

# UNDER 12 FOOTBALL

## JUNE

Session Emphasis - Learning To Play Together:

Core Skill - Hook/Punt Kick (Left & Right)

Associate Skill 1 - Catching

Associate Skill 2 - Blocking

Re-focus Skill - Hand Pass



### FUN WARM-UP GAMES

(5-10 minutes)

Choose 1 fun game from above  
and 1 drill from the right

**Agility**



Travelling

**Balance**



Mule Kicks

**Co-ordination**



Stepping Stones

**Running**



Shuttle Runs

### CORE SKILL DEVELOPMENT

(10-15 minutes)

**Basic Drill:**

Pass & Follow

**Intermediate Drill:**

Around The Square

**Fun Drill:**

Bull's Eye

### ASSOCIATE & RE-FOCUS SKILLS DEVELOPMENT

(10-15 minutes)

**Catching Drill:**

Pass The Guard  
or  
Opposed Catch

**Blocking Drill:**

Partner Block  
or  
Move & Block

**Hand Pass Drill:**

Zig Zag Pass  
or  
Pressure Pass

### SMALL SIDED GO GAMES

(20 minutes)

**Conditions:**

1. Skill points awarded based on skills practiced above
2. Zonal pitch: Players must play within their own zone
3. 3 points for a score over the bar/1 point for a goal

### CHECK FOR LEARNING & GOAL SETTING

(5 minutes)

1. Did you enjoy the session?
2. What did you learn from tonight's session?
3. What skills are we going to practice for the next week?