



CURRICULUM U12+



First Touch Soccer

PREPARED FOR: AYSO REGION 5



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Season

CURRICULUM

Session Structure

0-10 Mins	_____	Warm Up
10-15 Mins (5 Mins Max)	_____	Drinks Break
15-25 Mins	_____	Activity One
25-30 Mins (5 Mins Max)	_____	Drinks Break
30-40 Mins	_____	Activity Two
40-45 Mins (5 Mins Max)	_____	Drinks Break
45-60 Mins	_____	Scrimmage



Season
CURRICULUM

WARM-UP

4-13

Ball Mastery

Written by First Touch Soccer

Set Up



12 mins



12 players



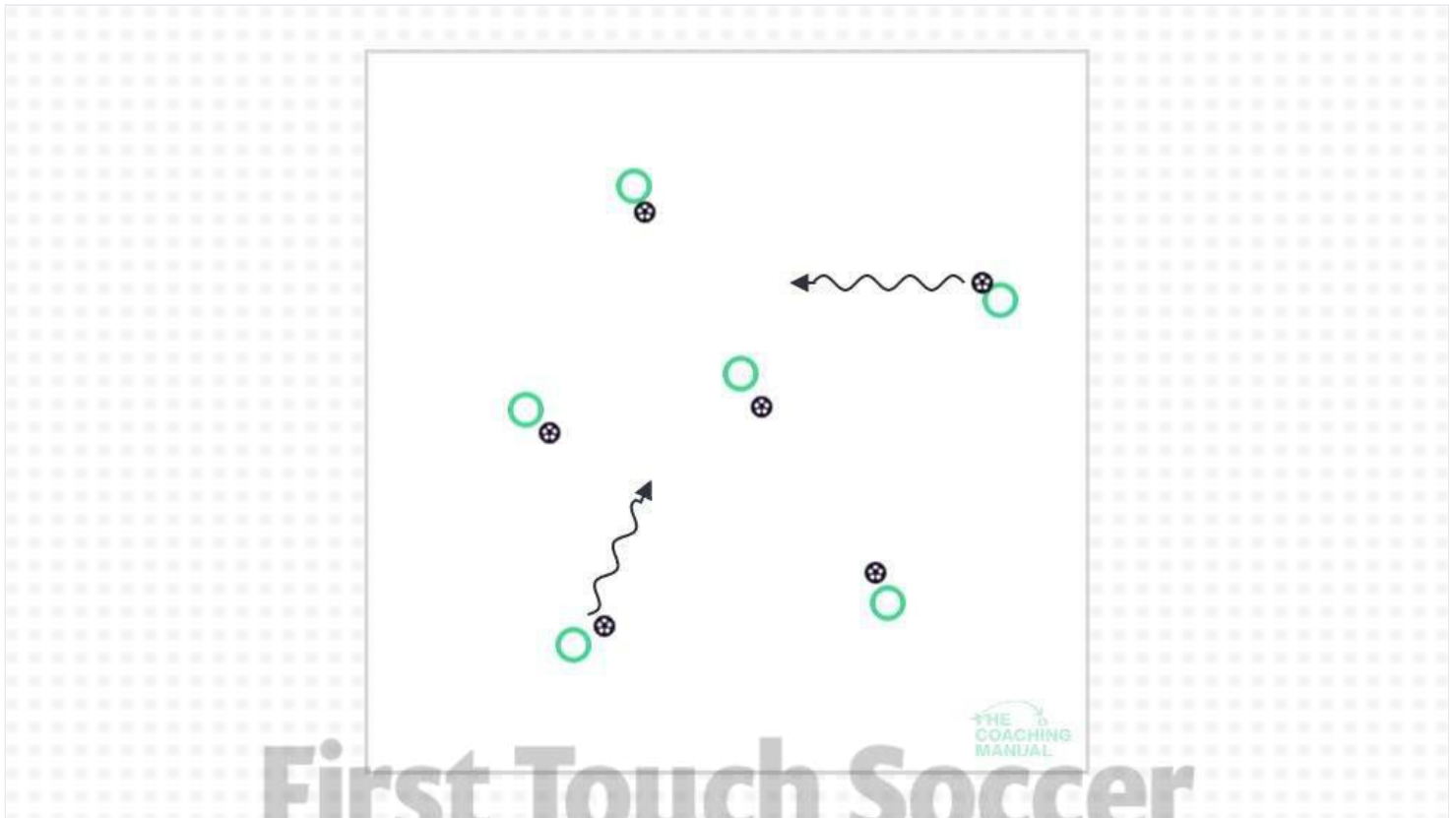
12 balls



8 cones



30x30 area



Organization

30x30 area, players with a ball each.

Activity

Players dribble their ball around the area. The three basic rules are - don't leave the area, don't bump into anyone and don't stop until the coach says stop. As the players move around the area, the coach sets out certain demands for the players including: non-dominant foot only, sole rolls, toe taps, bells, inside-outside, juggles on the spot, scissors, step overs, drag back, Cruyff turn.

Coaching Points

- Small touches
- Head up
- Balance
- Use both feet

Progressions

- Each new activity/demand should act as a progression.
- Increase competitive element by making players count their touches and compare with teammates.

8-16

Technical Activity

Written by First Touch Soccer

Set Up



10 mins



10 players



5 balls



5 cones



30x40 area



Organization

30x30 area. Players get into pairs, poles or cones laid out as markers for each pair.

Activity

In pairs, players work on a number of different techniques using a pole or cones as a marker. One player acts as the server, while the other player returns the ball. Activities include - passing (one and two touch) around the marker, side foot and laces volleying, chest or thigh control and volley return.

Coaching Points

- On your toes
- Use correct technique for each technical activity

Progressions

- Increase intensity
- Pairs move further away from each other
- Add in extra touches

8-16

Rondo

Written by First Touch Soccer

Set Up

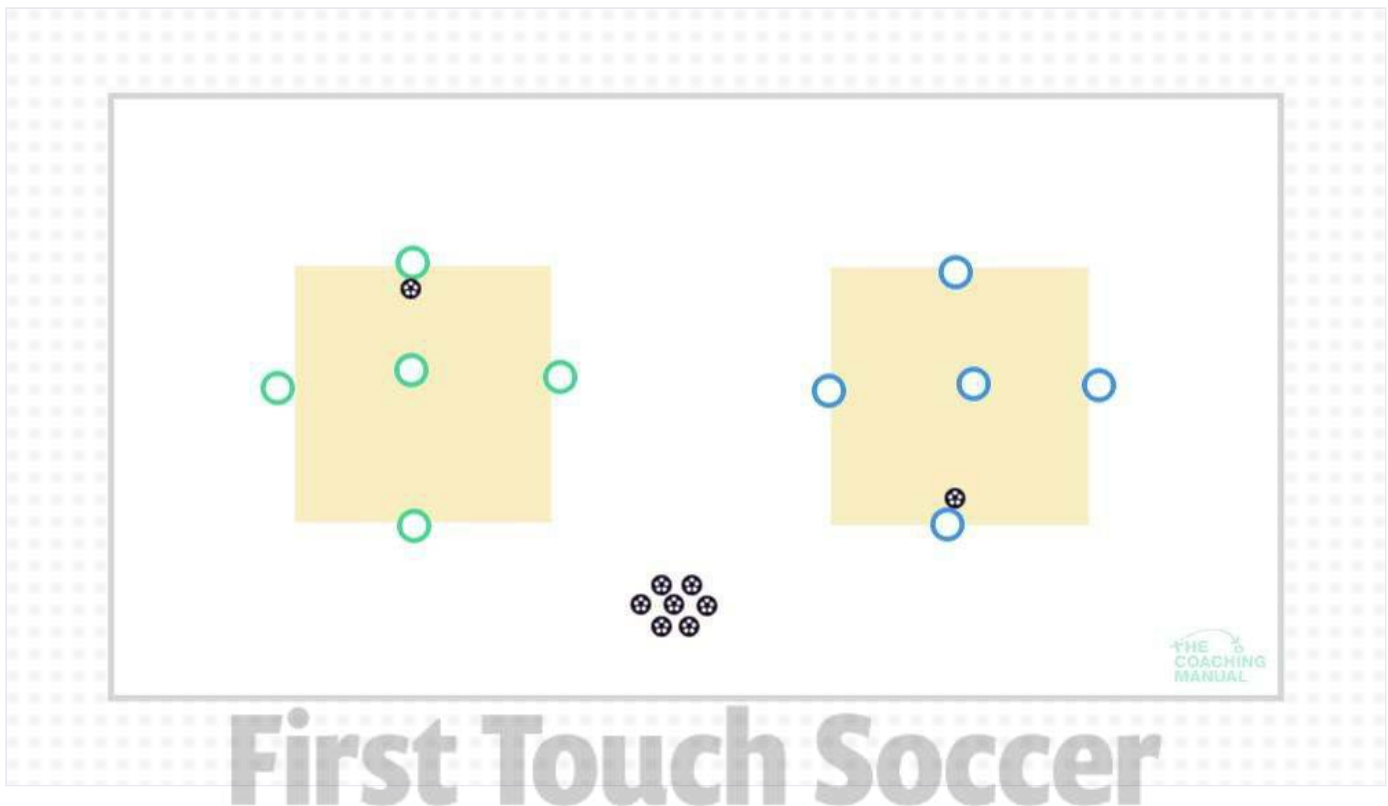
🕒 15 mins

👤 10 players

⚽ 10 balls

🚧 8 cones

🏟️ 40x30 area



Organization

40x30 area, coach sets up two squares (around 10x10). Players are split into groups of 5 per square. One ball per group.

Activity

4 v 1, with the players positioned on the edge of the squares aiming to maintain possession against the one defender on the inside of the square. If the defender wins the ball, the player that lost possession becomes the defender.

Coaching Points

- Move the ball quickly (in poss.)
- Limit touches (in poss.)
- Bend knees, turn side on, force player in poss. one way (out of poss.)
- Press quickly with desire (out of poss.)
- Anticipate where the ball will be played (out of poss.)

Progressions

- Limit touches
- Make players in poss. take alternating amount of touches (first player takes one, next takes two, next takes one, next takes two)



Season
CURRICULUM

WEEK 1

IN POSSESSION

Passing Circuit Race

Written by First Touch Soccer

Set Up



15 mins



12 players



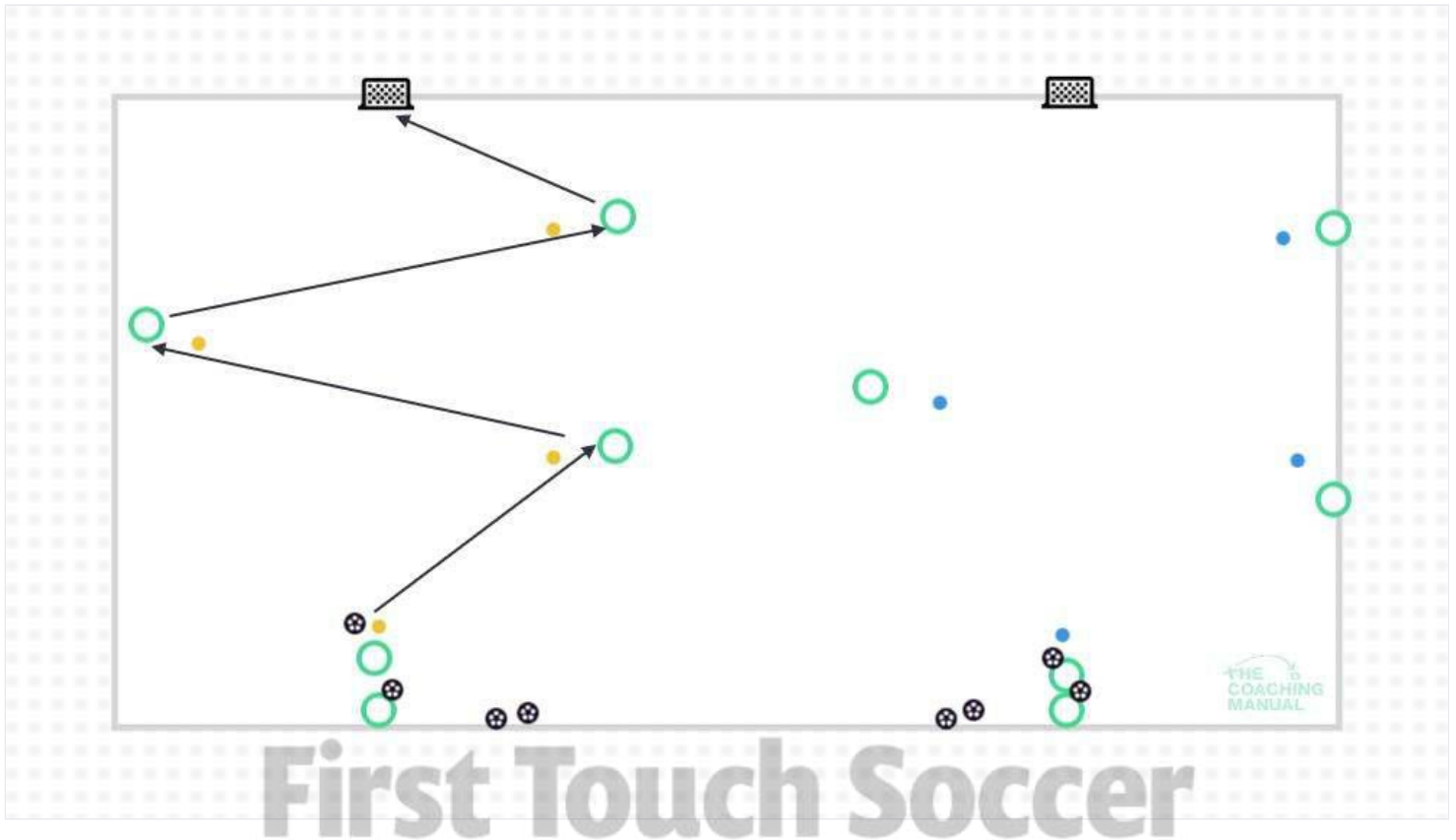
6 balls



8 cones



30x40 area



Organization

Players are split into two teams. Two separate circuits marked out by cones with balls at one end of each circuit. A mini goal is set up at the opposite end of the circuit.

Activity

The player's job is to play the ball around the passing circuit until the ball reaches the last player, who attempts to score in the goal. Once players have passed the ball they must follow their pass and make their way to the next cone. The team that scores first wins. Once both teams have finished and have set up for the next round, the coach will start them again.

Coaching Points

- Play quickly (one and two touches)
- Open body shape
- Receive on back foot
- Head up
- Move away from marker

Progressions

- Increase competitive element - eg. first team to score wins the point
- Limit time each team has to score
- Limit touches taken
- Change the degree of difficulty of the circuit combination itself

10-16

Middle Square Possession

Written by First Touch Soccer

Set Up



15 mins



12 players



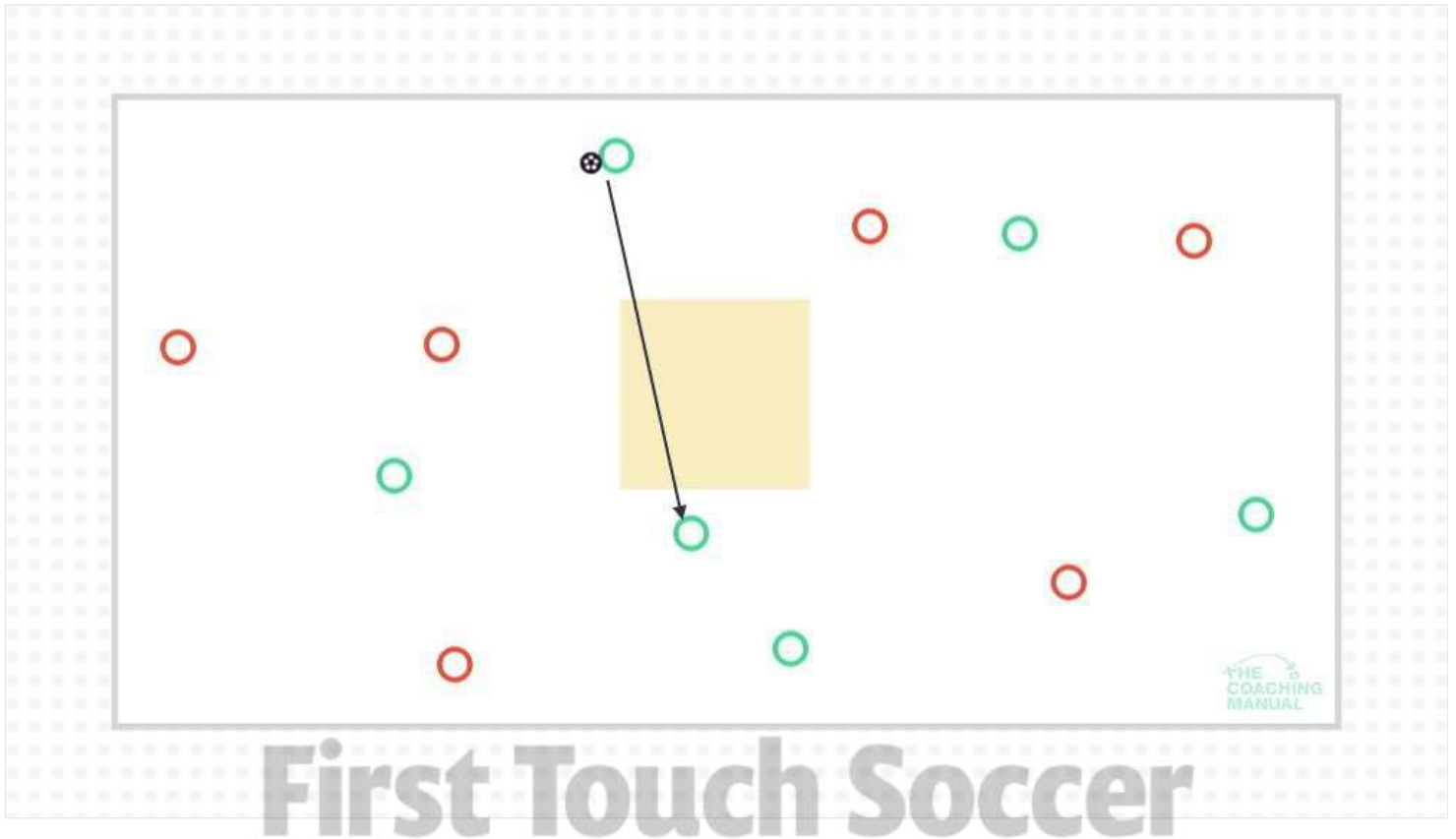
8 balls



8 cones



50x30 area



Organization

50x30 area, players are split into two teams.

Activity

The aim of this possession game is to play the ball through the middle square to a teammate. If a team is able to do this they win a point. The idea for the team in possession is that they are patient with the ball and don't try to force the play through the square at every opportunity. Success will occur if they are able to move the ball - and subsequently the defensive team - out of position to create gaps to play through. The idea for the defensive team is to stay compact and organized, shift with the ball to close the gaps and not allow the team in possession to play through.

Coaching Points

- Support player in possession
- Scan the field
- Move the ball quickly
- Be patient in possession

Progressions

- Limit Touches
- Make the central square smaller



Season
CURRICULUM

WEEK 2

OUT OF POSSESSION

10-16

Three Channel Pressing Game

Written by First Touch Soccer

Set Up



15 mins



12 players



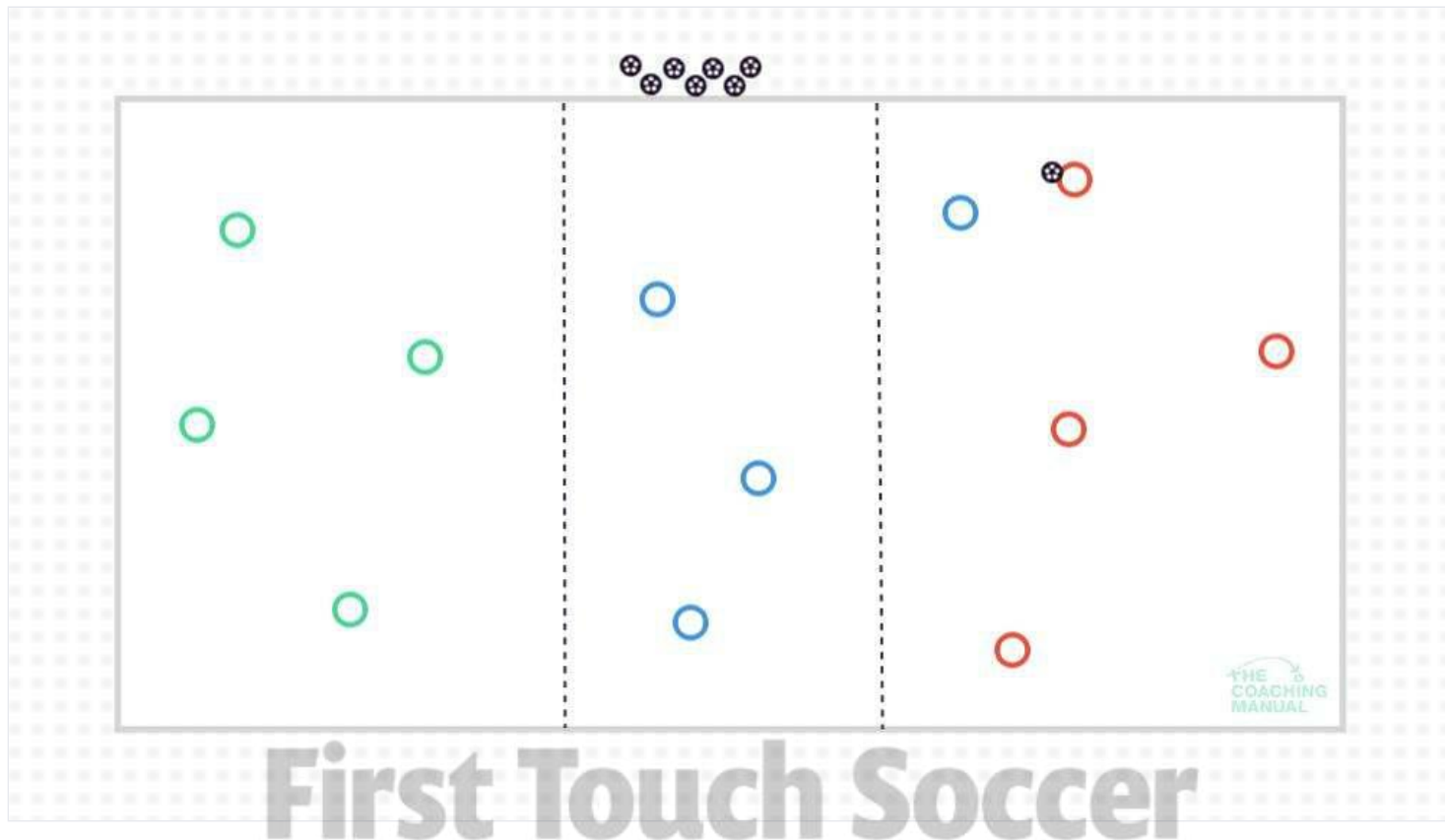
12 bibs



12 cones



50x30 area



Organization

30x20 area split into three zones. Players are split into three teams. The three teams position themselves in the playing area in their own zone.

Activity

The team in the central zone are defending while the remaining two teams aim to keep possession in their zone. The teams in possession can choose to switch the play whenever they want. One player from the defending team can enter the zone of the team in possession to win the ball back. If they win the ball back - or their teammate intercepts a pass in the central zone - and play it through to the other team, the team who lost the ball become the defenders.

Coaching Points

- Show desire
- Show intensity
- Communication
- Shift with the ball and organize
- Anticipate where the ball is going

Progressions

- Increase the size of the playing area
- Limit touches

8-16

3v3 Wave

Written by First Touch Soccer

Set Up



15 mins



9 players



10 balls



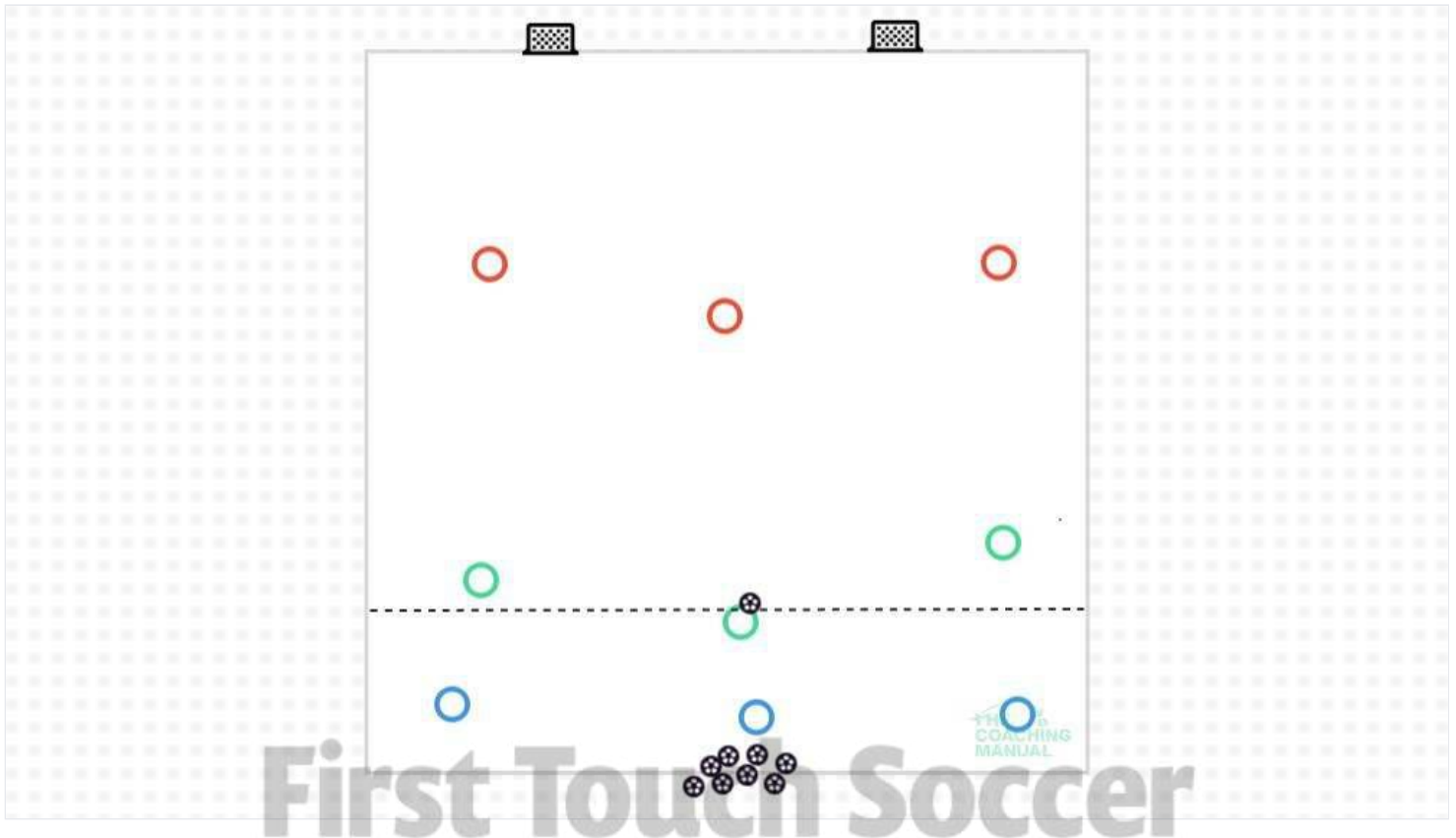
9 bibs



8 cones



40x40 area



Organization

Players are split into three teams and two mini goals are set up at one end of a 40x40 playing area. One team will start the game as the defenders.

Activity

On the coaches call, one team will enter the playing area from the opposite end to the goals, aiming to score against the defending team. If the attacking team are successful in scoring, the defending team continue as defenders and the attacking team head back to the start. If they are not successful, the attacking team become the defending team and the defenders head to the starting point behind the next team. The next team will then take their turn at trying to score.

Coaching Points

- Move the ball quickly
- Support with movement
- Shoot when opportunity presents itself
- Connect with teammates
- Shift and organize defensively
- Communicate
- Mark up

Progressions

- Add time limit to score
- Add extra attacker/defender



Season
CURRICULUM

WEEK 3

IN POSSESSION

10-16

End to End Possession

Written by First Touch Soccer

Set Up



15 mins



10 players



8 balls



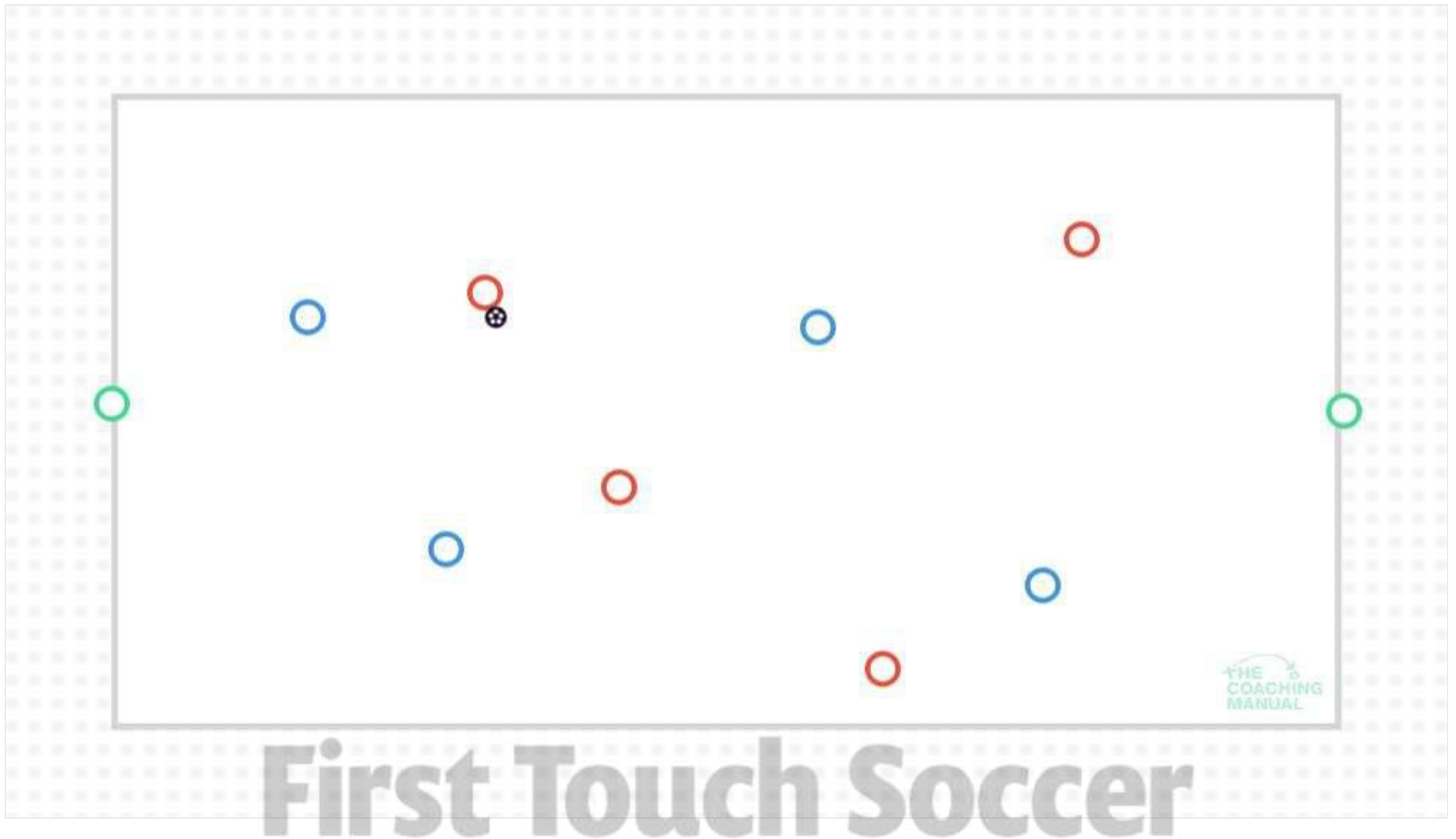
10 bibs



8 cones



50x30 area



Organization

50x30 area, players split into two neutrals positioned at either end.

Activity

Teams aim to move the ball from one neutral to the other without losing possession. If they can do this they win a point for their team.

Coaching Points

- Scan the field
- Move the ball quickly
- Open body shape and back foot when receiving
- Patient in possession

Progressions

- Limit Touches
- Time limit for making it from one end to the other

10-16

Build Out Scrimmage

Written by First Touch Soccer

Set Up



15 mins



10 players



8 balls



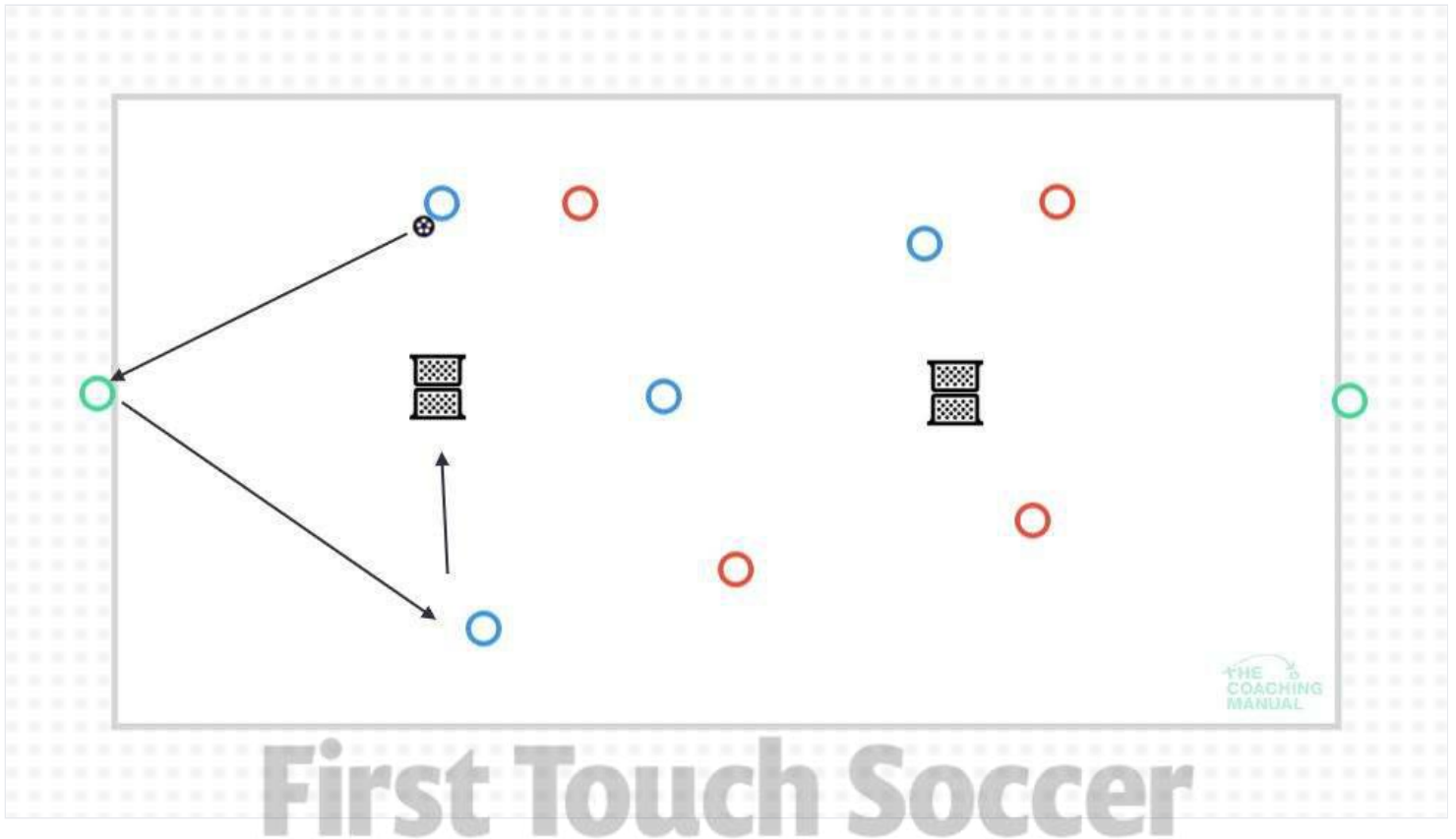
10 bibs



8 cones



50x40 area



Organization

Four goals are set up inside the playing area. Players are split into two teams. One neutral player is positioned at either end of the area.

Activity

In order for them to score they must first play to a neutral. The set up is supposed to mirror building out from the back with the neutral players representing full backs and a pass into the goal a penetrative pass through the lines.

Coaching Points

- Play quickly
- Scan the field
- Support player in possession
- Open body shape when receiving the ball
- Look to play forward quickly

Progressions

- Limit touches
- Limit finish to one touch



Season
CURRICULUM

WEEK 4

OUT OF POSSESSION

10-16

Zoned Scrimmage

Written by First Touch Soccer

Set Up



20 mins



12 players



8 balls



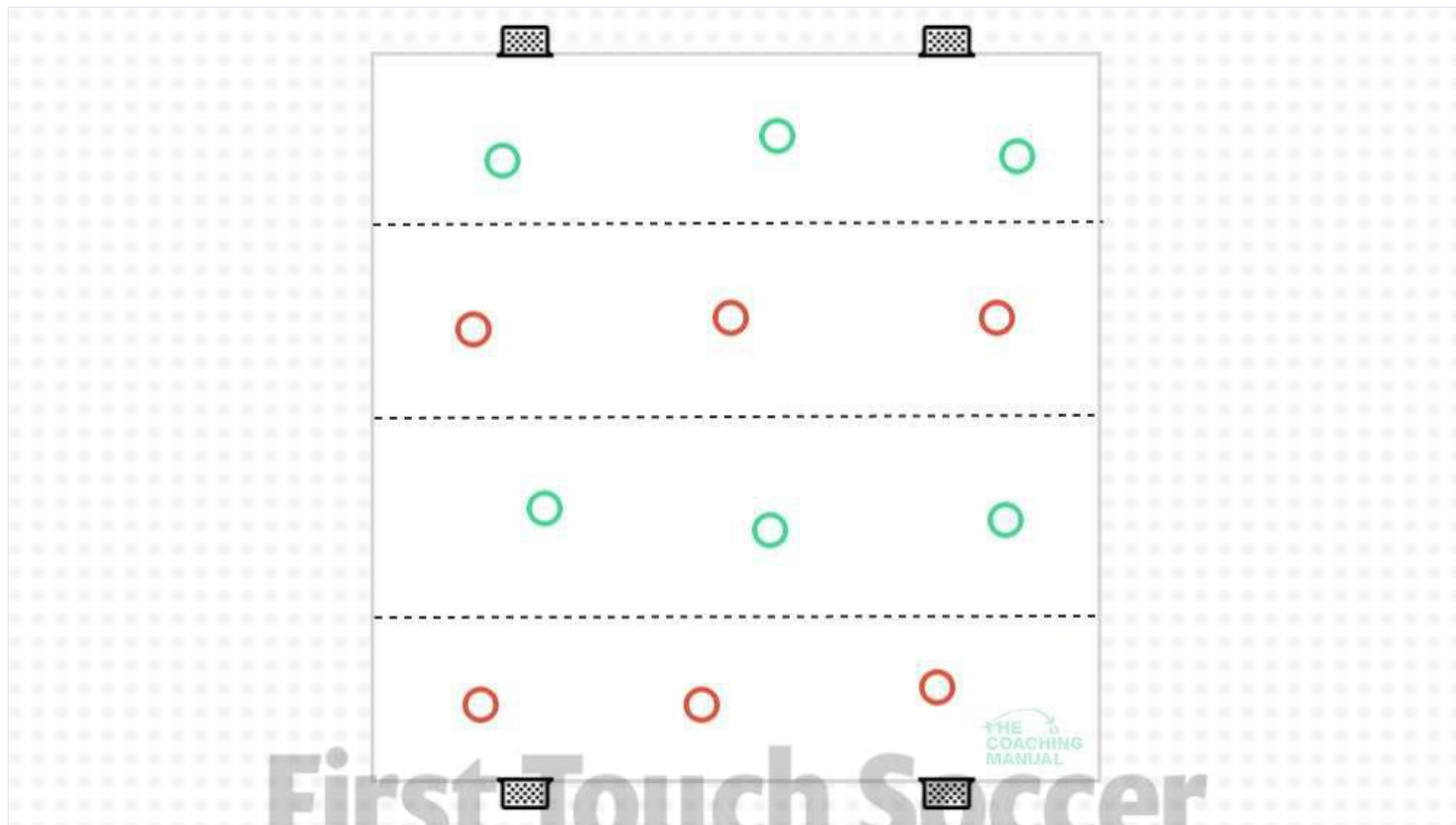
12 bibs



15 cones



50x30 area



Organization

50x30 area, split into four zones. Players are put into two teams and spread evenly throughout the zones (eg. Green defenders, Red attackers, Green Attackers, Red Defenders).

Activity

Players are only allowed to leave their zone if the ball is played through from their defensive three to their attacking three. When that happens, the opposition defenders can leave their zone to engage the attackers. The attacking can enter the defensive zone to try and score. Once possession is won by the defensive team in their zone, the game resets. Attacking players are allowed to intercept passes, but must stay in their zone when out of possession.

Coaching Points

- Look to play through the lines quickly
- Use body to protect the ball
- Support with movement
- Shift and organize defensively
- Anticipate where the ball is going

Progressions

- Limit Touches
- Finish must be one touch

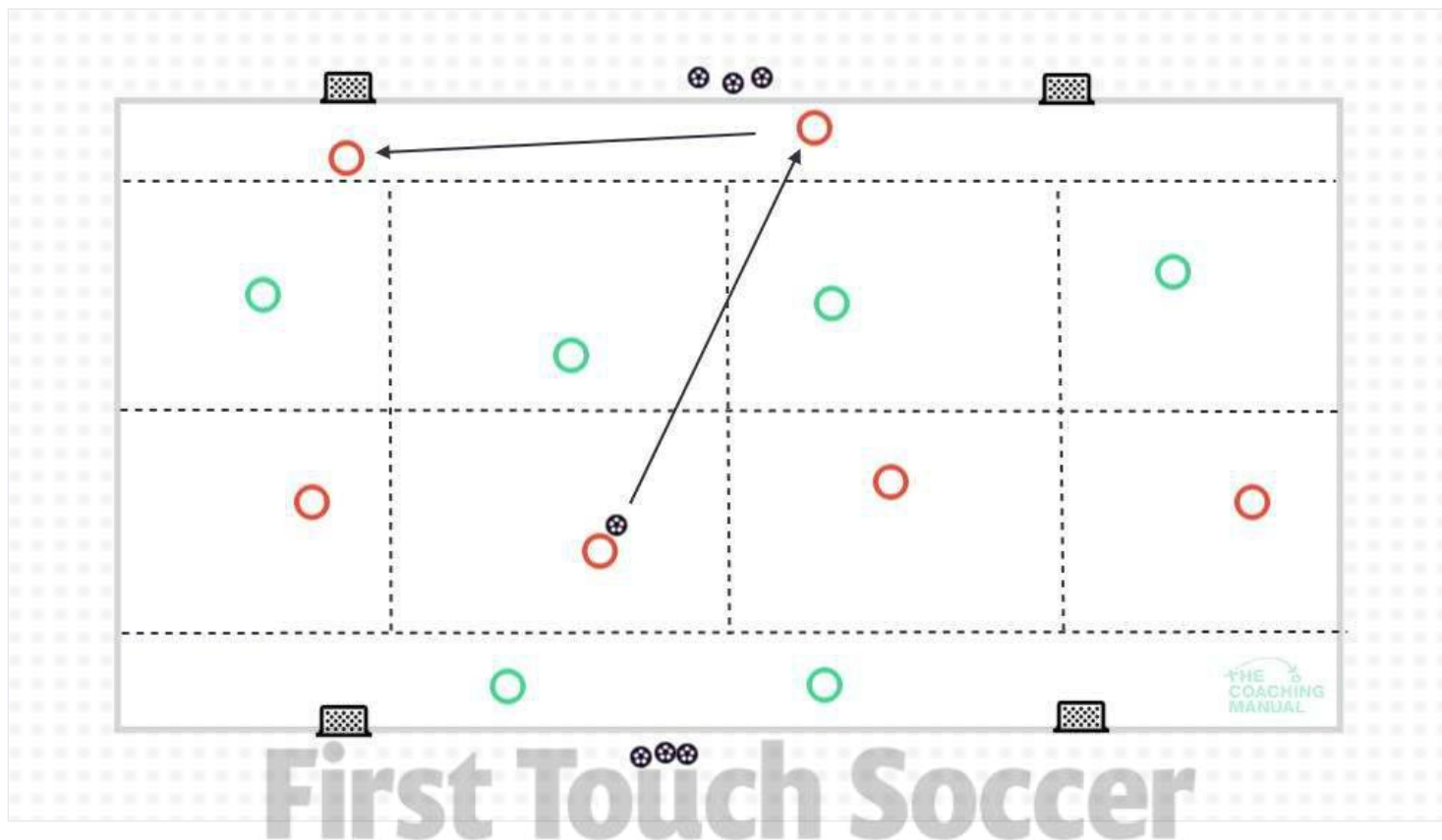
12-16

Defending as a Unit

Written by First Touch Soccer

Set Up

🕒 15 mins 🧑 12 players 🧢 12 bibs 🚧 12 cones 📏 50x30 area



Organization

A number of zones set up within the playing area with mini goals situated on each side. Four players are positioned inside the zones with two "strikers" positioned in front of the mini goals they are attacking. Players are not allowed to leave their zones

Activity

Players must attempt to move the ball along their team and look to penetrate through the defensive line to the strikers. The job of the team out of possession is to intercept and play the ball through to their strikers. Once they do this, the strikers will have a limited amount of touches before they can score (depending on their age/ability). Both strikers must touch the ball before they can score. For example, when the ball reaches the strikers, the coach can set out a maximum of three touches between the strikers before they can score. So the strikers will have to manoeuvre the ball to the goal within three touches.

Coaching Points

- Play through the lines quickly
- Limit Touches
- Check shoulders and surroundings
- Shift defensively quickly with the ball
- Apply pressure quickly
- Anticipate the through ball

Progressions

- Limit touches
- Make area bigger or smaller depending on the focus topic



Season
CURRICULUM

WEEK 5

IN POSSESSION

10-16

Through Ball Scrimmage

Written by First Touch Soccer

Set Up



20 mins



10 players



8 balls



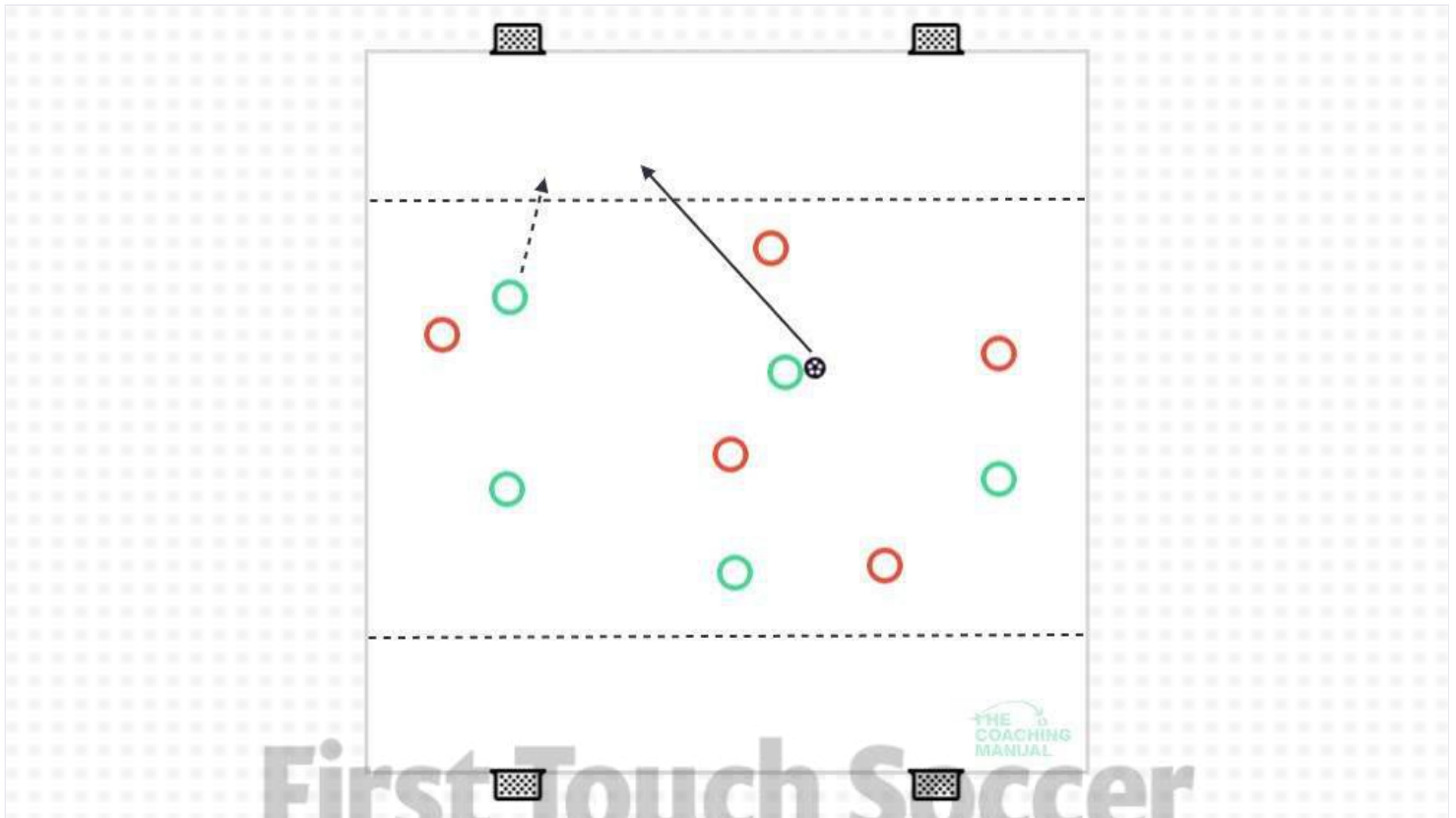
10 bibs



8 cones



50x40 area



Organization

50x40 with two end zones. Players split into two teams.

Activity

Teams must aim to score in the mini goals set up at each end. In order to score, the players must play a through ball into the end zone for their teammate to finish. However, they cannot enter the end zone until the ball has been played, making the edge of the end zone effectively an offside line. Only one attacker and one defender can enter the end zone at a time.

Coaching Points

- Time your run
- Play Quickly
- Don't force the play
- Scan the field
- Judge the weight of your pass

Progressions






- More defenders can enter the end zone with the attacker
- Through ball must be played within one or two touches

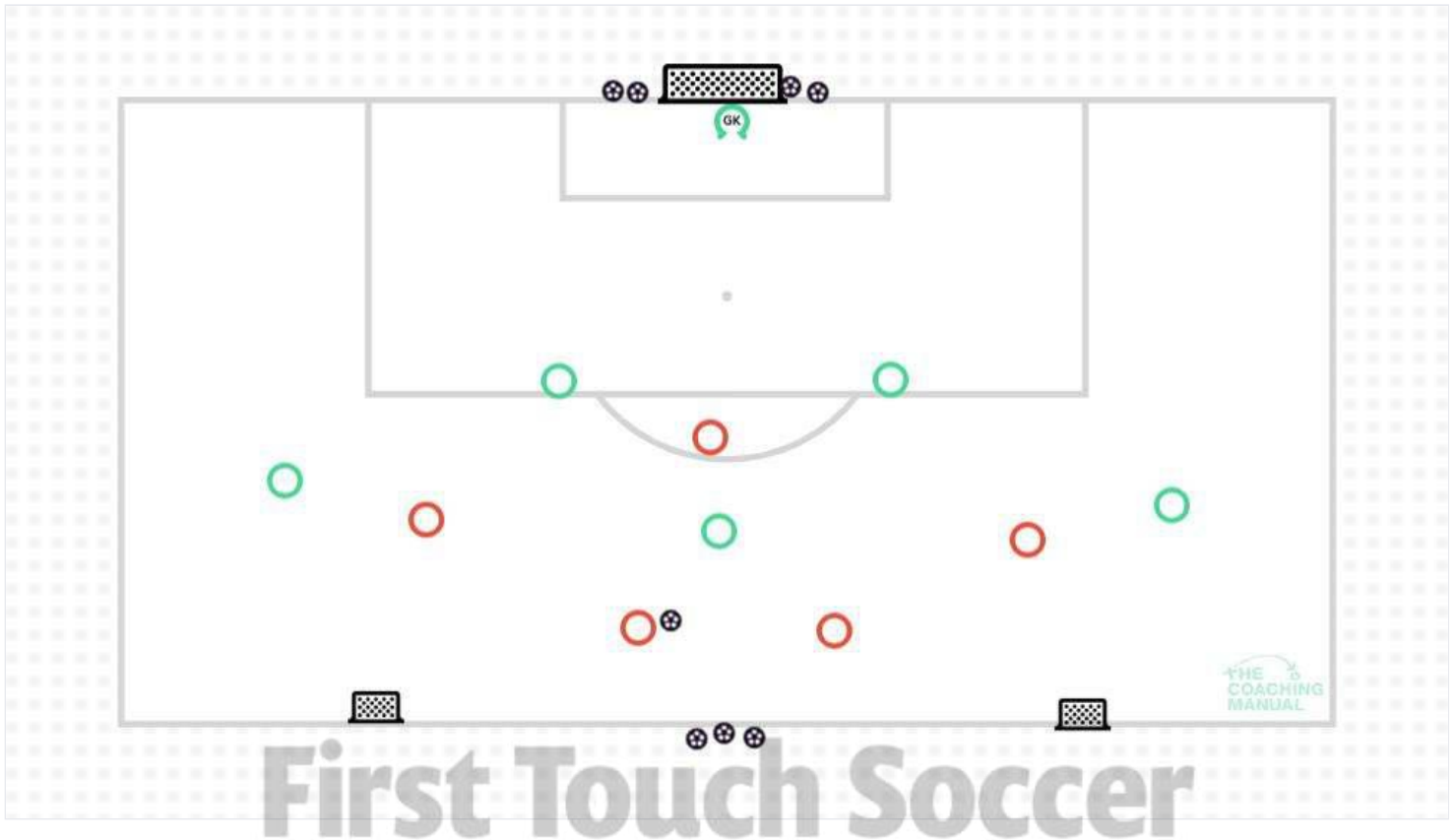
8-18

Attack V Defence

Written by First Touch Soccer

Set Up

 20 mins  11 players  10 balls  11 bibs  50x75 area



Organization

Players set up in their formations with two mini goals positioned at the edge of the final third.

Activity

One team attacks the normal sized goal while their opponents aims to defend the goal and score in the mini goals that have been positioned at the edge of their defensive third. From this set up, it is possible to work with either the attacking or defending team.

Coaching Points

- Move ball quickly
- Support with movement
- Communication
- Shift and organize quickly
- Show desire & intensity

Progressions

- Add extra attacker/defender
- Take away a goal



Season
CURRICULUM

WEEK 6

OUT OF POSSESSION

8-13

Two Team Rondo

Written by First Touch Soccer

Set Up



15 mins



10 players



10 balls



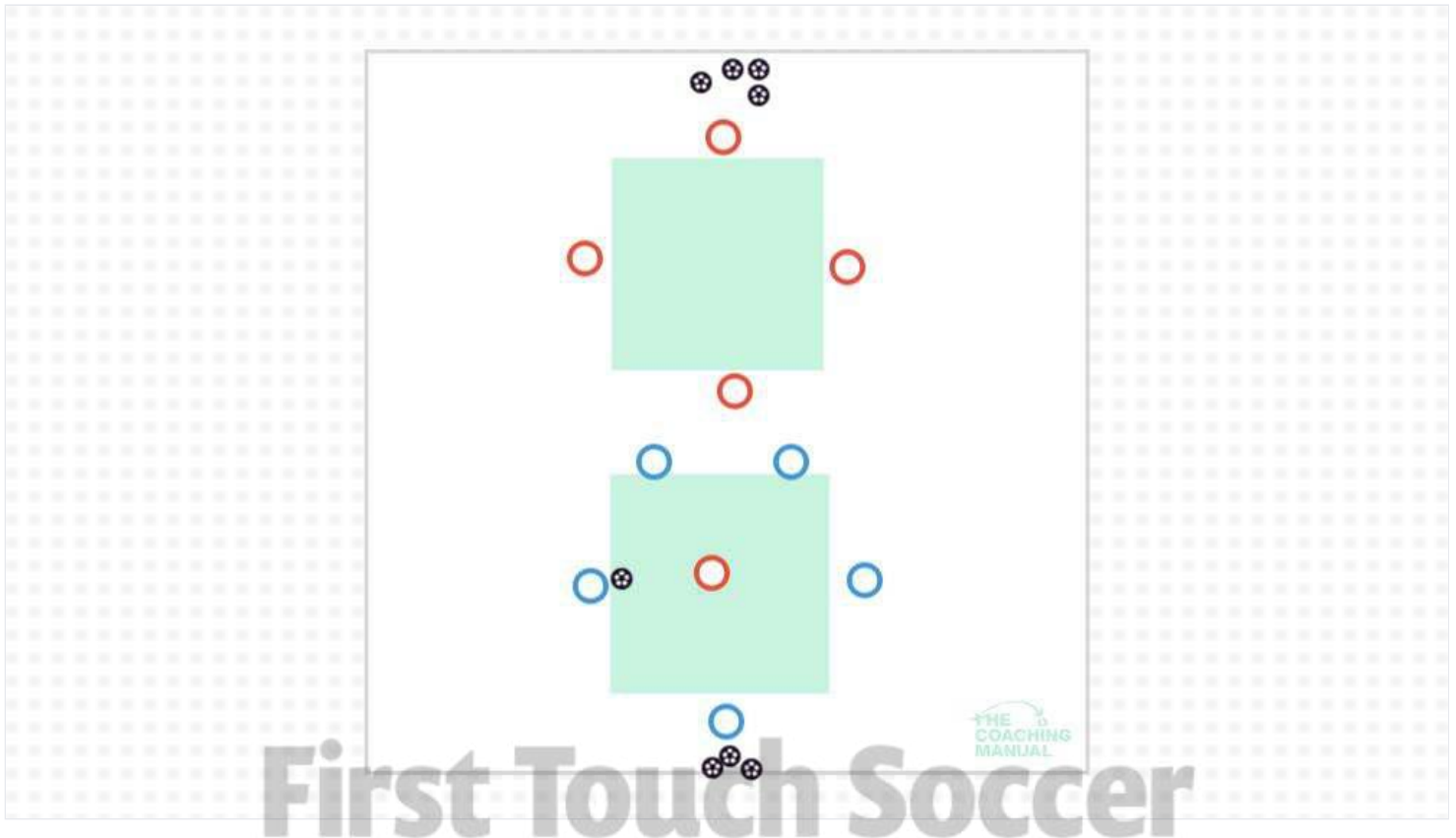
5 bibs



8 cones



30x30 area



Organization

Two rondos set up in a 30x30 area

Activity

One team has possession at a time, with the opposition sending in one defender to win the ball back. Once the ball is won by the defender or the ball is out of play the other team starts playing in their rondo and the team who lost possession send one defender in to win the ball back.

Teams count their passes and the first team to make 30 passes overall wins.

Coaching Points

- Show desire
- Show intensity
- Communication
- Anticipation
- Knees bent, side on

Progressions

- Increase amount of passes needed to win (in poss. progression)
- Increase area size (out of poss. transition)

10-16

Switch Play Transition Game

Written by First Touch Soccer

Set Up



20 mins



10 players



8 balls



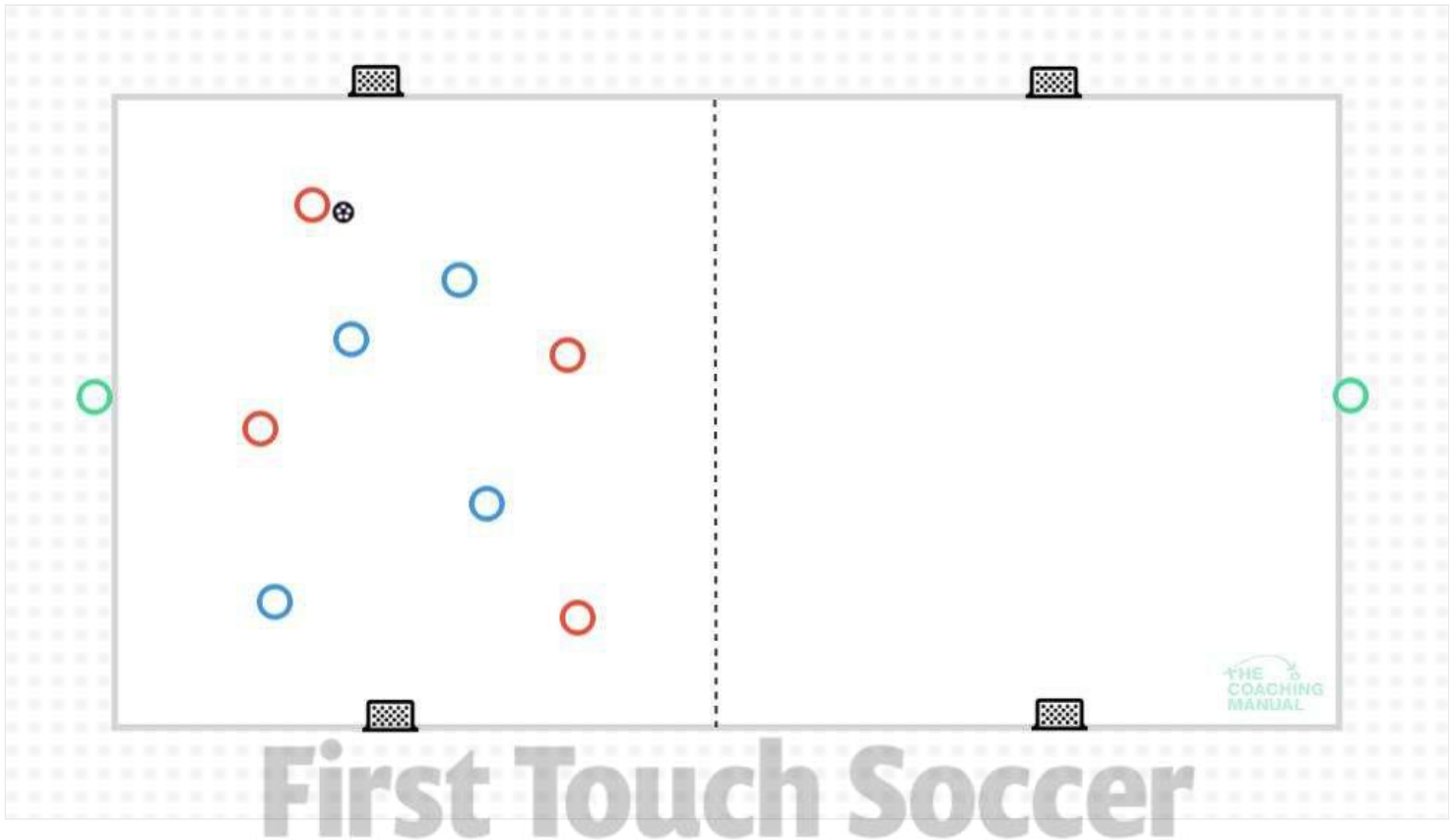
10 bibs



12 cones



50x75 area



Organization

50x75 area with the playing area split into two halves. One neutral player is positioned at either end of the playing area.

Activity

All players (except one neutral) aim to make at least three passes in one half of the playing area. Once three passes have been made, the team in possession can switch the ball to the opposite neutral. All players then must make it into the other half of the field within 5 seconds. The team in possession then have 30 seconds to score.

Coaching Points

- Play quickly
- Support player in possession
- Scan the field
- Organize quickly
- Show desire and intensity

Progressions

- Limit touches
- Limit time to score