plans and articles please visit us at our website, Twitter page or Facebook page.

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Here is the syllabus with all the session plans on the following pages:

Week 1 – Dribbling

Week 2 – Running with the ball

Week 3 – Turning

Week 4 – Defending (In balance 1v1/2v2)

Week 5 – Defending (Out of balance 1v2 and as a team)

Week 6 – Passing (Possession)

Week 7 – Passing (Directional)

Week 8 – Passing (Combinations)

Week 9 – Receiving (Floor)

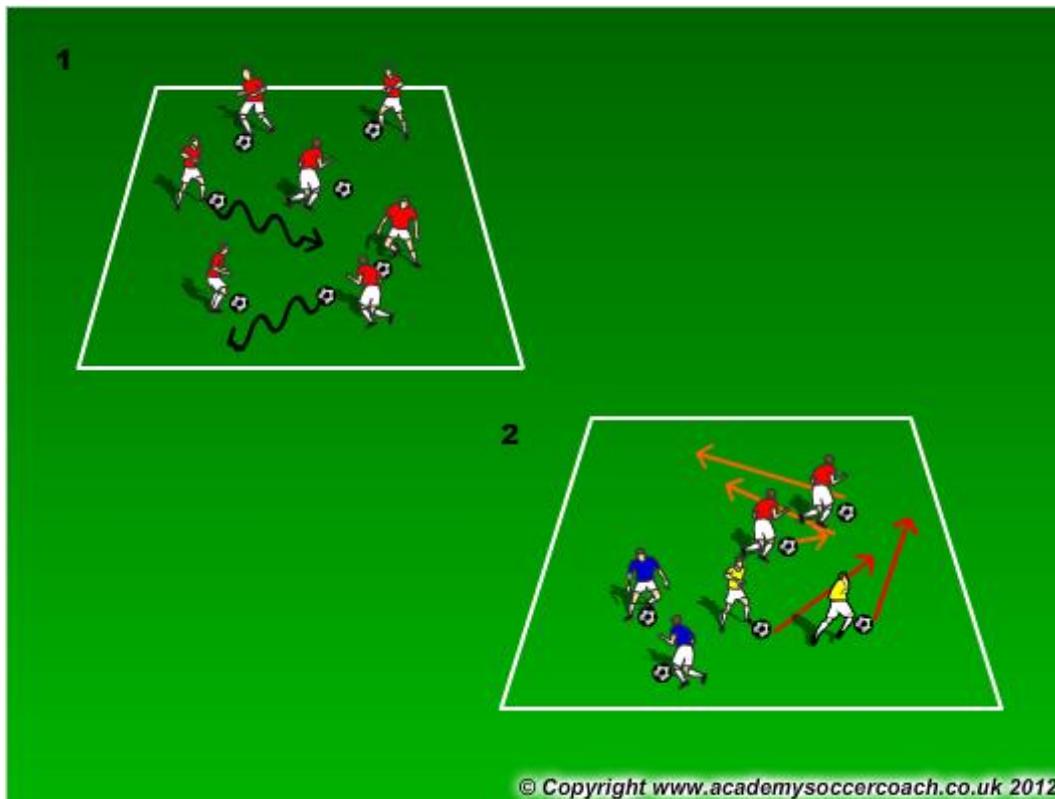
Week 10 – Receiving (Air)

Week 11 – Finishing

Week 12 – Shooting

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# Week One - Dribbling



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## Week 1 - Dribbling - Technical

1 - Players dribble around the area using different parts of their feet (inside, outside, sole), use certain skills (step overs, scissors etc) and finally trying to beat each other (both players going against each other try to take it past each other).

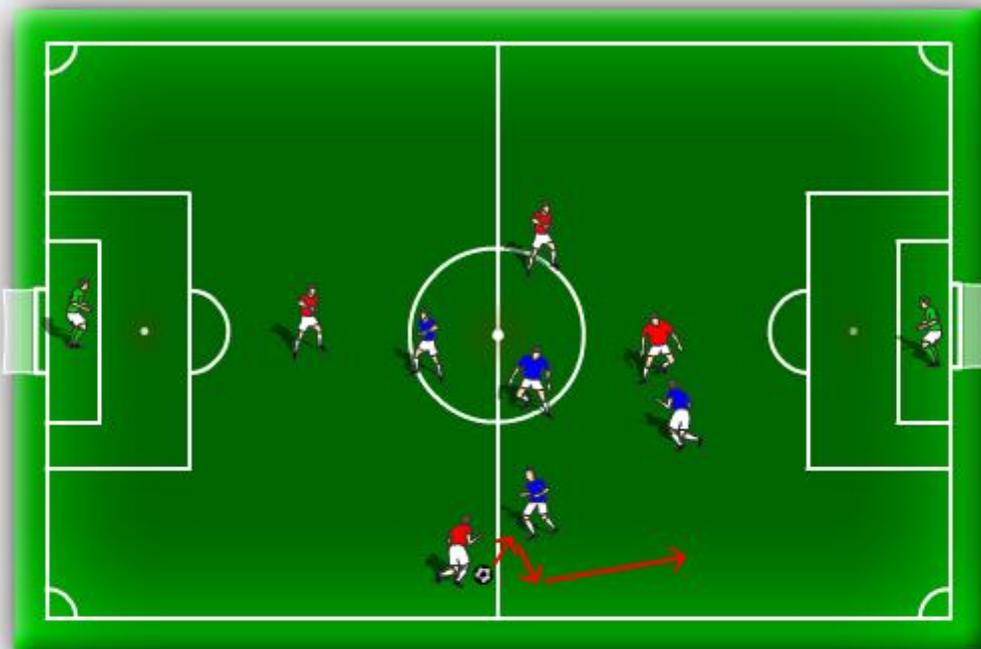
2 - Players are in pairs. One partner is the leader with the other the follower. The leader has to get away from the follower while they have to try and stay close. Players should use skills, change speed and change direction to get away from other player.



### Week 1 - Dribbling - Skill

The defenders (red) have to stay on their goal and stop players dribbling through. The attackers (green) have to get through as many goals as possible. They get a point each time they stop a player or get through a goal. Attackers should use skills, change speed and change direction like practiced in the tech.

Progression - Defenders dont have to stay in their goal.



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### **Week 1 - Dribbling - Game**

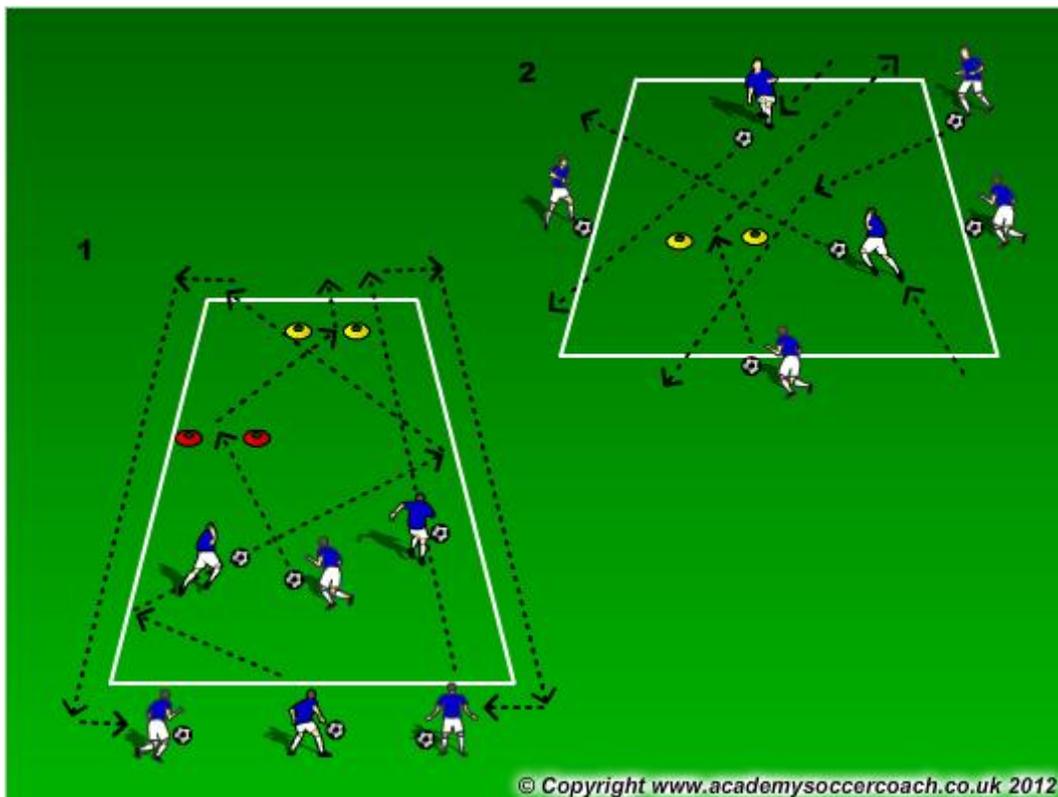
**Normal sided game with one of the following conditions -**

- **Players get a goal if they beat a player using a skill.**
- **Players have to do a skill before they can score.**
- **Each player the team beats, that team gets that many goals if they score (if they beat 3 players and then score they get 3 goals).**

**Make sure players make the field big to allow the player on the ball space to beat the defender.**

# Week Two – Running with the Ball

With regards to running with the ball, most sessions are based around players getting from one area to another or through an area. Three drills are detailed below but all three can be used for both the technical and skill part of the session. There are loads of different 'through the area' drill that can be made.



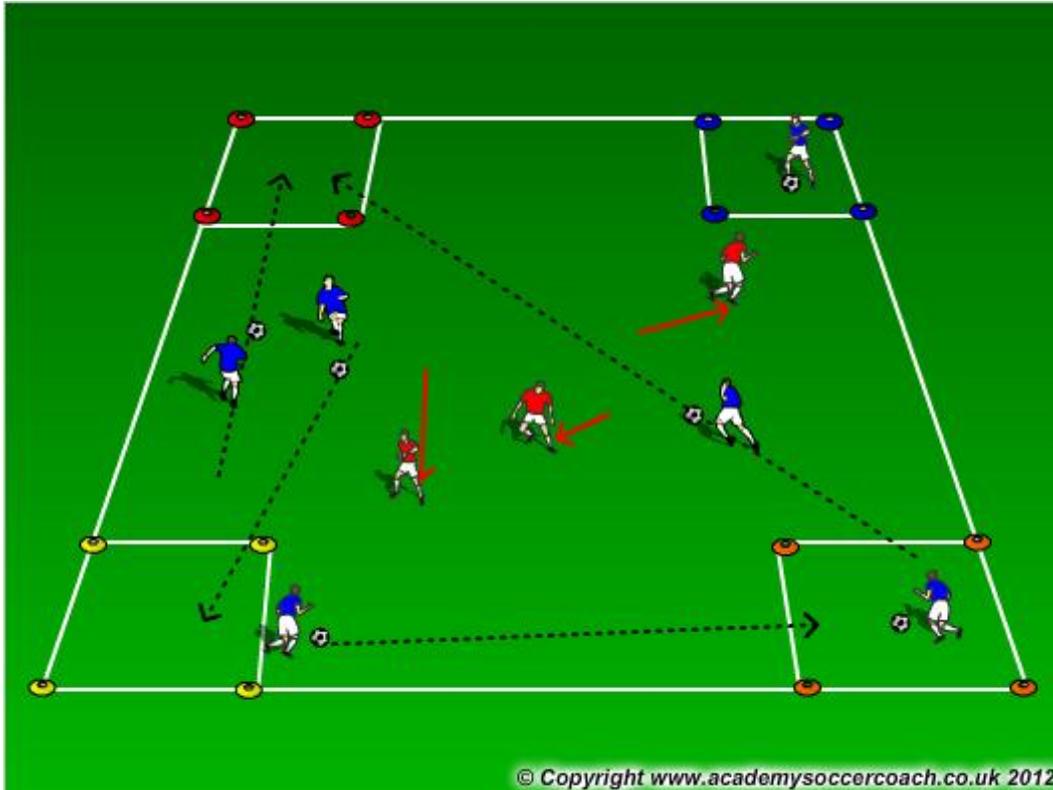
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## Week 2 - Running With The Ball - Technical

Two similar sessions to choose from (or use both):

**1:** Players have to run with the ball to the other end, turn and go round the outside and back to the start. To progress this add goals like who can do it in the least amount of touches while keeping it under control and not bumping into anyone/going out the area. Other progressions/goals include players have to go to each side first before finishing, who can get back the fastest, only using right/left, adding targets like the gates shown etc.

**2:** Players have to get across the square to another side while not crashing into anyone (looking for gaps, head up) and not going too far from the square. Progressions/goals include how many sides can they get to in a time limit, who can get to all four sides the fastest, right/left foot only, adding gates to get points but only one player at a time can go through etc.



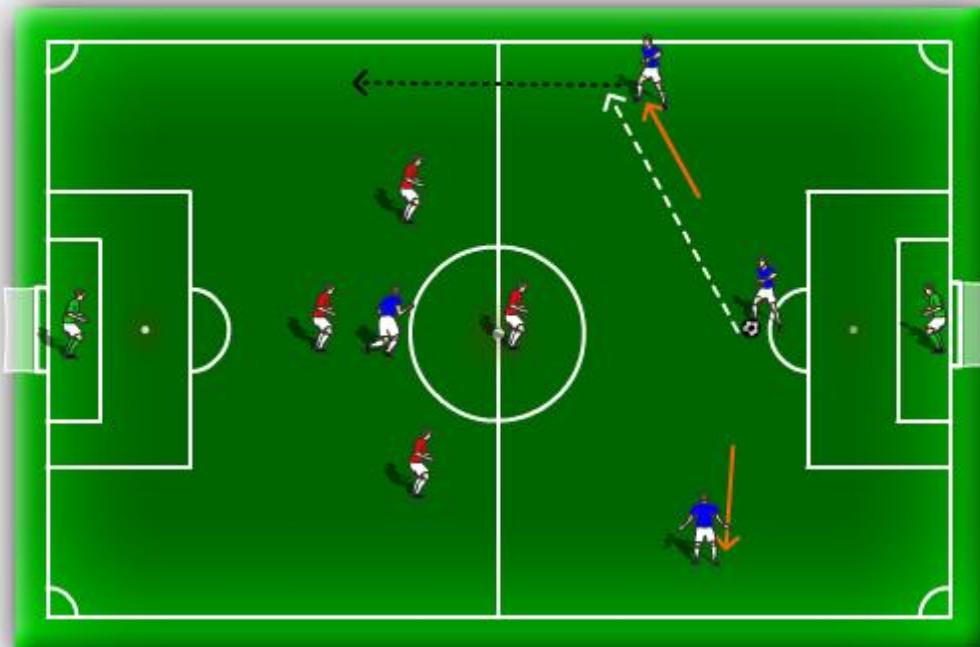
**Week 2 - Running with the ball - Skill**

Players have to get from one corner (safe zone) to another without losing the ball. Time they get to a corner they get a point. If they get caught they lose 3/all of their points.

**Key points -** Laces, head up, look for gaps to open up, big touches on the ball, when to dribble and when to run with the ball etc.

**Progressions -** Other games that involve getting through a area (see below), more defenders, only one attacker in a safe zone at a time etc.

Any 'through the area' game will work. For example like the ones done in the Technical. The area could be split into thirds and the middle third is the one they have to get through to get to the other side.



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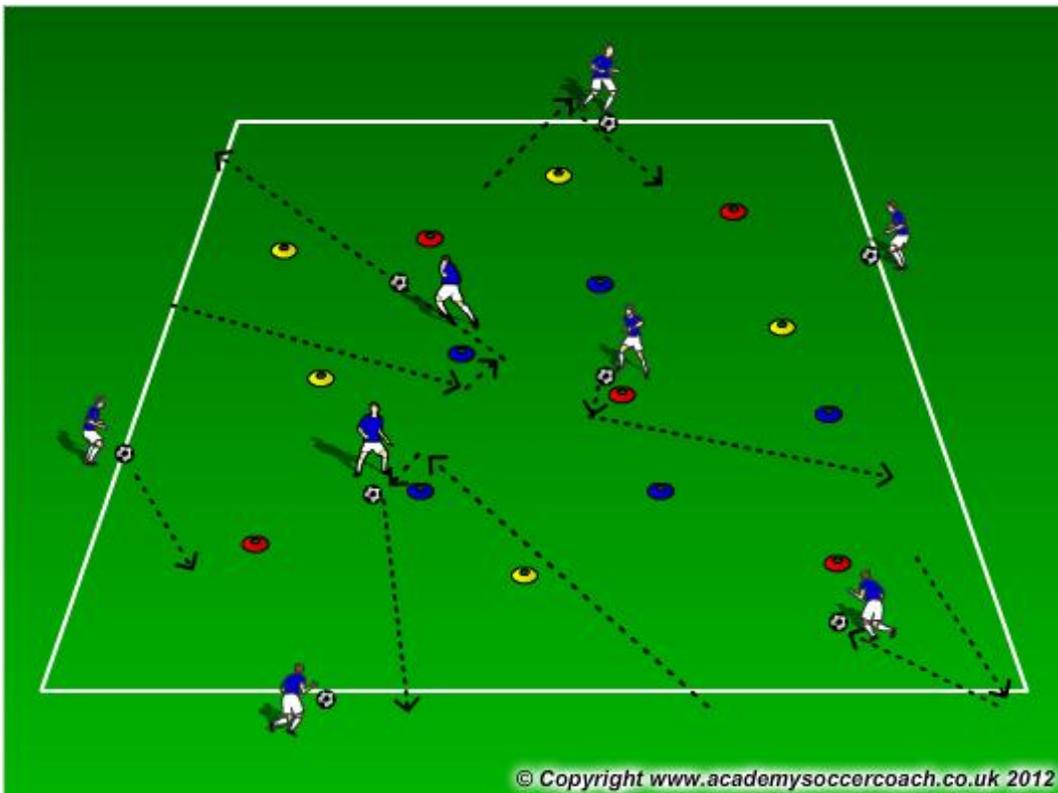
### Week 2 - Running with the ball - Game

Normal game with each team playing a 1-2-1 formation. Field should be a little bigger than normal to open up more space to promote running with the ball.

Running with the ball happens when there is space in front of the player with the ball. Common situations in games where this occurs include when players are wide, when a striker has the ball played over the top/through or when a team counter attacks. To promote these three situations:

- 1) Ask players (guided discovery) to get wide and into spaces where they will have the chance to run with the ball (wide).
- 2) Tell them they will get 3 goals if they score within 15 seconds of winning the ball (depending on the ability of the group).
- 3) All players have to be in the half the ball is in (to push players to play the ball through and run with the ball into the other half).

# Week Three - Turning



## Week 3 - Turning - Technical

Players have to dribble into the middle get round a cone and back to the outside of the square to get a point (performing a turn both round the cone and when getting to the outside of the square). Players have to go back to the side of the square that they came from though.

Progressions - Players have to do certain turns (demo different ones like inside hook, outside hook, drag back etc), players have to go to certain colour cones, two cones in a row etc.

Key points - Different turns, faint/fake, head up (gaps, players), increase speed after turn etc



### Week 3 - Turning - Skill

Players have to get into one of the areas and back out the same side to score a point. If the defenders touch the ball they lose three points (plus the defenders get three).

**Progressions** - Change the area (1 shown above or another example, 2 top left), Make different areas different sizes (more points for smaller areas etc), Defenders can come out their areas etc.

**Key points** - Same as technical, when to turn, when to go into a area (attack), What turn to use etc.

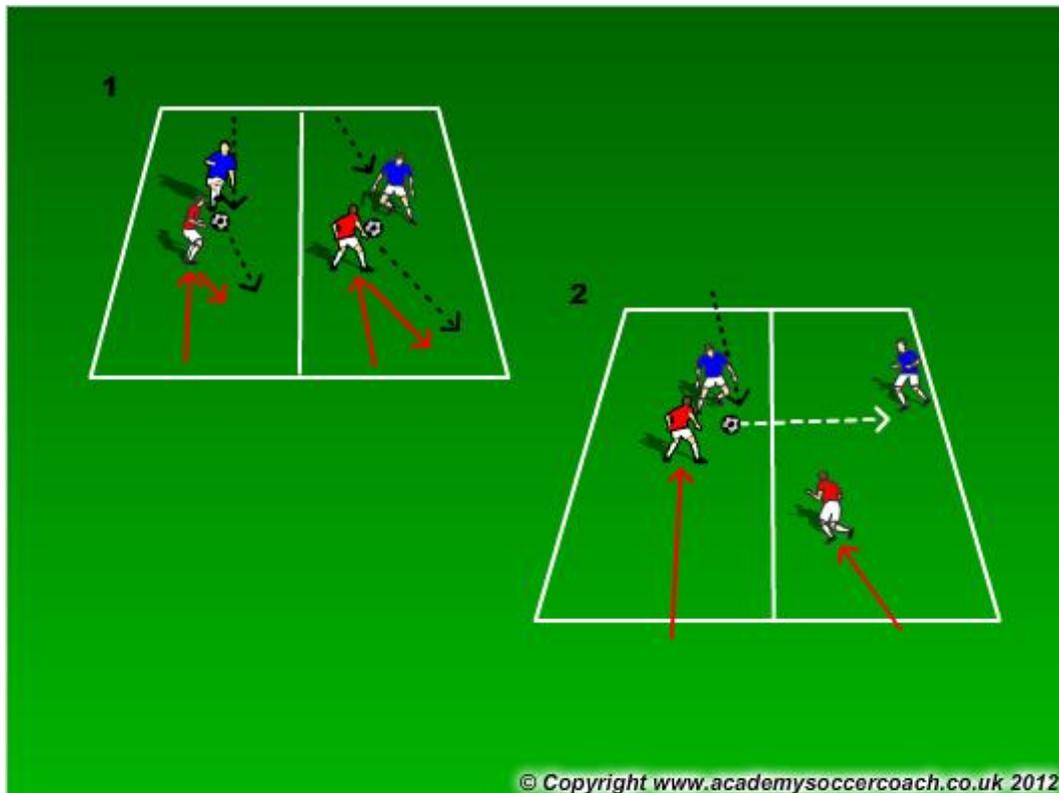


### Week Three - Turning - Game

Red vs Blue, each team has two goals (with or without goalkeepers) After this go into a normal game but add incentives for the players to turn on the ball.

Key points - As in tech and skill, look at numbers (above, 2 red vs 3 blue, turn 2 red vs 1 blue), what to do once turned (shoot, switch play, pass, dribble) etc.

# Week Four – Defending (In Balance 1v1/2v2)



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## Week Four - Defending - Tech into Skill

1 - 1v1 with defender not allowed to tackle (to focus on movement/tech points). Defender plays the ball into the attacker from the edge of the area to start play. Attacker has to try and get to the ball over the defenders line. Progress this so that the defender can tackle (if they win the ball then they have to try and get over the attackers line).

Key points - Curved run to show attacker one way, side on body shape, looking at the ball not the player, not too close/far away from the attacker (dependant on the individual players), continue to show one way and not switch (jockey), stand to one side slightly to show one way, tackle when the attacker takes a big/bad touch, slow them down, etc.

2 - Same as above but 2v2. To start with players can not go over the middle line. Progress so they can.

Key points - Same as above, one player closes while the other covers (a bit deeper than the team mate and pulls in slightly), switch from closing to covering and vice versa when the ball is played across, choose to stay with player or swap if attackers cross over, communication etc.



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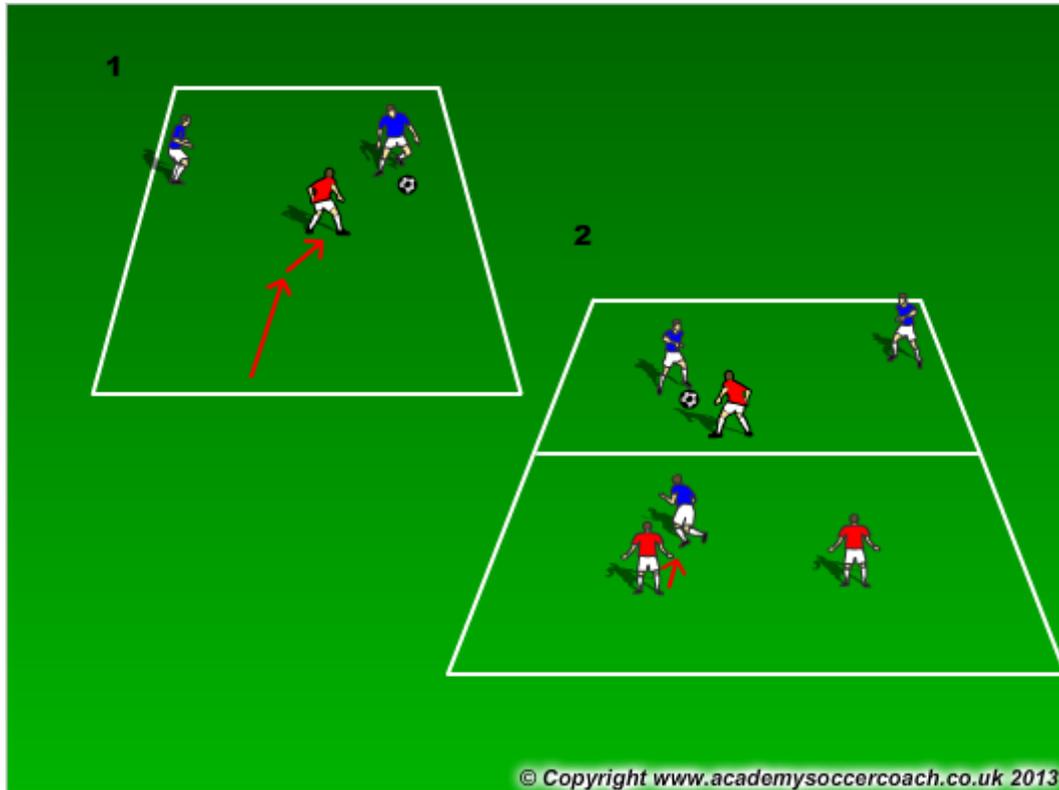
#### **Week Four - Defending - Game**

Through the thirds game with a 1v1+GK at each end and a 2v2 in the middle.

Progress into a normal game.

**Key points - Same points as in the rest of the session, try to stop attackers playing the ball forward into the next area etc.**

# Week Five – Defending (Out of Balance 1v2 and Defending as a Team)



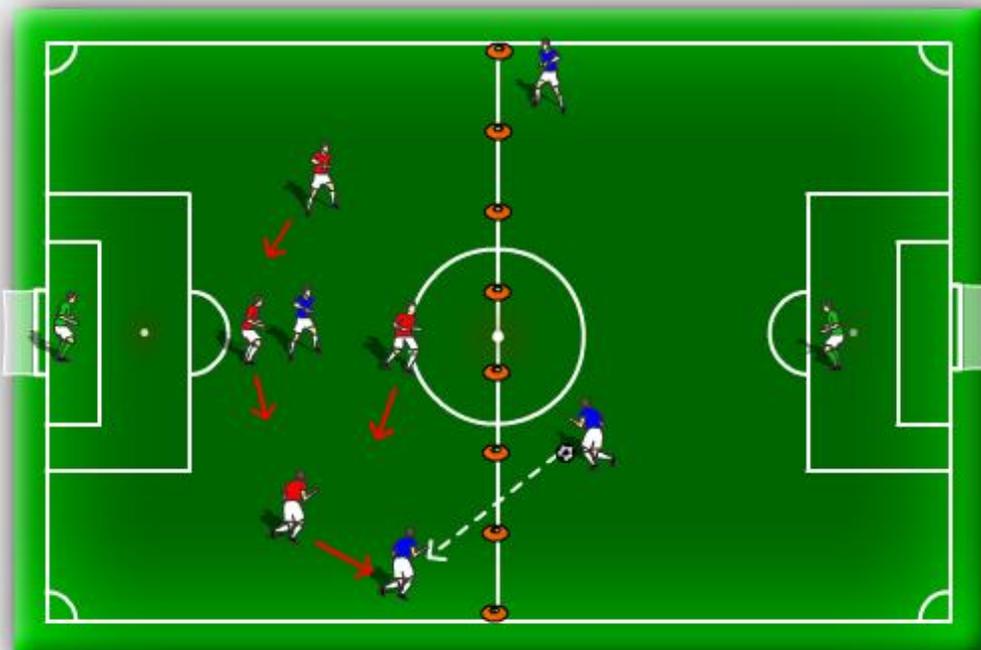
## Week Five - Defending - Tech and Skill

**1 - Defending outnumber 2v1.** Attacking team has to try and get to the defenders end line while the defender has to slow them down/stop them. At first there is no tackling and the attackers can only go half pace. Then progress to live play.

**Key points -** Create a 1v1 by showing the attacker on the ball away from the other attacker, plus tech points from previous defending session etc.

**2 - 2v1 in each half.** The team on the ball has to try and get to the other teams end line to score (you could also put goals in). Players are not allowed to cross the middle line. To progress allow one attacking player to move into the other half. Once they lose the ball though they must return to when they started.

**Key points -** Same as above and previous session, marking the striker (and the communication involved), should the front defender show down the line or sit back and prevent ball going through to their striker (depends on positioning and tactics etc).



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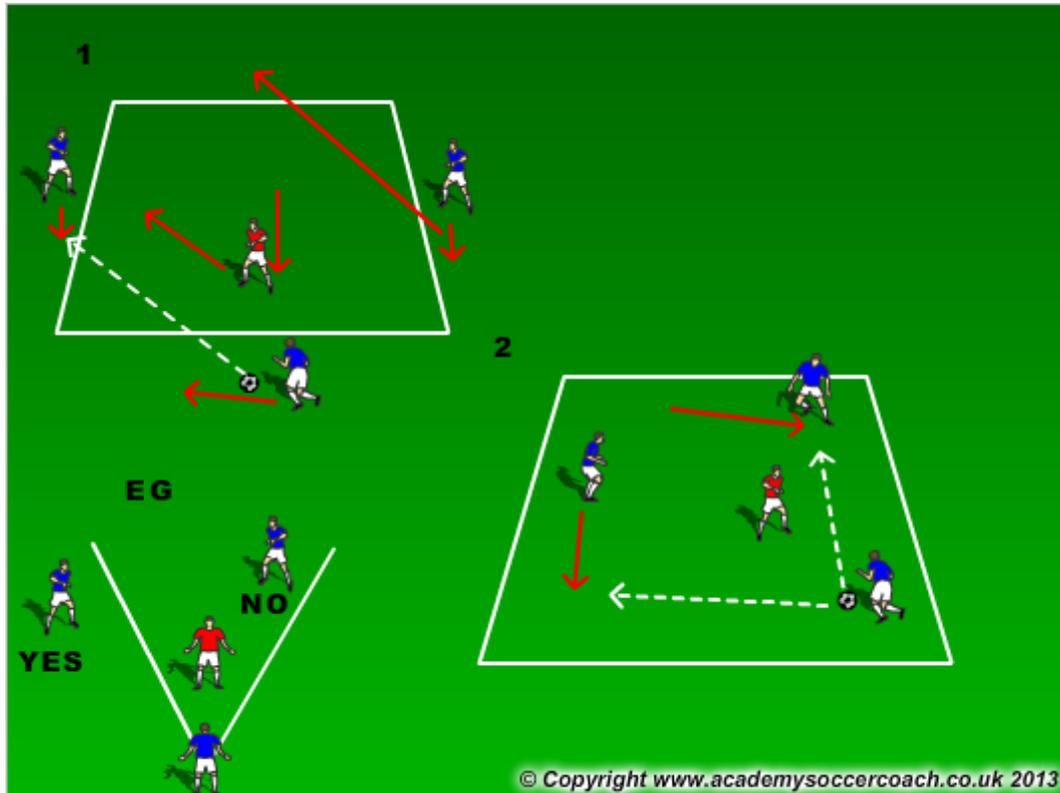
### **Week Five - Defending - Game**

**Normal game but the defending team can not tackle in the other teams half. This means players have to get back quickly and won't just chase the ball.**

**Progress into a normal game. You can move the line up or down the field so one team will be defending deep while the other is defending high to introduce tactics at a basic level.**

**Key points - Everything covered in the defending sessions, get back quickly after losing the ball, priority is to defender the goal/not win the ball, etc.**

# Week Six – Passing (Possession)

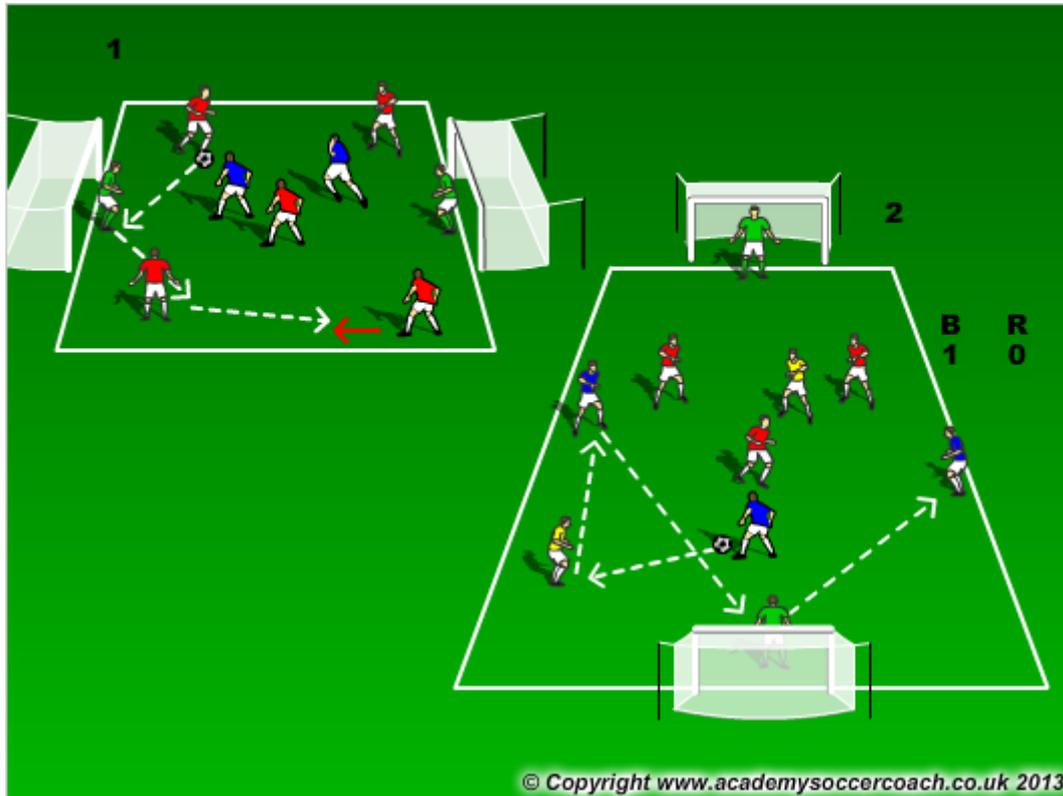


## Week Six - Passing - Tech into Skill

1 - Three players on the outside with one in the middle. Players have to pass the ball through the area to another player on the outside to get a point. The middle player has to try and get in the way but cannot leave the inside of the area. If the middle player gets it then they swap with the player who gave it away (basic version of keepball).

2 - Same as above but now the players are in the area so the defender can tackle.

Key points - Basic passing tech (inside of the foot, straight swing etc), make angles (example in picture), when the defender is closer/closing down the other players have to make bigger angles, communication, quick passing etc.



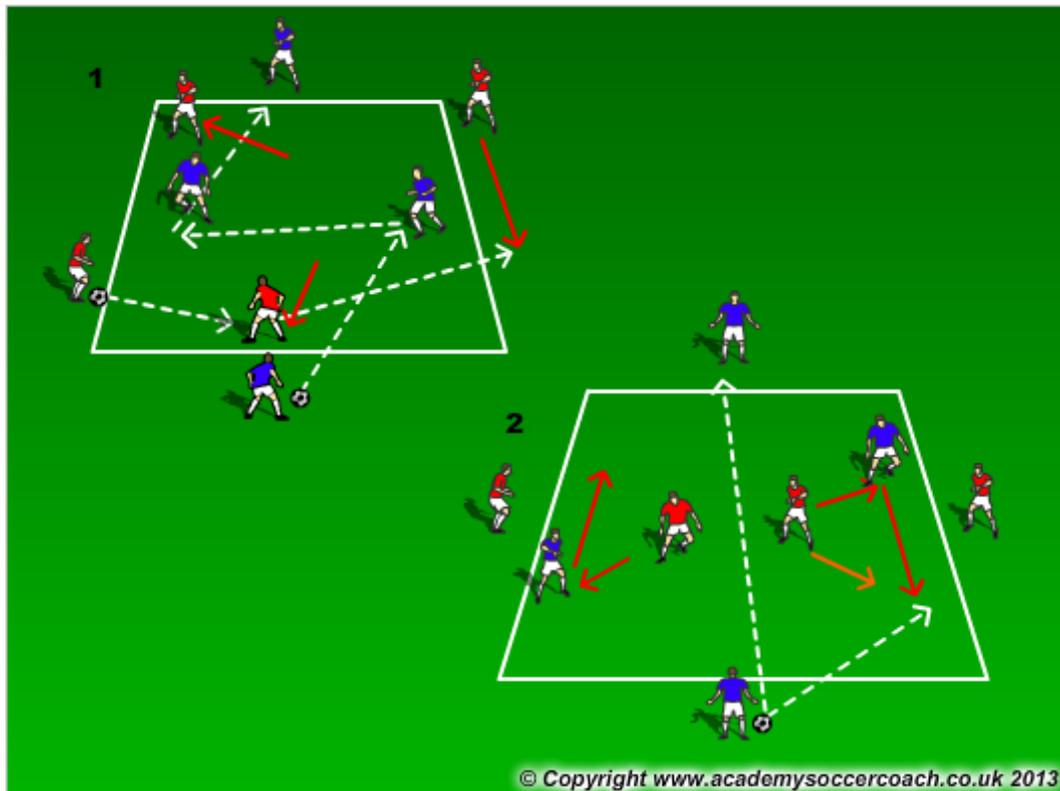
### Week 6 - Passing - Skill and Game

**1 -** Progressing from a 3/4 vs 1 keepball, put 2 groups together so you have 6,7 or 8 vs 2. Change the numbers as need be. The reason for the goals is motivation for the defenders. If they win the ball they can score. You can then move this into a game to see which 2 defenders can get the most goals (even though the focus is on the players keeping the ball).

**2 -** The 1-0 game is a normal game but once a team scores 1 goal they cannot score again. Therefore they must try to keep the ball. If the other teams scores then the score goes back to 0-0.

**Key points -** Same as in tech/skill, play quickly, once a area has been crowded look to play out somewhere else, pass to the goalkeepers to play out of danger etc.

# Week Seven – Passing (Directional)



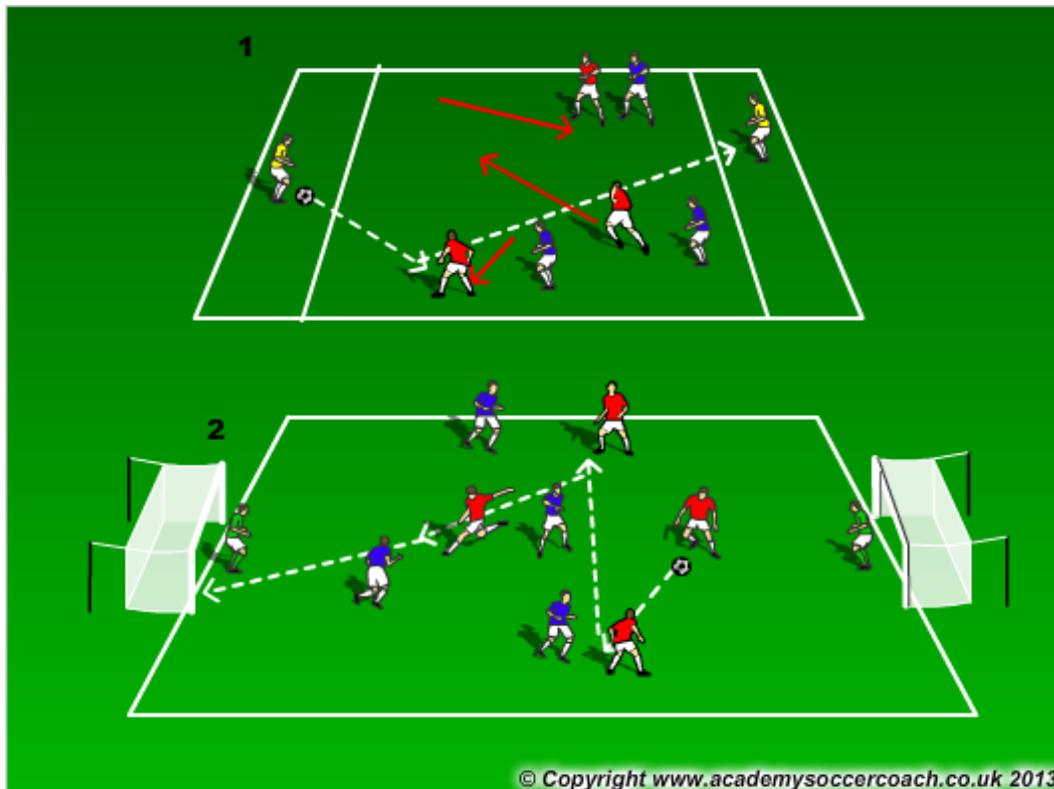
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## Week 7 - Passing (directional) - Tech into Skill

1 - Each team has 2 players on each far side of the area and 2 in the middle. They have to get the ball from one end player to the other end player. Each team has a ball. The teams are not against each other.

2 - The same as above but now with only 1 ball so the teams are against each other. If the defender team wins the ball they play to their players on the outside.

Key points - As learnt in the week before (make angles, firm pass etc), quick movements off the ball, change speed and direction to trick the defender, feint/fake to get away from the defender, pass back etc.



### Week 7 - Passing (directional) - Skill/Game

**1 - 3v3 in the middle with target players in the end zones. The team that has possession has to try and get the ball to the other target player. If they do then they get a goal and turn to play the other way. Effectively the team in possession has 5 players against 3.**

**Key points - Same as in tech, make space for team mates, if a team mate makes space then use it (swap) etc.**

**2 - Normal game but each pass is how many goals that team will get if they score. For example (as above) If they 3 passes and then score they will get 3 goals. Therefore there must be at least 1 pass.**

# Week Eight – Passing (Movement off the Ball/Combinations)

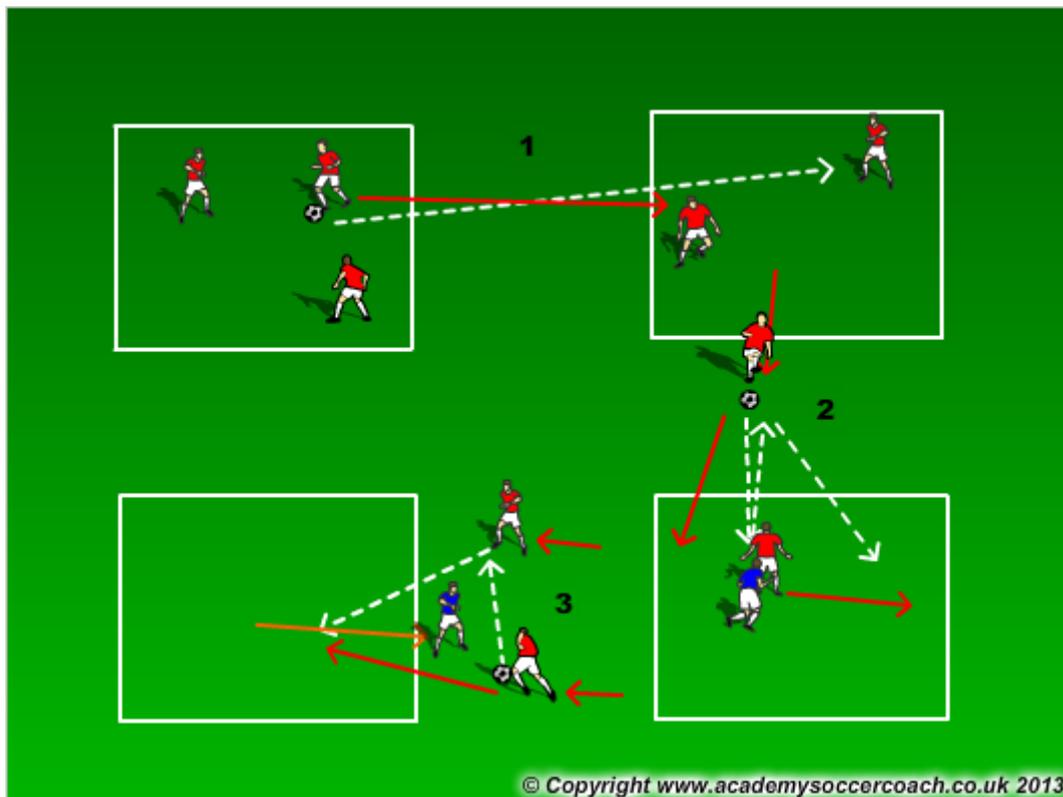


## Week 8 - Passing (movement off the ball/combinations) - Tech

Players in groups of 3 pass the ball around in their group while moving round the square. If the groups stay in the same areas ask them to get from one side to the other and back.

Then introduce different passing combinations:

- 1 - A 1-2/wall pass
- 2 - Overlapping run
- 3 - Bounce pass with a player spinning off



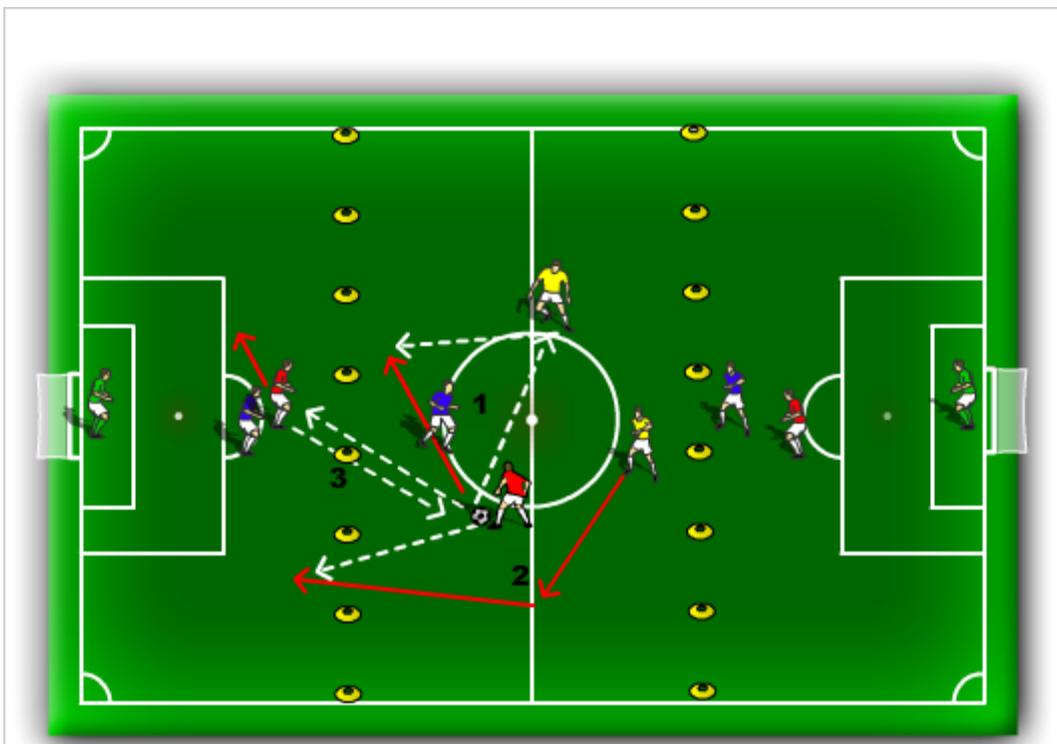
### Week 8 - Passing (movement off the ball/combinations) - Tech into Skill

Each of the below are progressions to build this drill up. The defenders are only players acting as defenders for a short period of time. They then are attackers again.

1 - 4 squares set out like above with 3 players in each passing the ball. Each player has a number. When the coach calls out their number they pass the ball (or dribble or both) into the next area and follow their pass.

2 - The first progression is the player makes the pass in, the player who receives it plays it back out (1-2/bounce pass) and spins off into space and the original player who had the ball dribbles the ball in or passes it back to the other player. The player who doesn't receive the ball becomes the defender until the third player enters the square.

3 - The coach calls 2 numbers out. Those 2 players move into the next square with the player whose number hasn't been called out becoming the defender to the 2 players entering the square. They have to either dribble the ball into the next square, get a 1-2/wall pass or 1 player makes an overlapping run. The player who is the defender stops acting as the defender once the players get into the square as shown above.



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### Week 8 - Passing (movement off the ball/combinations) - Game

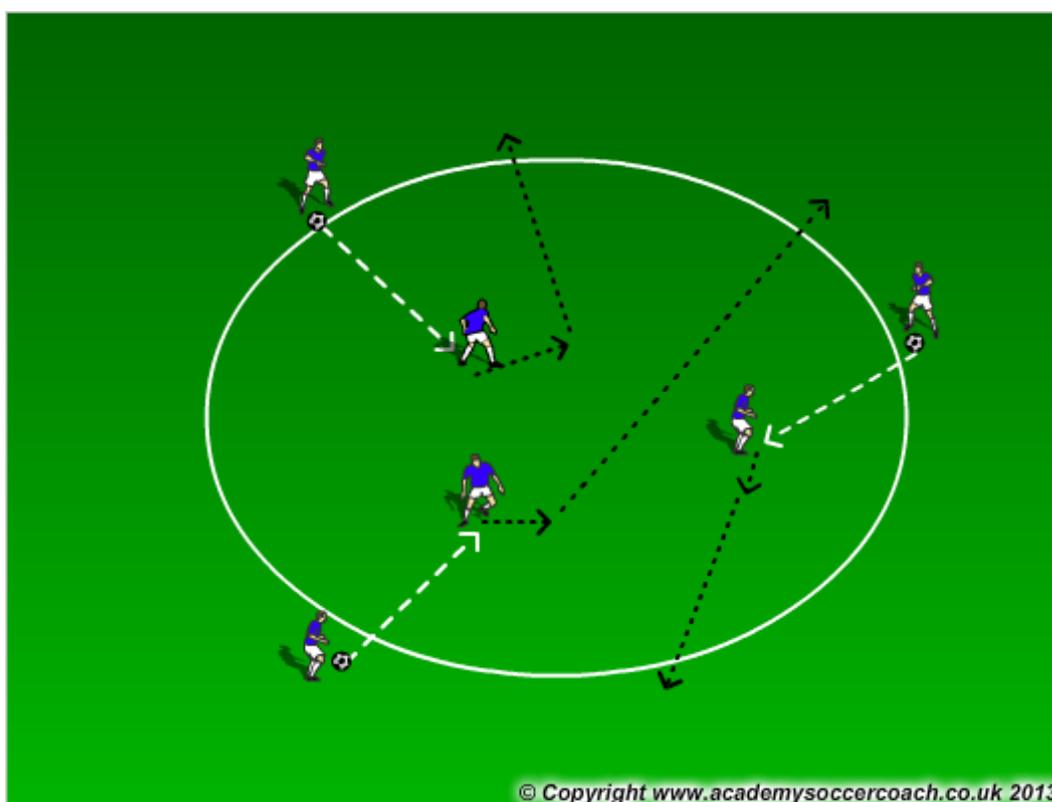
Through the thirds game a 1v1 in each area and 2 neutrals. At first the neutrals can go where ever. Progress it so that the attacking team can go where ever they want and then finally into a normal game.

Each of the combinations practiced in the tech and skill can be used in here:

- 1 - 1-2/wall pass
- 2 - Overlappin run
- 3 - Bounce pass and spin

# Week Nine and Ten – Receiving (Floor and Air)

Here is 3 receiving based tech/skill phases that can be used for both receiving on the floor and in the air. All 3 can be turned into skill phases by adding defenders. Each of the session parts below focuses on receiving to do different things like pass, dribble/RWTB and shoot.

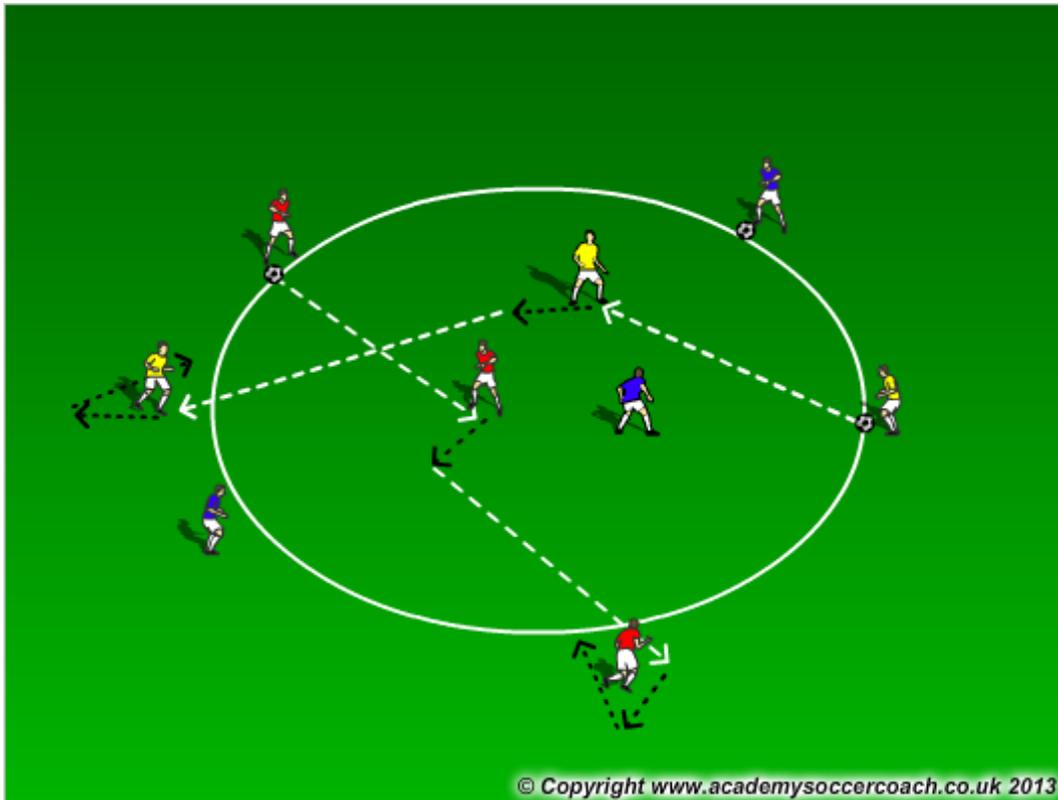


## Week 9/10 - Receiving - Tech/Skill

Receiving to dribble/RWTB. Players with a ball are on the outside while the players without a ball are in the middle. Once an outside player passes the ball in, they go into the middle. Once a player in the middle is passed a ball, they turn and dribble/RWTB to the outside.

Progressions - Add defenders in the middle.

Key points - Which turn to use, check shoulder (know whats around you), get away from defender by changing direction, change speed etc.

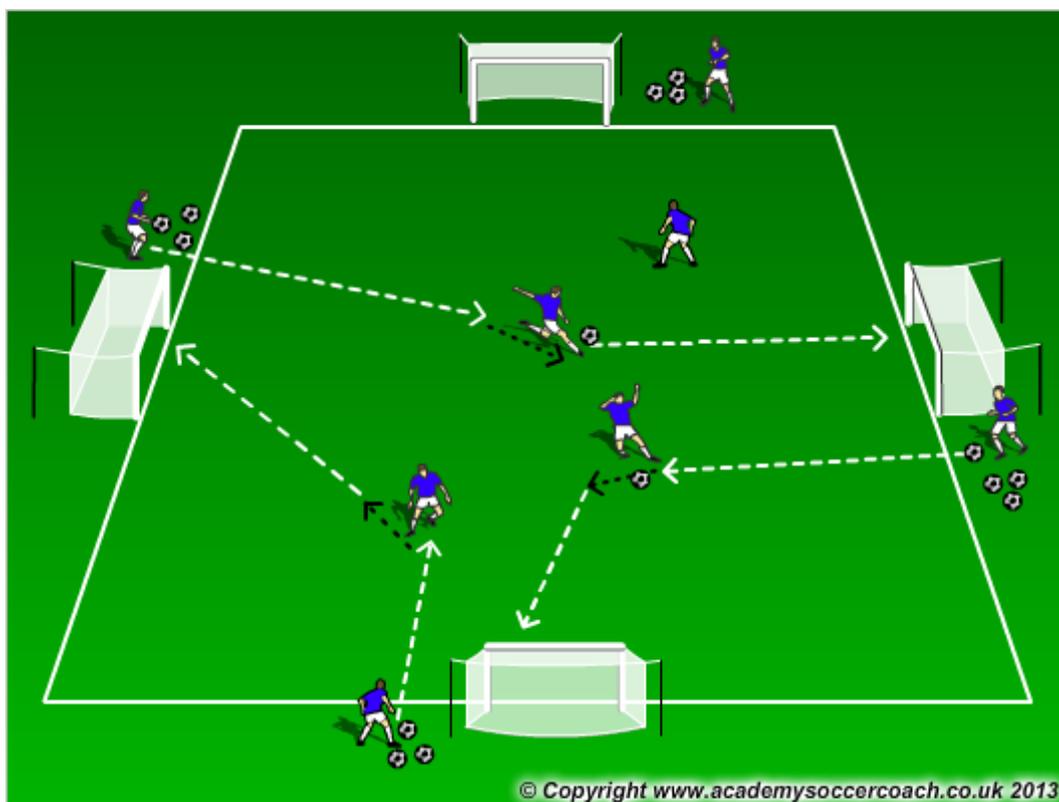


#### **Week 9/10 - Receiving - Tech/Skill**

**Receiving to pass.** Players work in teams of 3. The player in the middle receives the ball, turns and passes out to the other player on their team. The player who receives it on the outside performs a turn as well and then turns back in. Then repeat.

**Progression -** Add defenders, take a ball away from one team (they have to win it back on the outside or inside).

**Key points -** Which turn to use, check shoulder (know whats around you), get away from defender by changing direction, change speed etc.

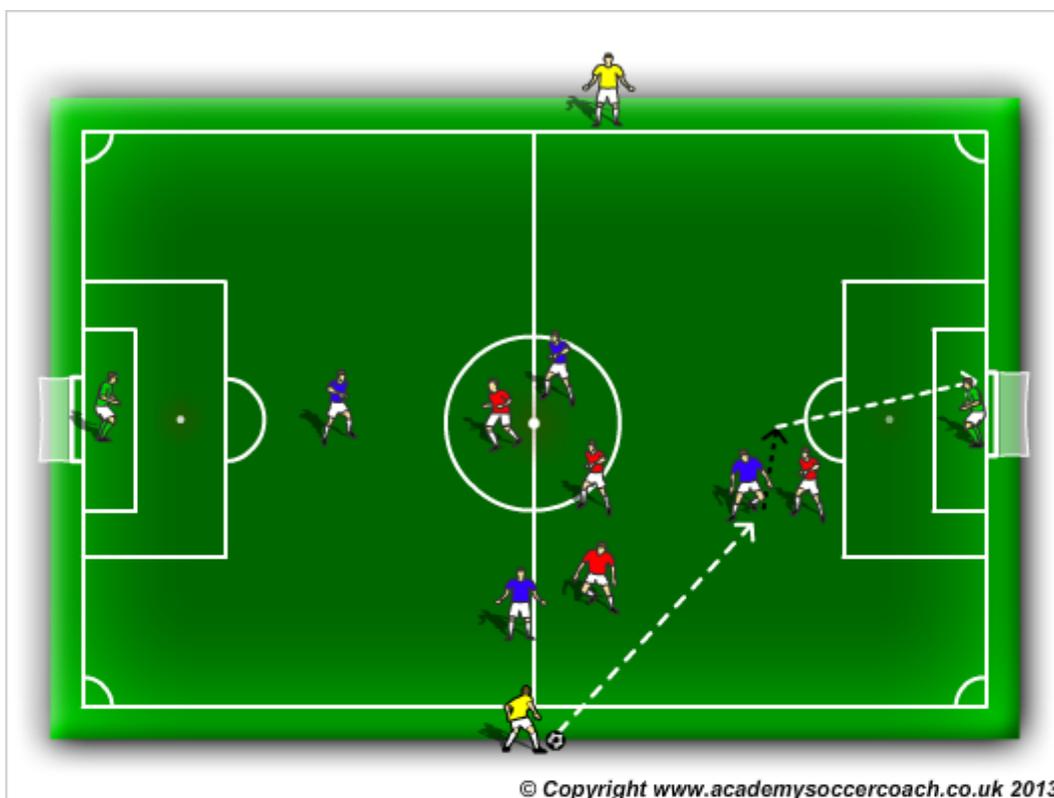


**Week 9/10 - Receiving - Tech/Skill**

**Receiving to shoot. Players are either served the ball on the floor or in the air. They then have to shoot in one of the goals except the goal where the ball was served from.**

**Progression - Add goalkeepers, add defenders.**

**Key points - Quick turn and shot, which turn to use (no touch, one touch, multi-touch), get away from defender or pin them, change speed and direction etc.**



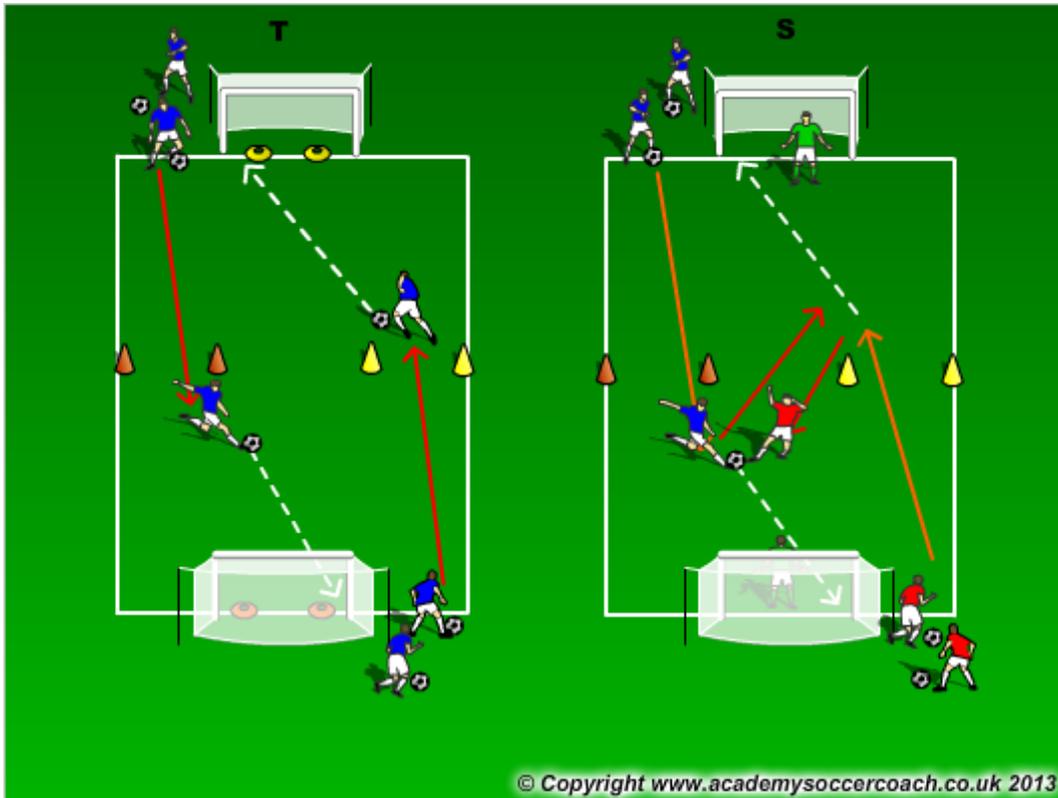
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### Week 9/10 - Receiving - Game

Normal game but with 2 (or 4) neutral players on the outside of the field. If focusing on receiving on the floor then the neutral players play with feet. If the session was based around receiving in the air then neutral players only play with hands (throw the ball back in). The neutrals could be put on the side of the field or at the ends near the goals.

**Key points** - Which turn to use, check shoulder (know whats around you), get away from defender by changing direction, change speed etc.

# Week Eleven – Finishing



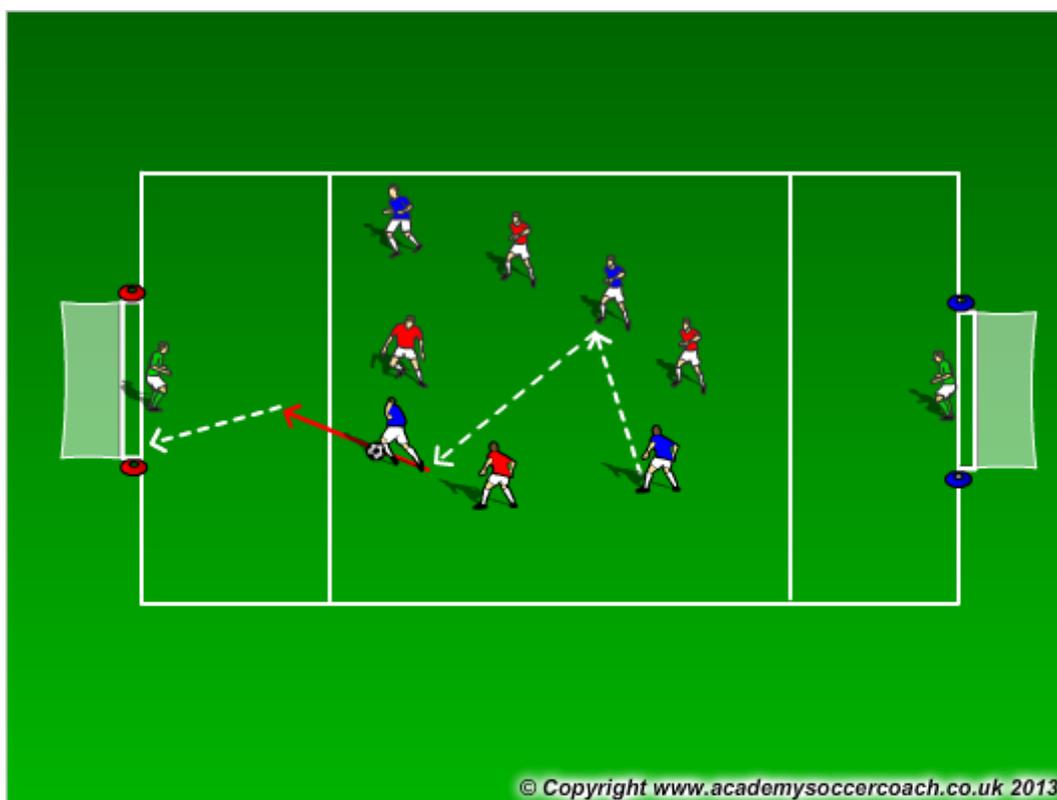
## Week 11 - Finishing - Tech/Skill

**T** - First player dribbles up, goes through the gate and strikes at goal (aiming for the corners). As soon as they go through the gate the next player goes. Once they take their shot they get their ball and go to the other side. Try not to have more than 2 players waiting at a time. Make sure to swap the side they are coming from (left and right).

**S** - Same as the technical but with goalkeepers. Progress this on so that once the player takes their shot they turn and defend their goal against the other team player coming through the gate. Once they defend they go back to their side.

**Key points** - Aim for the corners (accuracy), inside of the foot, take the shot quickly (not too many touches, try to disguise the shot/where its going etc).

**Progression** - Take the ball past the keeper.



**Week 11 - Finishing - Skill**

**4v4 (or with neutrals) in the middle area and goalkeepers in the goals. All players have to stay in the middle area unless they dribble into the other teams end zone. The player that dribbles out can go on to shoot/take the ball around the keeper. No other players can follow.**

**Progressions - One defender can track back into the their teams end zone once the player breaks through, one defender can stay in their teams end zone etc.**



**Week 11 and 12 - Finishing and Shooting - Game**

**Week 11 - Attacking team get 3 goals for scoring in the attacking half and 1 for being in their half.**

**Week 12 - Attacking team get 3 goals for scoring in their half and 1 for scoring in the attacking half.**

# Week Twelve – Shooting



**Week 12 - Shooting - Tech (could also be used for week 11 finishing)**

Players are in teams (no bigger than 4/5 per team) and they dribble in the area. When the coach calls out their colour, they take a shot at one of the goals and then go collect their ball. Only one player can shoot at one goal so they may have to turn and go towards a different goal.

**Progressions** - One team becomes goalkeepers, add defenders in the area to tackle, or defenders on the outside to block shots.

**Key points** - Laces. take the shot quickly (when the opportunity to shoot is there), body angled off slightly, standing foot a little bit back and not fully next to the ball etc.



### Week 12 - Shooting - Skill

**Double penalty area game. Teams have to stay in their own half. They have to try and score from there. The other team can block.**

**Progressions - One defender can move into the other half and try and win the ball/follow up shots/score/be passed to etc, add more defenders into the other half etc.**

**Key points - Take the shot when the opportunity is there (don't take too many touches), shooting/finishing tech points, hit the corners of the goal/where the keeper isn't, follow up shots etc.**