

Under 12
Fall
Training
Sessions





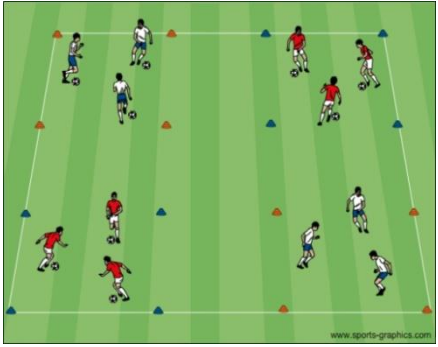
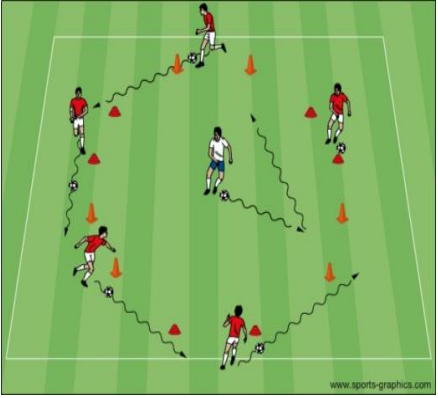
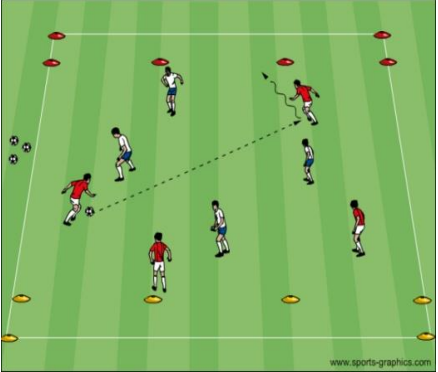
2012 - U12 - Fall Lesson Plan



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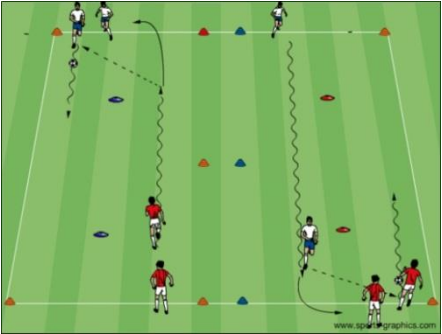
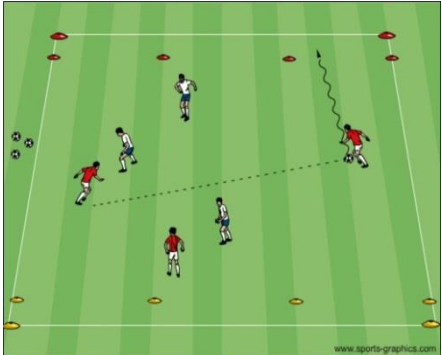
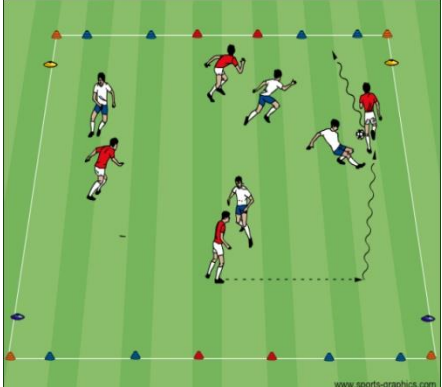
Module I: Dribbling

Topic: Dribbling Basics

Stage	Organization	Objectives	Key Coaching Points
Stage I Technical Warm-Up		<p>6 Surfaces: Divide the team into 4 groups of 3 or 4 players. Place each group in a 6x6 grid. The players will perform the following ball touches with one foot:</p> <ul style="list-style-type: none"> ○ Outside of the foot touch - Inside of the foot touch ○ Laces (instep) to push ball away - Bottom (sole) to drag ball back ○ Toe to push the ball away -Heel to bring the ball back behind you to turn <p>After the turn, the player should do it with the other foot. After a while, put the players in each square to compete.</p>	<ul style="list-style-type: none"> ● Players should start slow and increase the speed as they go ● Touches should be soft but able to move the ball ● Keep the soccer ball close and under control ● Players should talk to their feet: <ul style="list-style-type: none"> ○ “Outside –Inside - Laces -Sole, Toe and Heel Turn”
Stage II Small Sided Activity		<p>Dribbling Reaction Circle: Take 6 tall cones and 6 discs and make a circle of about 10-15 yards in diameter. Make a circle or hexagon (stop sign shape) with the cones and discs. Make gates about 2 yards apart by alternating the cones and discs. 5 players will protect 6 gates by trying to dribble into the empty gate. All dribblers must move to cover any empty gate. When the Runner (the dribbler in the middle) gets to a gate and stops the ball under control, he will change with the player that did not move and allow him/her to enter the gate. Coach: Try it without a ball first. If you only have 5 players, make a pentagon. If you only have 4 players, make a square.</p>	<ul style="list-style-type: none"> ● Keep your head up and use peripheral vision ● Keep the ball close to you under control ● Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/Outside (Changing direction) ○ Sole (Stop and Changing direction) ○ Laces (Speed Dribbling) ● Change of direction and burst of speed <ul style="list-style-type: none"> ○ When to turn ○ What type of turn ● Encourage players to be creative with the ball at their feet
Stage III Expanded Small Sided Activity		<p>4v4 to End Zones: Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. Coach: Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> ● Deception and disguise ● Encourage players to be creative with the ball at their feet – “Take risks” ● Identification of visual cues <ul style="list-style-type: none"> ○ 1v1 no defender behind ○ Free space in front of dribbler ○ Near the attacking area ● Identification of verbal cues <ul style="list-style-type: none"> ○ “take space”, “time”, “take him on” ● Correct shape and balance of team ● Attack at pace and set up the defender
Stage IV Match	6v6 or 7v7	<p>Play with a formation:</p> <ul style="list-style-type: none"> ● 6v6: Gk-3-2 v Gk-2-1-2 or 7v7: Gk-3-1-2 v Gk-2-3-1 	Reinforce all the coaching points from all the activities

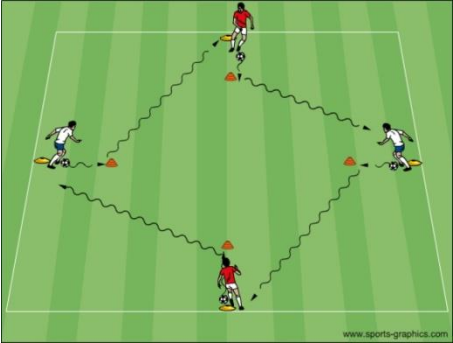
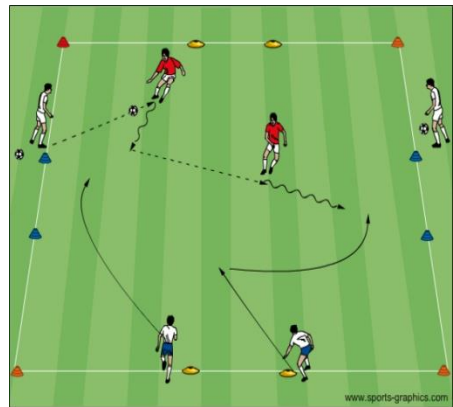
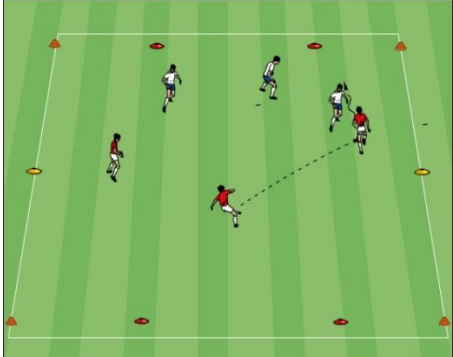
Module I: Dribbling

Topic: Dribbling – Running with the Ball

Stage	Organization	Objectives	Key Coaching Points
Stage I Technical Warm-Up		<p><u>Man Utd. Running with the Ball:</u> Make 10W x 30L yard grid. Divide the grids into two 5 yd. lanes. Place at least two players of different teams at the end of the lanes to the right of the grid. The activity starts by one of the players running with the ball. When the player in possession of the ball runs by the second cone, he/she can pass the ball to the next runner.</p>	<ul style="list-style-type: none"> • Take an aggressive first touch forward into space • Push the ball forward with the instep (laces and outside of the foot) • Each touch of the ball should push it a few steps ahead of the dribbler • Keep a natural running stride • In between touches, the head is up and the eyes scan the field
Stage II Small Sided Activity		<p><u>3v3 to End Zones:</u> Two teams play in a 30Wx 40L yard grid space with each team attacking a 2 yard end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. Coach: Encourage players to recognize opportunities to burst and run with the ball into space under control.</p>	<ul style="list-style-type: none"> • Get the ball out of the feet – good first touch • Run quickly with the ball • Minimum number of touches • Use the front of the foot – laces, to push the ball in front • Use an unbroken stride and head up • When confronted with defenders, take them on by changing direction of the ball and take a big touch
Stage III Expanded Small Sided Activity		<p><u>4v4 or 5v5 Dribbling forward – pass back or sideways:</u> In a 35Wx40L area, two teams are trying to score in any of their opponent's three goals. The only way to move the ball forward is by dribbling. Players can pass but only backwards or sideways. To score the players must be within the 3 yard zone to score. Coach: after a while take the restriction of passing forward away but still encourage dribbling to score</p> <p>Scoring: Dribbling – 10 points Passing - 1 point</p>	<ul style="list-style-type: none"> • Decide when to pass or when to dribble • Play with Off-sides • Look for space to attack behind the defender • Work together to score • Use support players to make attacking decisions
Stage IV Match	6v6 or 7v7	<p>Play with a formation:</p> <ul style="list-style-type: none"> • 6v6: Gk-3-2 v Gk-2-1-2 or 7v7: Gk-3-1-2 v Gk-2-3-1 	Reinforce all the coaching points from all the activities

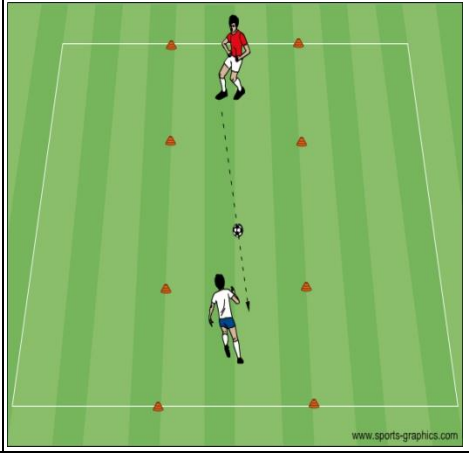
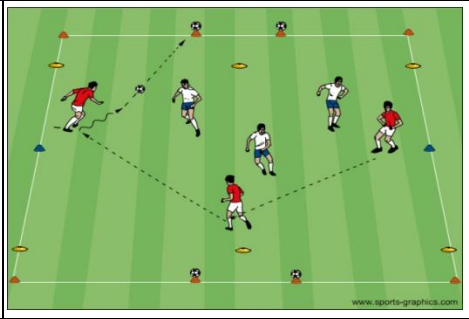
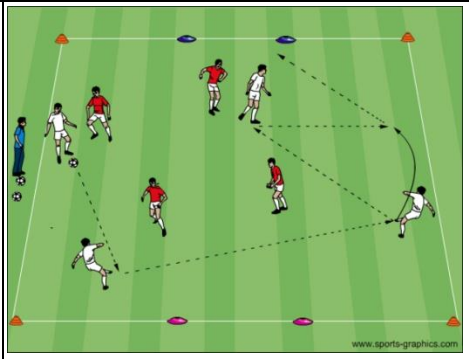
Module I: Dribbling

Topic: Dribbling - Beating an Opponent

Stage	Organization	Objectives	Key Coaching Points
<p>Stage I Technical Warm-Up</p>		<p><u>Diamond Dribbling:</u> Have one diamond per four players. The players will dribble the soccer ball to the orange cone and they perform the move and go to the next cone Players will call their arrival by saying: First! - Second! When players arrive at their beginning cone, they must go the other way. Select and group the best players at each diamond and make them compete The moves are:</p> <ul style="list-style-type: none"> • Circle and take, Circle, circle and take, Fake and take, Fake, fake and take, Bish-bash, Drag-back and take, Stop and take 	<ul style="list-style-type: none"> • Use all surfaces of the foot • Keep the ball close to you under control • Execute a feint at the cone (to unbalance the defender) and dribble past him/her with a burst of speed • Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender • Encourage players to be creative with the ball at their feet
<p>Stage II Small Sided Activity</p>		<p><u>2v2 to 3 Goals:</u> In a 20x20 square, set up 6 players in 3 groups: The dribblelinos (2 players), the defenders (2 players) and the servers (2 players) Place the dribblelinos and defenders by the yellow cones at the opposite side of the grid. The server, one on each side line, passes the ball to a dribblelino and he/she will try to score in one of the lateral goals (blue cones) or the middle yellow goal on the end line. The defenders will try to stop them from dribbling through any of the goals. If the defenders get the ball, he/she can also score in one of the three goals. When a player scores or the ball goes out of bounds, a new 2v2 will start. Each team plays for two services. Rotation: Server to dribbelino, defender to server, dribbelino to defender</p>	<ul style="list-style-type: none"> • Keep the ball close to you under control • Execute a feint to unbalance the defender and dribble past him/her with a burst of speed • Change direction and pace • Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender • Encourage players to be creative with the ball at their feet
<p>Stage III Expanded Small Sided Activity</p>		<p><u>3v3 or 4v4 - 5 Million Point Game to End Zones:</u> Two teams play in 25Wx35L yard grid space with each team attacking a 2 yard end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. Coach: Encourage players to recognize opportunities to burst into space under control. Scoring: Player dribble into the zone: 3 points Player dribble an opponent with one of the moves above is worth 1 million points The game is up to 5 million points</p>	<ul style="list-style-type: none"> • Deception and disguise • Encourage players to be creative with the ball at their feet – “Take risks” • Identification of visual cues <ul style="list-style-type: none"> ○ 1v1 no defender behind ○ Free space in front of dribbler ○ Near the attacking area • Identification of verbal cues <ul style="list-style-type: none"> ○ “take space”, “time”, “take him on” • Correct shape and balance of team • Attack at pace and set up the defender
<p>Stage IV Match</p>	<p>6v6 to 7v7</p>	<p>Play with a formation:</p> <ul style="list-style-type: none"> • 6v6: Gk-3-2 v Gk-2-1-2 or 7v7: Gk-3-1-2 v Gk-2-3-1 	<p>Reinforce all the coaching points from all the activities</p>

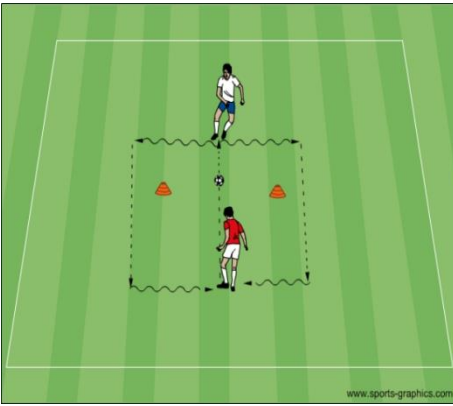
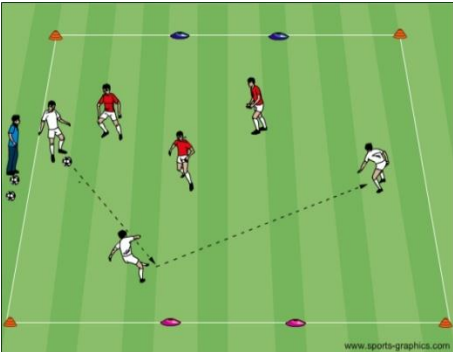
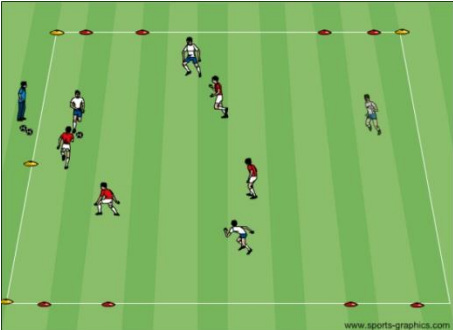
Module II: Passing and Receiving

Topic: Passing and Receiving Basic

Stage	Organization	Objectives	Key Coaching Points
<p>Stage I Technical Warm-Up</p>		<p>Passing Houses: Place two boxes of 2or 3yards each about 7-10 yards away from each other. Place a player inside the box and call it the house. Players will pass to each other. In order to score points, the pass must be made and received inside the house and go into the house through the front door. Coach, start with:</p> <ol style="list-style-type: none"> 1. Pass right receive right/ Pass left receive left 2. Pass right, receive left/ Pass left receive right 3. First touch outside a window (side of the square) pass through the door 	<p>Passing:</p> <ul style="list-style-type: none"> • Toe up (inside) or down & turned in (outside) • Placement of non-kicking foot and good balance • Surface of the Foot and Surface of the Ball to strike <p>Receiving:</p> <ul style="list-style-type: none"> • Keep feet moving before ball arrives and go to it • Keep ankle of receiving foot locked and body behind ball • Eye on ball at instant of reception
<p>Stage II Small Sided Activity</p>		<p>3v3 Hit the Ball Off the Cone: Play a 3v3 game in a 25Wx35L yard grid with a 2 yard end zone. On the end line, place two cones about 4 yards apart and place a soccer ball on each cone. Scoring:</p> <ul style="list-style-type: none"> • Hit the ball on the cone: 10 points • Put the soccer ball between the cones: 1point <p>No players are allowed in the end zone.</p>	<ul style="list-style-type: none"> • Tech of Passing and Receiving • Possess the ball to look for an opportunity to hit the ball on the cone • Head up to make eye contact • Weight and accuracy of the pass • First touch (To prepare the ball) • Surface of the foot • Surface of the ball
<p>Stage III Expanded Small Sided Activity</p>		<p>4v4 to Small Goal – Goal equals number of passes: In a 30W x 40L yard grid, play a 4v4 game with one goal on each end line. The players will try to connect as many passes as they can before they can pass the soccer ball through the goal. Scoring: If a team completes 3 passes and scores their goal, it will be worth 3 points.</p>	<ul style="list-style-type: none"> • Technique of passing and receiving • First directional touch • Possess the ball to look for an opportunity to score • Players in good supporting positions • Decision making: safety versus risk • Communication • Good team shape
<p>Stage IV Match</p>	<p>6v6 or 7v7</p>	<p>Play with a formation:</p> <ul style="list-style-type: none"> • 6v6: Gk-3-2 v Gk-2-1-2 or 7v7: Gk-3-1-2 v Gk-2-3-1 	<p>Reinforce all the coaching points from all the activities</p>

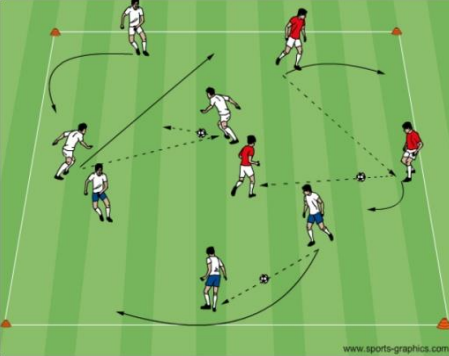
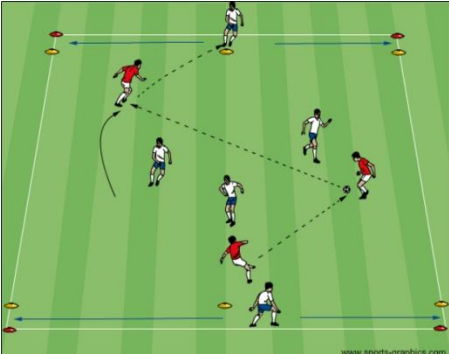
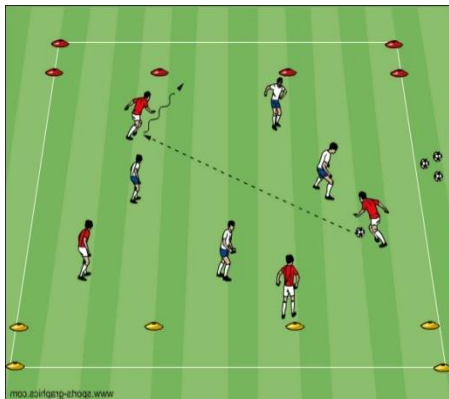
Module II: Passing and Receiving

Topic: Passing and Receiving for Possession

Stage	Organization	Objectives	Key Coaching Points
<p>Stage I Technical Warm-Up</p>		<p>Box 8 Passing: Have two players 5 yards apart, one with a soccer ball. He/she passes the ball pass the soccer ball between the two cones 3 yards apart. The receiver then will have a directional first touch towards the right or the left of the cones, and passes back to the supporting players waiting outside of the same cone (see diagram). The new receiver will first touch the ball toward the middle of the cones and pass the ball.</p> <p>Coach the players are making a figure 8 with their passes</p>	<p>Passing:</p> <ul style="list-style-type: none"> • Toe up (inside) or down & turned in (outside) • Placement of non-kicking foot and good balance • Surface of the ball to strike <p>Receiving:</p> <ul style="list-style-type: none"> • Keep feet moving before ball arrives and go to it • Keep ankle of receiving foot locked and body behind ball • Eye on ball at instant of reception • First Touch – Directional
<p>Stage II Small Sided Activity</p>		<p>3v3 Game Everyone Touches the Ball: In a 25wx 35L yard grid, play a 3v3 game with one goal on each end line. The players will try to connect as many passes as they can before they can pass the soccer ball through the goal.</p> <p>Scoring: All the players on the team in possession must have a touch on the ball before scoring. If they lose possession, they need to start again.</p>	<ul style="list-style-type: none"> • Tech of passing and receiving • Pace of the pass and accuracy of the pass • First Touch – Directional • Clear Communication (demand the ball) • Surface of the foot • Surface of the ball • Players in good supporting positions to facilitate possession • Good team shape
<p>Stage III Expanded Small Sided Activity</p>		<p>4v4 to Four Small Goals: In a 35Wv40L yard grid place two small 3 feet cone goals on each side of the 35 yard line, near each corner. Each team defends and attacks two goals. If playing with 4 players, the attacking shape should be a diamond or 3-1. If playing with five players, the attacking shape should be a 3-2 or 2-1-2.</p>	<ul style="list-style-type: none"> • Tech of passing and receiving • Pace of the pass and accuracy of the pass • First Touch – Directional • Possess the ball to look for an opportunity to score • Players in good supporting positions • Decision making: safety versus risk • When and how to switch the point of attack • Communication • Good team shape
<p>Stage IV Match</p>	<p>6v6 or 7v7</p>	<p>Play with a formation:</p> <ul style="list-style-type: none"> • 6v6: Gk-3-2 v Gk-2-1-2 or 7v7: Gk-3-1-2 v Gk-2-3-1 	<p>Reinforce all the coaching points from all the activities</p>

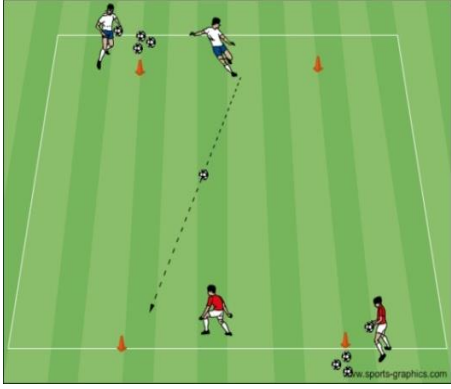
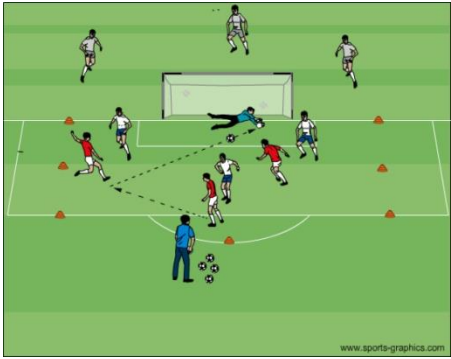
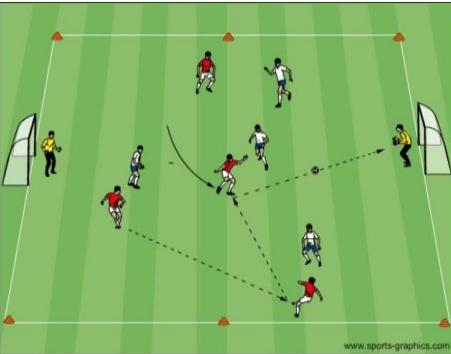
Module II: Passing and Receiving

Topic: Passing and Receiving for Penetration

Stage	Organization	Objectives	Key Coaching Points
Stage I Technical Warm-Up		<p><u>Pass and Move in 3's II:</u> Split players into groups of 3 players each (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other</p> <ol style="list-style-type: none"> 1. Pass and move – (See red team in diagram) 2. Pass, and run between the next passer and receiver making 3rd player to move to support (See white in diagram) 3. Pass and run behind receiver (See Blue team in diagram) 	<ul style="list-style-type: none"> • Technique of passing • 1st touch - Directional • Technique of receiving • Vision to making splitting passes • Communication: Verbal and Non Verbal • Supportive body position • Visual cues
Stage II Small Sided Activity		<p><u>3v3 to Targets:</u> In a 30Wx35L yard grid, play a 3v3 game with one target player in the opposite end zone. The players will try to connect with the target in order to score.</p> <p>Scoring:</p> <ul style="list-style-type: none"> • Connecting with the target: 5 points • Connecting with the target after splitting the defense : 10 points 	<ul style="list-style-type: none"> • Pace, accuracy and timing of the pass • First Touch – Directional • Vision to split defenders with a pass • Clear Communication (demand the ball) • Surface of the foot • Surface of the ball • Good team shape • Possession vs. penetration • Proper angle and distance of support off the ball
Stage III Expanded Small Sided Activity		<p><u>4v4 or 5v5 to End Zones:</u> Set up a 35Wx40L yard grid. Play 4v4 with 2yard end-zones. To score the attacking team needs to pass to a teammate in the end zone. The attacking player must time his/her run to receive the ball inside the end zone and score. A player cannot enter the end zone before the soccer ball. Coach: Help the players to time their runs into the end zone to receive the ball.</p> <p>Scoring:</p> <ul style="list-style-type: none"> • Receiving a timed pass into the end zone: 10 points • Dribbling into the end zone: 1 point 	<ul style="list-style-type: none"> • Pace, accuracy and timing of the pass • First Touch – Directional • Shape, width, and depth • Players in good supporting positions Vision to split defenders with a pass • Decision making: when to penetrate or possess • Communication • Good team shape & Body position open to field
Stage IV Match	6v6 or 7v7	<p>Play with a formation:</p> <ul style="list-style-type: none"> • 6v6: Gk-3-2 v Gk-2-1-2 or 7v7: Gk-3-1-2 v Gk-2-3-1 	Reinforce all the coaching points from all the activities

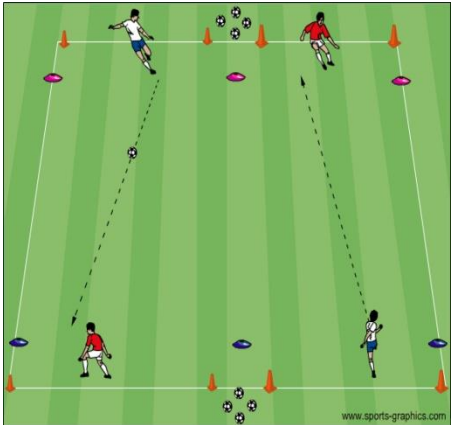
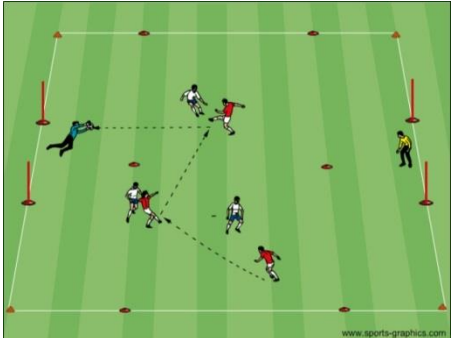
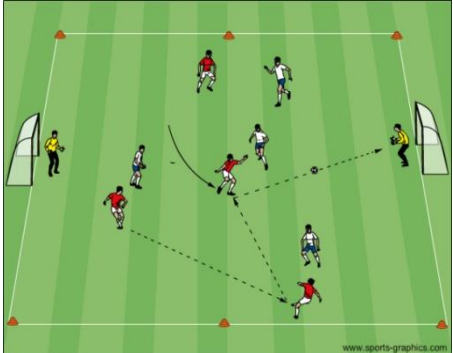
Module III: Shooting

Topic: Shooting I

Stage	Organization	Objectives	Key Coaching Points
<p>Stage I Technical Warm-Up</p>		<p><u>Shooting Wars – Set, Shoot, Save and Switch:</u> Place a player in each goal about 12-15 yards apart. Have a player standing by in each goal with a ball in hand. The white player will set up the ball to shoot it. He must do it from behind or at the line of his/her goal line. The red player in the opposite goal needs to make the save. If he makes the save or gets scored on, he/she goes out and a new player comes in. Now the new red player sets up his/her ball to shoot it. Keep changing and keep score. Goals are below shoulder level</p>	<p><u>Shooting Technique</u></p> <ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Surface of the Ball • Surface of the Foot to strike the ball
<p>Stage II Small Sided Activity</p>		<p><u>3v3 to One Goal+Gk:</u> Inside the box, cone an area 20Lx26W yds. just like in the diagram. Two teams of 3 players each will try to score. The team that gets to 3 goals first wins the first bout. The Coach will be at the top on the “D” with the soccer balls. He/she will serve a new ball when it goes out of bounds or in goal. Place the stand-by team by the goal; their job is to fetch the soccer balls. Coach: Rotate the GK</p>	<ul style="list-style-type: none"> • Proper technique and body control • Quality preparation touch • Proper selection of contact surface <ul style="list-style-type: none"> ✓ Instep ✓ Inside ✓ Outside ✓ Poke • Type of shot <ul style="list-style-type: none"> ✓ Driven <ul style="list-style-type: none"> ▪ Low ▪ High ✓ Lofted or Chip ✓ Poke • Timing and shape of attacking runs • Creativity and deception • Rebounding
<p>Stage III Expanded Small Sided Activity</p>		<p><u>GK's + 4v4:</u> Make 3 teams of 4 players. Two teams will play to score by creating as many scoring opportunities and taking as many shots on target as they can in 2 minutes. The team with the most goals wins that bout and stays in. The stand-by team comes in to play for another two minutes.</p>	
<p>Stage IV Match</p>	<p>6v6 or 7v7</p>	<p>Play with a formation:</p> <ul style="list-style-type: none"> • 6v6: Gk-3-2 v Gk-2-1-2 or 7v7: Gk-3-1-2 v Gk-2-3-1 	<p>Reinforce all the coaching points from all the activities</p>

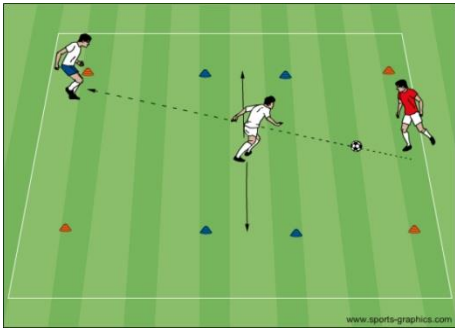
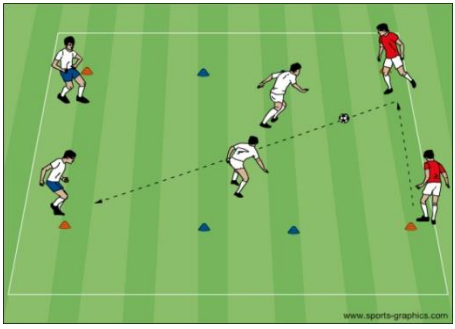
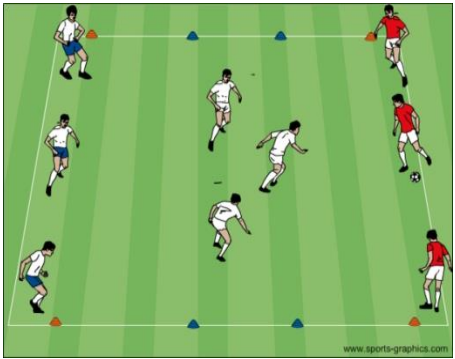
Module III: Shooting

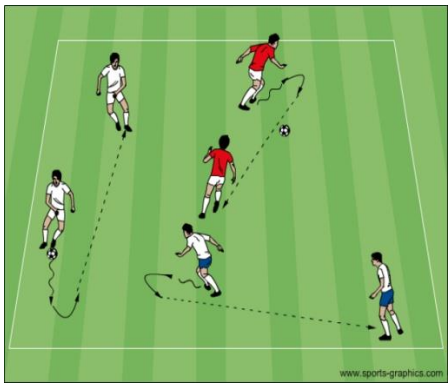
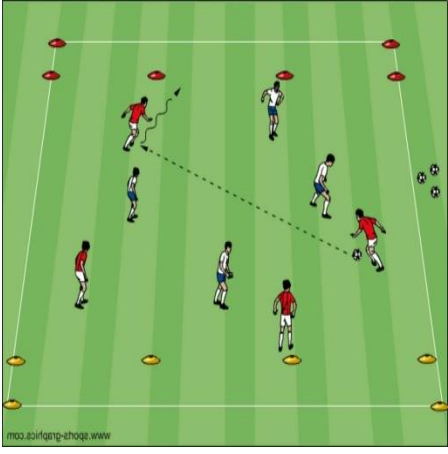
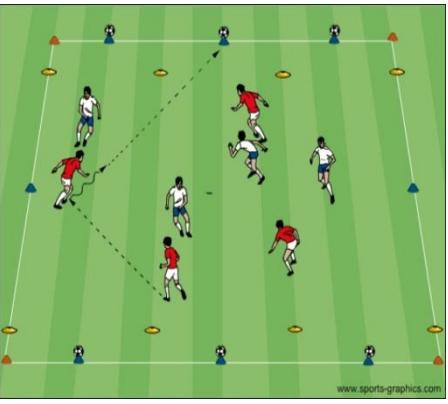
Topic: Shooting II

Stage	Organization	Objectives	Key Coaching Points
<p>Stage I Technical Warm-Up</p>		<p>Shooting Wars II: Divide your team into groups of 2 and make as many shooting station as you need. The shooting station is a 10Wx15L yard grid with a 2 yard zone in each goal end. Place a player in each 7 yard goal and one will start with the ball. The shooter will strike the ball inside the 2 yard zone towards the other goal. The GK in that goal will catch, or deflect to prevent his opponent from scoring, and start the process again. Play for 3 minutes and switch players at the end of 10 minutes. Check to see who the player with the most goals is.</p>	<p>Shooting Technique</p> <ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Surface of the Ball • Surface of the Foot to strike the ball <p>Against a Goalkeeper</p> <ul style="list-style-type: none"> • Keep the shot low • Try to hit the area near the cones • Use instep for power or inside of the foot to place the ball
<p>Stage II Small Sided Activity</p>		<p>3v3+Gk's Long Shot and Rebounds: In a 25Wx30L (Twice of the Box) area, place two goals with corner flags or cones. Divide the area into 3 zones - two end zones of 8 yards and a central zone of 14 yards long. Encourage players to shoot from the middle zone. Scoring:</p> <ul style="list-style-type: none"> • Directly from the middle zone: 10pts • Rebound goal: 5pts • Inside the zone shot: 1pt <p>Play to 20 pts. and switch teams if you have one standing by</p>	<ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Timing and shape of attacking runs • Finishing rebounds • Creativity and deception • Combination Play • Proper selection of contact surface <ul style="list-style-type: none"> ○ Instep ○ Inside ○ Outside ○ Poke
<p>Stage III Expanded Small Sided Activity</p>		<p>4v4 or 5v5+GK's Long Shot and Rebound : Play in a 40Wx45L yard grid with goals. Players will be awarded points on the goals they scored depending on the distance from goal:</p> <ul style="list-style-type: none"> • From the team's defending end: 10 points • From team's attacking end: 3 points • From Rebound: 5points 	<ul style="list-style-type: none"> • Type of shot <ul style="list-style-type: none"> ○ Driven <ul style="list-style-type: none"> ▪ Low ▪ High ○ Lofted or Chip ○ Poke • Timing and shape of attacking runs • Creativity and deception • Rebounding
<p>Stage IV Match</p>	<p>6v6 or 7v7</p>	<p>Play with a formation:</p> <ul style="list-style-type: none"> • 6v6: Gk-3-2 v Gk-2-1-2 or 8v8: Gk-3-1-2 v Gk-2-3-1 	<p>Reinforce all the coaching points from all the activities</p>

Module IV: Defending

Topic: Defending/Intercepting a Pass

Stage	Organization	Objectives	Key Coaching Points
Stage I Technical Warm-Up		<p><u>Interceptor 1:</u> In a 10W x 15L grid, place one player on the each end line and one player in the middle of the grid in a one yard zone. The two players on the end lines will try to connect as many passes as they can. They will score a point for every pass completed. The Interceptor must try to either intercept the pass or deflect the pass out of bounds. 3 Interceptions and the players rotate or 5 deflections and the players rotate. All players get to defend in the middle.</p>	<ul style="list-style-type: none"> • Defender reading passer visual cues: <ul style="list-style-type: none"> ○ Where is the passer looking ○ Shape of his body ○ When is he/she striking the ball • Getting in-line with the ball • Quick lateral movement. • Do NOT allow straight passes down the line!
Stage II Small Sided Activity		<p><u>Interceptors 2:</u> In a 15W x 20L grid, place two players on the each end line and two players in the middle of the grid in a two yard zone. The outside players will try to connect as many passes as they can. They will score a point for every pass completed that beats the defenders. The Interceptors work together to either intercept the pass or deflect the pass out of bounds. 3 Interceptions and the players rotate or 5 deflections and the players rotate. All players get to defend in the middle.</p>	<ul style="list-style-type: none"> • Defenders reading passer visual cues: <ul style="list-style-type: none"> ○ Where is the passer looking ○ Shape of his body ○ When is he/she striking the ball • Pressing defender getting in-line with the ball • Working together as a unit <ul style="list-style-type: none"> ○ Quick lateral movement ○ Telling each other: <ul style="list-style-type: none"> ▪ “Shift right” ▪ “Shift left” ▪ “Johnny! - Press” ▪ “Drop” (whole team) ○ Leadership ○ How to deny penetration • Patience when defending • Lateral compactness
Stage III Expanded Small Sided Activity		<p><u>Interceptors 3:</u> In a 30W x 40L grid, place three players on the each end line and three players in the middle of the grid in a three yard zone. The outside players will score a point for every pass completed that beats the defenders either through or over them. The Interceptors work together to either intercept the pass by dropping or stepping at the appropriate moments and by “shifting” together left and right. 5 Interceptions and rotate the players.</p>	<ul style="list-style-type: none"> • Patience when defending • Lateral compactness
Stage IV Match	<p style="text-align: center;">6v6 or 7v7</p>	<p>Play with a formation:</p> <ul style="list-style-type: none"> • 6v6: Gk-3-1-2 v Gk-2-1-2 or 7v7: Gk-3-1-2 v Gk-2-3-1 	<p>Reinforce all the coaching points from all the activities</p>

Games	Organization	Objectives	Key Coaching Points
<p>Warm UP</p>		<p>6 Surfaces: Inside a 25Wx30L grid, divide the team into groups of 2 players. The player with the ball will perform the 6 touches and turn and pass to his/her partner. The receiving players must always be facing the partner before the pass. Sequences: 1. Start with one foot: does the 6 surfaces: Outside of the foot touch - Inside of the foot touch - Laces (instep) to push ball away - Bottom (sole) to drag ball back - Toe to push the ball away - Heel to bring the ball back behind you to turn and - Pass 2. Two feet do the 6 surfaces and pass</p>	<ul style="list-style-type: none"> • Players should start slow and increase the speed as they go • Touches should be soft but able to move the ball • Keep the soccer ball close and under control • Players should talk to their feet: <ul style="list-style-type: none"> ○ “Outside –Inside - Laces -Sole, Toe and Heel Turn and Pass • Receiver must get into position to face the passer
<p>Conditioned Game I</p>		<p>4v4 to End Zones: Set up a 30Wx40L yard grid. Play 4v4 with 2 yard end-zones behind the 35 yd. line. To score, the attacking team needs to pass to a teammate in the end zone. The attacking player must time his/her run to receive the ball inside the end zone and score. A player cannot enter the end zone before the soccer ball. Coach: Help the players to time their runs into the end zone to receive the ball. Scoring:</p> <ul style="list-style-type: none"> • Receiving a timed pass into the end zone: 10 points • Dribbling into the end zone: 1 point 	<ul style="list-style-type: none"> • Encourage players to be creative with the ball at their feet – “Take risks” • When to dribble, when to pass • Identification of visual cues <ul style="list-style-type: none"> ○ 1v1 no defender behind ○ Free space in front of dribbler ○ Near the attacking area • Good team shape & body position open to field • First Touch – Directional • Vision to split defenders with a pass • Decision making: when to penetrate or possess • Communication
<p>Conditioned Game II</p>		<p>4v4 Hit the Ball Off the Cone: In a 30Wx40L yard grid with a 3 yard end zone, place 3 soccer balls on top of three cones. Two cones are about 5 yards from the corners and one is central. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone. Scoring:</p> <ul style="list-style-type: none"> • Hit the ball on the cone: 10 points • Put the soccer ball between the cones: 1point <p>No players are allowed in the end zone.</p>	<ul style="list-style-type: none"> • Tech of Passing and Receiving • Possess the ball to look for an opportunity to hit the ball on the cone • Weight and accuracy of the pass • First touch (To prepare the ball) • Players in good supporting positions • Decision making: safety versus risk <ul style="list-style-type: none"> ✓ Possession vs. Penetration • When and how to switch the point of attack • Communication • Good team shape



2012 - U12 - Fall Lesson Plan - Week 10



Module IV: 4v4 Conditioned Game

Topic: Games for Understanding

Games	Organization	Objectives	Key Coaching Points
<p>Conditioned Game III</p>		<p><u>Everyone Gets Back 4v4 or 5v5:</u> In a 30Wx35L grid, two teams of 4 players each will play to improve their team's small group defense. Each will try to defend by getting behind the ball ASAP. The defensive team should get organized behind their own Midline. The defending team will work as one unit applying the principles from the activities above. As soon as the defending team regains possession, the attacking team will try to set up a defensive block.</p> <p>Scoring: If the attacking team scores, they will get an extra point for every defensive player not in their defensive half.</p> <p>Coach: You may add two Gk's to make it 5v5.</p>	<p><u>Working as a Unit</u></p> <ul style="list-style-type: none"> • Working together as a unit • When and how to pressure and cover • Learning to stay in a defensive block • Transition & Angles of recovery – When & Where? • When to press & when to drop off
<p>Conditioned Game IV</p>		<p><u>GK's + 4v4 or GK's + 3v3 "THE LAST GOAL":</u> In a 30Wx35L yard grid, two teams of 4 players each with a Gk will play to score the last goal. Play 2-5 minute bouts. The team with the last goal wins.</p>	<ul style="list-style-type: none"> • Proper technique and body control • Quality preparation touch • Proper selection of contact surface • Type of shot • Timing and shape of attacking runs • Creativity and deception • Rebounding