

Games and Activities for Coaching 12 Year Olds: A Comprehensive Guide to Developing Youth Athletes

Coaching 12-year-old athletes presents unique opportunities and challenges. At this age, players are undergoing significant physical, cognitive, and social development. As a coach, it's crucial to create a positive and engaging environment that fosters growth both on and off the field.



Laying the Foundations: Games and Activities for Coaching 7-12 Year Olds by David Palmer

★★★★☆ 4.4 out of 5

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This comprehensive guide provides a wealth of games and activities designed to meet the specific needs of 12-year-old athletes. Whether you're looking to improve their physical skills, develop their strategic thinking, or enhance their teamwork abilities, you'll find something in this guide to help you achieve your goals.

Physical Development

At 12 years old, athletes are experiencing rapid physical growth and development. Their coordination, balance, and agility are all improving, and they're becoming stronger and more powerful. The games and activities in this section will help you develop these physical skills and ensure that your athletes are ready to compete at their best.

1. Cone Drills



Cone drills are a great way to improve agility, coordination, and balance. Set up a series of cones in a variety of patterns and have your athletes run through them as quickly as possible. You can vary the spacing and distance of the cones to make the drills more or less challenging.

2. Plyometric Exercises



Plyometric exercises are designed to improve power and explosiveness. These exercises involve jumping, hopping, and bounding movements. Start with simple exercises like box jumps and gradually progress to more challenging exercises like tuck jumps and power skips.

3. Speed Drills

TOP 5 DRILLS TO IMPROVE YOUR ACCELERATION

Key exercises for beginner and advanced sprinters to improve technical proficiency and force production during acceleration

1. Marches (with hands on head)

Standing up straight with hands on your head, raise one knee quickly until it's level with the hip, while maintaining a tall posture, then forcefully return it to the floor.

2. Skips (with hands on head)

Progressing from the trenches with similar tall posture. Like a normal skip, the back leg should push forcefully into the ground as you drive your front knee up.

3. Arm Action

Start in a ready position with arms swung at the shoulders, driving your front arm back and your rear arm forward. Trunk should remain stable. Combine with marches and skips for better results.

4. Wall March

Leaning against a wall with your head, shoulders, hips, knees, and ankles aligned. Actively drive your torso up toward your chest, keeping the other foot firmly on the ground. Keep your chest up, bring your torso & front legs each 1 step.

5. Acceleration Positioning

Place your mark position high off your back leg, perpendicular to the ground & your front shin parallel to the ground. Shoulders over your hands, 2) raise hips, 3) Drive both feet into the blocks, lean forward and pump those arms!



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Speed drills help athletes improve their acceleration and top speed. These drills involve short sprints and bursts of speed. Start with short distances and gradually increase the distance and intensity of the drills as your athletes get more fit.

Cognitive Development

In addition to physical development, 12-year-olds are also experiencing significant cognitive development. They're becoming more logical and analytical, and they're developing stronger problem-solving skills. The games and activities in this section will help you develop these cognitive skills and prepare your athletes for the challenges they'll face both on and off the field.

1. Tactical Games



Tactical games are designed to improve decision-making and problem-solving skills. These games involve simulated game situations where players must make choices about what to do next. Start with simple games

like tic-tac-toe and gradually progress to more complex games like chess and checkers.

2. Brain Teasers

LOGIC PUZZLES FOR BEGINNERS

Chickens

Logic and math problems involving chickens and a farmer. Includes a grid with clues like 'shopped', 'bought dinner', and 'buy at farmer'.

Brother and Sisters

Logic puzzle involving a boy named Daniel and a girl. Includes a grid with clues.

Zoo Animals

Logic puzzle involving animals at a zoo. Includes a grid with clues like 'Sleepy', 'Growl-At-Me', and 'Roar'. Animals shown include a lion (Liberty), a koala, and a giraffe.

Runners' Logic

Logic puzzle involving runners. Includes a grid with clues and names: Lillian, Rachel, Zach, Campbell.

CLICK HERE for a fun challenge for primary students!

Brain teasers are a great way to improve critical thinking and logical reasoning skills. These puzzles involve solving problems using logic and

creativity. Start with simple brain teasers like riddles and gradually progress to more challenging puzzles like logic puzzles and brain teasers.

3. Memory Games



Memory games are designed to improve concentration and recall. These games involve memorizing sequences of information and then recalling it later. Start with simple memory games like Simon Says and gradually progress to more challenging games like memory cards and concentration.

Social Development

Social development is just as important as physical and cognitive development for 12-year-old athletes. At this age, they're developing their own identities and learning how to interact with others in a positive

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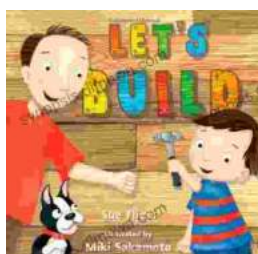


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