<table>
<thead>
<tr>
<th>Activity Name</th>
<th>Description</th>
<th>Diagram</th>
<th>Coaching Points</th>
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<td>1 Technical Warm-Up: Windows I</td>
<td>Players on the inside dribble &amp; make passes to outside players who return the pass 1 or 2 touch. Inside players practice 1st touch to space, turns &amp; dummies. Then dribble to find a new open outside player. Part 1. After 3 minutes switch roles. - After 2 rounds add a defender (Part 2) inside the grid.</td>
<td><img src="image1.png" alt="Diagram" /></td>
<td>Key coaching point (CP) throughout the session will be: <strong>early vision &amp; decision.</strong> Q: How do you know in which direction to receive the pass? Q: What ways can you turn with the ball?</td>
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<td>2 Small-Sided Activity: Windows II</td>
<td>Initially make 2v1 set ups with one pair of attackers w/o opposition. Rotate 2v1 match ups. Central attackers use flank support players when needed. Attackers score by dribbling or passing to a teammate under control across the goal line. Score at one end &amp; then go to opposite end. Switch roles of all players every 5 minutes.</td>
<td><img src="image2.png" alt="Diagram" /></td>
<td>CP: when under pressure 1st touch toward support inside or outside or drag back. Q: Why would you take your 1st touch to outside support? Q: How do you gain more time for a controlled 1st touch?</td>
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</table>
**Author:** Sam Snow  
**Topic:** 1st Touch Out of Pressure  
**Age:** 12-U  
**Equipment:** 7 red bibs, 7 blue bibs, 2 white bibs, 14 balls, 8 cones, 4 corner flags, 2 small goals & 2 age group regulation goals

### 3 Expanded Small-Sided Activity: 3 goals

| Grid: ¾ of the field.  
1 regulation goal, 2 small counter goals, 4 corner flags.  
7v5+GK  
Red team attacks the large goal.  
Grey team attacks the small goals. | One team attacks the full size goal in which a goalkeeper is playing.  
Rotate the goalkeeper every 5 minutes.  
The opposite team attacks the small counterattack goals.  
Both teams look for proper 1st touch to shoot, pass, dribble or shield the ball. | CP: Team attacking the large goal looks for drag back, lay-off or roll turn.  
Q: When could an attacker roll with the ball around a tight marking defender?  
Q: How can a 1st touch into space set up a penetrating shot or pass? |

### 4 Match: 7 vs. 7

| Regulation U12 field and goals.  
4 corner flags.  
Red & grey training bibs.  
1 ball.  
Spare balls with the coach. | Play 7 vs. 7 using US Youth Soccer Modified Rules for the U12 age group. | Observe the players recognition of 1st touch away from pressure moments.  
Observe player execution of skill in those moments.  
Occasionally reinforce previous coaching points. |

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**Cool-Down**