

Week 12

Let the players pick their favorite games from the first 11 weeks of the program. Plan the session below.

Phase	Time	Activity Name	Emphasis
Warm up/Agility	6-8mins		
Break	2-3mins		
Ball Familiarity Games	6-8 mins		
Break	3 mins		
Ball Familiarity Games	6-8 mins		
Break	3 mins		
Small sided Games	10-15 mins		
	5 mins	Team Cheer and Snack Time	



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