### Activity Name: 1 Pairs – Long Passing

**Description:** Players pair up with 1 ball/pair. Partners begin 15 yds. apart striking long passes to each other. Gradually increase the distance to 30 yds. Go from stationary passing & receiving to everything on the move.

**Coaching Points:** How is the flight of the ball affected when you strike different parts of the ball?

### Activity Name: 2 Short-Short-Long

**Description:**
- One group per quadrant of the pitch.
- Players get into groups of 5. Play short-short-long to work on passing combinations (wall pass, double pass, lay off) and a penetrating pass.
- Next phase begin at halfway line each time, play toward the goal line and add runs to the post to finish the cross.

**Coaching Points:**
- Why is the prep step important to hit a good cross?
- How can you shape up to move down the flank?
### 3 5 vs. 3 + GK

| Coach and spare balls positioned at the kickoff spot. Activity on each half of the pitch. | Play on 1 half of the pitch. Moving the ball across 1 or 2 channels at a time can open up chances to penetrate. Look to get down the flank to set up crosses and runs into the penalty area. | What passing combinations create good chances to get down the touchline? Why should the attacker with the ball be ahead of the off-the-ball runners? |

### 4 8 vs. 8 Match

| Full field match played by US Youth Soccer Modified Rules for the U12 age group. | Goal = 1 point | Score from a Cross = 2 points | Score with a Header from a Cross = 3 points | Score on a Volley from a Cross = 4 points | Score with a Diving Header = 5 points  
Take up a coaching position at the midfield third on one flank and later the other to observe their flank play. | Actively observe their efforts at the training session objectives. |

---

Cool-Down | A detailed session plan is posted on the US Youth Soccer web site.