

Williamson County Soccer Association  
U11/U12

**Boxes (10x10 yards)**

4 Players to box, each with a ball

Players dribble in box using all surfaces of feet  
(Use both feet, Use sole, laces, inside, outside, heel, and toe to move ball)

On coach's command, players switch balls (leave the one they are dribbling and find a new one to dribble).

**Progression:** Take 1 ball out -Coach again calls switch, which player is last to get a ball?

**Progression:** Take 2 balls out

Players work on Takeovers

**Progression:** Remove all but 1 ball

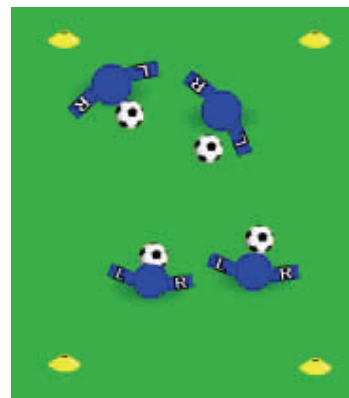
Players pass ball around inside box

**Progression:** Players will take turns as the sole defender vs the three attackers

Defender works for 30 seconds

Attackers count the number of consecutive passes

Attackers restart counting every time the ball goes out of bounds or the defender touches the ball



**German Bulldog**

3 players in box have ball, 1 does not. Players try to steal ball and keep it. If their ball is stolen, they must get a ball from one of the other players. After 30 seconds, who is the player without a ball?

Play several times



**1v1's (10x10 yard box)**

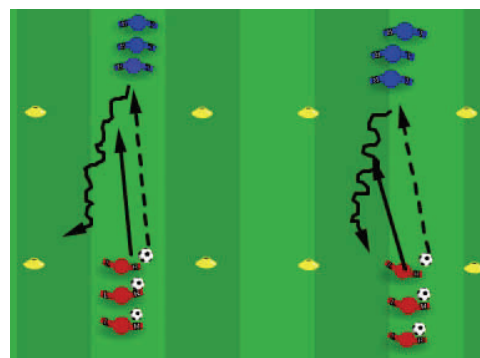
Players line up on opposite corners of box (in one line, each player has a ball)

1<sup>st</sup> Player with a ball serves the ball across to the 1<sup>st</sup> player without a ball

Player receiving ball tries to cross opposite line on the dribble while beating the player who passed the ball who has pressured the dribbler and become a defender

If the defender wins the ball, he tries to dribble across attackers end line

If ball goes out of bounds, a new pair begin

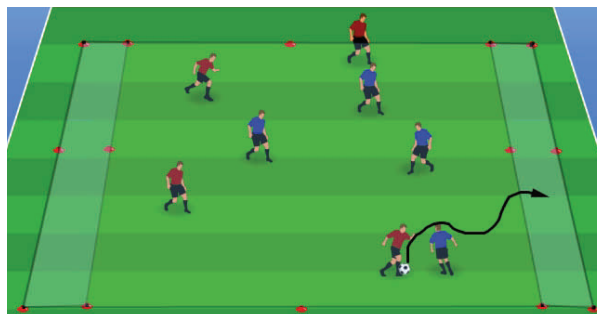


**Dribbling to End Zones 15x 20 (with 5 yard end zones)**

Players play on field with 5 yard end zones

To score, a player has to dribble ball into the end zone under control

Encourage risk taking in the attacking part of the field



**Scrimmage**

Let the players play to goals

Encourage risk taking in the attacking part of the field