

# **Northern Heights Soccer Club**

## **Coaching Curriculum - U12's (block 2)**

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# Template Overview

## Time Slot Template

10 minutes -> Warm up + plyometrics

20 minutes -> Technical/tactical work (skills-based)

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30 minutes -> Normal game play

5 minutes -> Cool down + debrief

# Training Session Overview

Weeks	Topics	Concepts
Week 1	Passing to Attack	<ol style="list-style-type: none"><li>1. To attack (1v1)</li><li>2. To get out of pressure (when no pass is available)</li></ol>
Week 2	Defending in Small Groups	<ol style="list-style-type: none"><li>1. Shape, Space, Angles</li><li>2. Pressure, Cover, Balance</li></ol>
Week 3	First Touch	<ol style="list-style-type: none"><li>1. Close control (keeping the ball in feet)</li><li>2. Out of pressure (into space)</li></ol>
Week 4	Spatial Awareness	<ol style="list-style-type: none"><li>1. Of the players around you</li><li>2. Of space itself</li></ol>
Week 5	Striking (shooting techniques)	<ol style="list-style-type: none"><li>1. Placement (in-close)</li><li>2. Power (from distance)</li></ol>
Week 6	Speed of Play	<ol style="list-style-type: none"><li>1. When to slow play down (defending phases)</li><li>2. When to speed play up (attacking phases)</li></ol>
Week 7	Game Play	<ol style="list-style-type: none"><li>1. Tournament-style</li><li>2. Incorporating lessons/ concepts learned throughout the training block</li></ol>