

PRACTICE MAKES PERFECT U10 - U12 PLAYERS

LISTED BELOW ARE THE KEY
FOCUS AREAS YOU SHOULD BE
WORKING ON.



FITNESS

It is important to incorporate fitness into your practice sessions. Try and include at least 12-15 minutes of various fitness drills to keep you conditioned when you return to the game.

Drills you can do include;

- Fast feet drills using speed ladder work should be practiced.
- Strengthening exercises such as push ups, lunges, burpees etc.
- Sprint run throughs and suicides.
- Interval training
- Dribbling, skills using the ball

PASSING

Passing is a key skill in the game of football. As you progress with your skills, so does your passing abilities.

No matter what age you are practice passing the ball however you should now be including the different types of passing you're using, such as the chip, flick, push, backward, long etc.



TOUCHES

Your first touch when playing soccer is very important. It will assist with your passing, accuracy and precision. You should be practicing your first touch in every session.

Practice with some one touch drills > use a wall and pass back and forth and touching it once only between passes and remember to try use both feet.

Two touch - do the same thing but control the ball this time and then pass. There are many drills and variations you can do to improve in this area.



ACCURACY / PRECISION

Being accurate helps you get the ball over the line, and with precision.

These skills will be develop more over time as you progress your other skills so keep practicing and remember to concentrate on technique with everything you do.

There are many simple drills you can do to test your accuracy - put markers around in different locations and try to hit your target. You can choose to hit your target front on, on the tip of the cone, on the side etc.



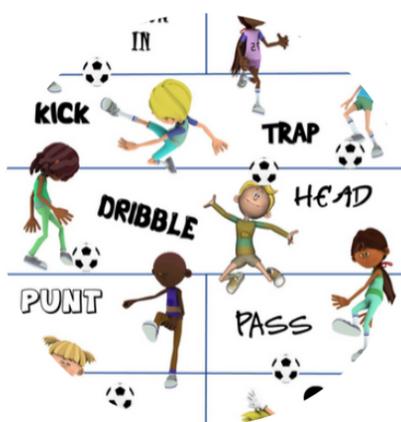
SKILLS

There are so many skills to learn and practice in this game and as you progress, you will start to use different variations and more advanced skills to enhance your game.

Some extra skills you can practice include;

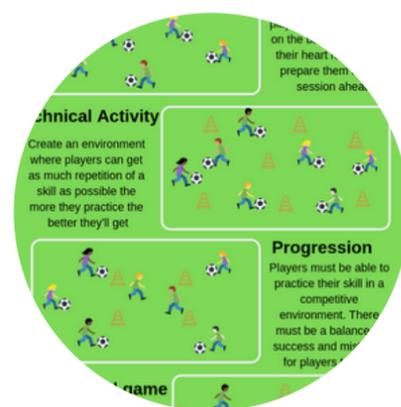
- Step overs
- Juggling
- Toe touches
- Cruyff turn
- Headers

Watch the videos we've sourced for you and start practicing. You can also start trying to juggle - record your best efforts and keep improving!



PLANNING YOUR SESSIONS

- Aim to train / practice at least 3 times per week
- 40-60 mins each session
- Focus on 1-2 areas per session
- Include juggling into every session
- Always warm up and warm down
- Don't forget to stretch
- Set yourself goals and keep record your progress



CHECK OUT WWW.MAOLYMPIC.ORG.AU/TRAININGRESOURCES
FOR MORE INFORMATION