





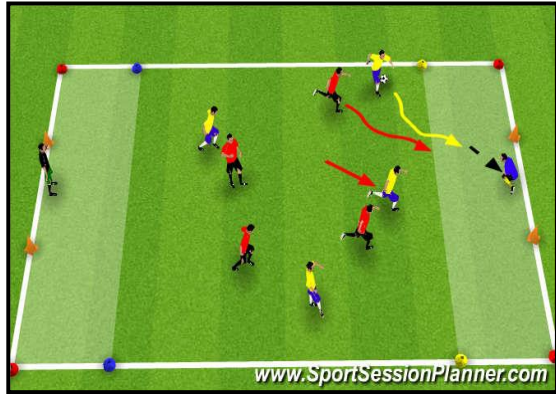
2013 - U12 - Fall Season Lesson Plans

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Module 1: Dribbling

Topic: Ball Manipulation

Objective: To improve the player's ability to manipulate the Soccer ball with all parts of the foot

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>Dribbling Grids:</u> In a 15L x 10W yard grid. 3 players with the ball dribbling to keep ball under control in tight space. At the coach's direction dribblers change direction, turn, accelerate, perform a move.</p>		<ul style="list-style-type: none"> • How can you use all surfaces of the foot? (inside, outside, laces, sole, toe, & heel) • How do you keep the ball close and in control? • How/when do you use the outside of the foot and the laces for speed to beat an opponent? • How do you execute a feint to unbalance the defender and dribble past him/her with a burst of speed? • What are the Visual Cues to take on opponent? <ul style="list-style-type: none"> ○ Free space in front ○ 1v1 with no defender behind ○ Near the box • What are the Verbal Cues? <ul style="list-style-type: none"> ○ "Take space" ○ "Time" ○ "Take him on"
<p>Stage II Small Sided Activity</p>	<p><u>3v3 to Attacking Zones:</u> In a 40L x 30W yard grid, have 3 players on each team play to score in the opponent's goal. The teams score by dribbling into the attacking zone and scoring</p> <ul style="list-style-type: none"> • Dribble goal, 50 points • Pass goal, 1 point <p>Defending team can have one defender recover into the attacking zone to defend the dribbler; defenders are not allowed to remain in the zone.</p>		<ul style="list-style-type: none"> • When and why do you attack the defender at pace? • How and where can you be creative and take risks? • How do you set the defender up?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>5v5 (Gk+4v4+Gk):</u> In a 45L x 35W yard grid, have 5 players on each team play to score in the opponent's goal. The teams score by dribbling into attacking zone and scoring. Only one attacker and one recovering defender are allowed in the zone at a time. Goal scored by an attacker:</p> <ul style="list-style-type: none"> • Dribbling into the zone and shooting, 500 points • Receiving a pass into the zone, 100 points • Dribbling into the zone and dribbling the GK, 1000 points <p>Game is to 3000 points</p>		
<p>Stage IV Conditioned Game</p>	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to dribble 		




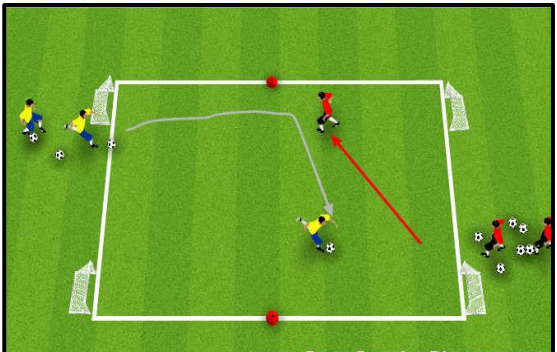

2013 - U10 - Fall Lesson Plan - Week 2



Module 1: Dribbling

Topic: Running with the Ball

Objective: To improve the player's ability to dribble and run with the soccer ball

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p>Free dribble In a 20x20 yards grid. Have all players with a soccer ball each dribbling. Coach is calling out or showing moves that the players perform. Attacking moves: scissors (circle/take,) Mathews (inside/outside,) fake and take, Turning moves: inside cut, outside cut, pull back, Cruyff (inside cut behind standing leg.) Variations: Coaches command players to speed dribble around a "cone" or "flag/tall-cone/stick" and get back into the middle.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How do we dribble fast over distance? • Which part of the foot should we use to change direction? • What should we check before we turn? • How quickly should we accelerate after changing directions? • Why do we turn? Which way is best to turn?
<p>Stage II Small Sided Activity</p>	<p>1v1/2v2 to Four Goals: In a 20Lx 15w / 25L x 20w yards grid. One team starts with the ball and tries to score in the opponents goals. If the ball goes out on your team's half, a new player comes on the field. The new player always brings a ball with them on the field.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How do we get the defender to move out of the space we want to get into? • What moves to use that can help change directions quickly? • When to dribble? • What can we see behind the defender that tells us to attack him? • Which goal to score in? Why? • If we can't score where can we go?
<p>Stage III Expanded Small Sided Activity</p>	<p>3v3/4v4 to Dribble Goals: In a 30L x 45W yard grid, play a game with 6 goals. Players cannot pass the ball forward.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How can we get the defenders to move? • Which turn can we use to change direction? • How can we keep the ball even near our own goal? • What's the danger with dribbling near our own end? • How can we attack when we cannot pass forward? • When do we look to attack players? Space?
<p>Stage IV Conditioned Game</p>	<p>6v6 or 7v7:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to run with the ball 		



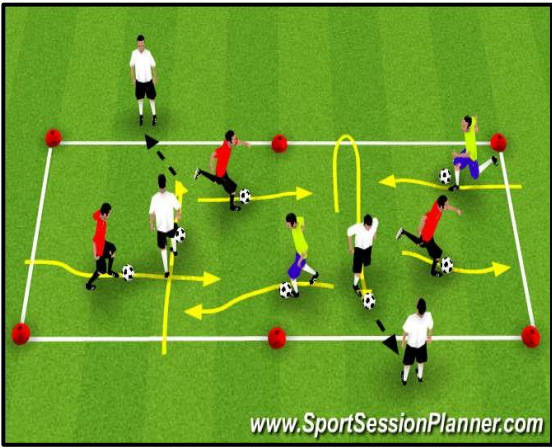
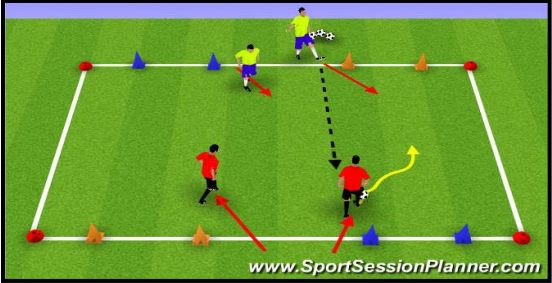

2013 - U10 - Fall Lesson Plan - Week 3



Module 1: Dribbling

Topic: Dribbling and Turning to Beat an Opponent

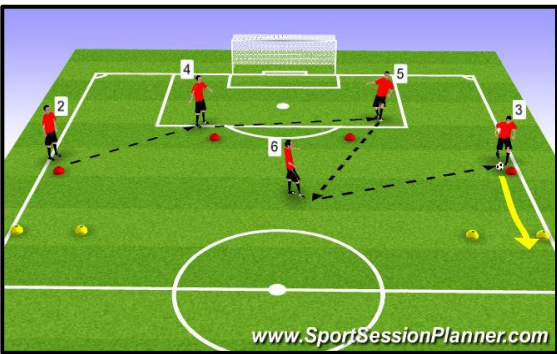


Objective: To improve the player's ability to dribble and opponent and turn when under pressure

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>Lane Dribbling:</u></p> <ul style="list-style-type: none"> • Area: 6Wx12L yard grid, place 2-3 players with the ball on each at the short sided ends. The players with a ball each have to dribble from one end to the other and turn back and repeat. • The other team (white players) starts as 2 pairs with a player from each pair on either side of the lane. The player with the ball must dribble across the area towards their partner, and connect a pass after they have dribbled past the halfway point of the grid. The partner receives the ball by taking a 'positive' touch into the lane, dribbles and performs a turn before playing the ball to their partner. Every time that the players get up and down without crashing/ getting hit by a soccer ball they get 10 points. First player to 100 wins 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What surface of the foot to use? <ul style="list-style-type: none"> ○ To stop ○ To go around opponents ○ To manipulate the ball • Where is the space? • How fast can you go? • How to dribble? • How to turn?
<p>Stage II Small Sided Activity</p>	<p><u>2v2 to 4 Goals:</u></p> <ul style="list-style-type: none"> • Area: 20Wx 20L • Play 2v2 to score in any of the opponents 2 goals by dribbling through 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What surface of the foot to use? • What surface do we use to receive the ball? • What type of first touch should the player have? To where? • When to dribble an opponent? • When to turn?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v4 to 4 Goals:</u></p> <ul style="list-style-type: none"> • 30Wx 40L yard grid with 4 goals of 3 yards each. Goals are about 3 yards each • Teams play to score by dribbling through any of the opponent goals • No Forward Passes are allowed 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What surface of the foot to use? • What surface do we use to receive the ball? • What type of first touch should the player have? • Where should the first touch take you? • When to turn? • When to dribble, when to pass?
<p>Stage IV Conditioned Game</p>	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball 		

Module 2: Passing and Receiving

Topic: Build Up out of the Back

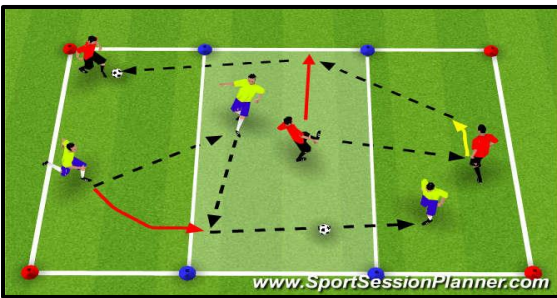

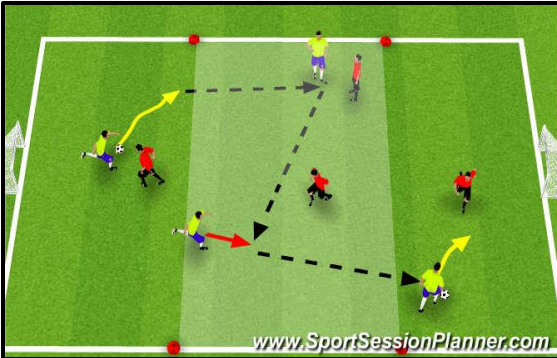
Objective: To improve the team's ability to possess the soccer ball in the back third

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p>5v0 Warm up: All 4 defenders and 1 midfielder must touch the ball. The pattern will be 3 defenders play the ball across the field, into the midfielder, out to the outside defender and dribble through the gate. Dribbling outside defender now plays back to a central defender. Repeat until the group is efficient with the pattern. Coach can change the pattern but the final ball and dribble should be through 1 of the outside defenders. 2 touches maximum to increase the speed of play. Multiple groups can be working in different areas of the field.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What surface should we use to strike and receive the pass? • Where should the pass go? • Where should the first touch be? • How should the receiver's body shape be? • What verbal cues should the players be telling each other?
<p>Stage II Small Sided Activity</p>	<p>6v3 to a Goal and Counter Goals: GK, 4 defenders & 1 midfielder attack any of the 3 flag goals at midfield. The coach will set up a line of cones 10 yards away from the flag goals. The team of 6 can only score from inside of the 10 yard zone line. If the team of 3 wins the ball, they can try to score on the big goal with the GK in it. All restarts come from the GK.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How should players support each other? • When, how and why should we change the passing pattern? • When should we skip a pass and hit a longer one? • When can the FB run with the ball or connect with team-mates? • When, where and what can the CDF and MF do to support the FB'?
<p>Stage III Expanded Small Sided Activity</p>	<p>7v5 to 2 Big Goals: Coach sets up a field with a big goal at each end and two gates at midfield by the sidelines. Coach will make a team of 7 and a team of 5. Both teams will have a GK and will defend a big goal. The team of 7 will play GK, 4 Defenders, 1 midfielder & 1 forward. The team of 5 will play GK, 3 Defenders & a midfielder. In the beginning, the team of 7 must play through a gate before they can attack a big goal. After 5-7 minutes, remove the gates.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How do you determine whether to play direct or build up wide? • How is the passing quality? • How is the receiving quality? • How is the speed of play? • When to move forward? • When to penetrate? • When to possess?
<p>Stage IV Conditioned Game</p>	<p>6v6 or 7v7:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to circulate the ball in the back field 		

Module 2: Passing and Receiving

Topic: Build Up through the Midfield

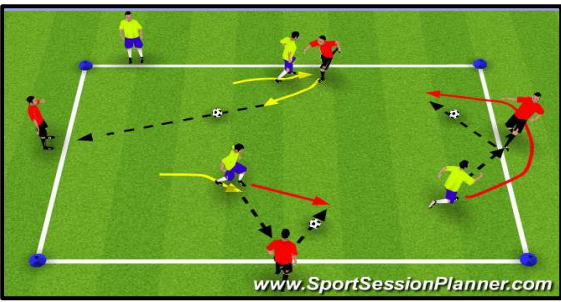
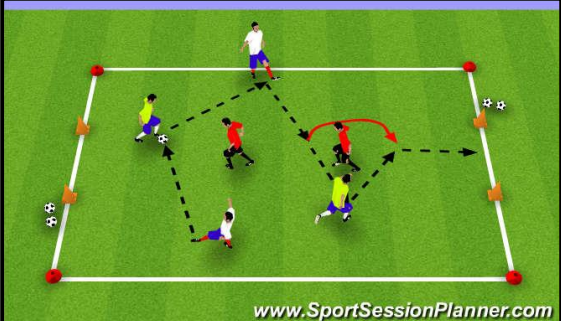

Objective: To improve the team's ability to possess and penetrate the soccer ball through the m midfield third

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>Passing and Moving in 3's:</u> Field is divided into thirds with 1 player in each third create passing sequences that always involve the player in the middle zone. 1. Into the middle, back, across to the far player 2. From middle to back player, middle player opens up, receives ball back while turning and distributing to other teammate.</p>		<ul style="list-style-type: none"> • What makes a good pass? • Where should a player take their first touch? • What part of the foot can they receive a ball with? • Where on the field should combination play be utilized and with who?
<p>Stage II Small Sided Activity</p>	<p><u>2v2 plus 1 to 4 Goals:</u> 2v2 plus 1 neutral player to 4 goals. Neutral player is always on the attack and must stay within the blue middle zone. The attacking team must play the neutral player before going to goal. Goal=1 point. Goal off of combination play=5 points.</p>		<ul style="list-style-type: none"> • How should the neutral player know when to present themselves for the ball? • What attacking shape should try to be formed? • What types of techniques will players need to perform? • How are the receiving player's body positions?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v4 to Goal:</u> 4v4 to central goal. When on the attack, a ball must be received by a player in the middle third of the field before advancing to go to goal. To start both teams must be in a 1-2-1 formation. Goal=1 point Goal off of combination play=5 points.</p>		<ul style="list-style-type: none"> • How are players off the ball creating space in the attack? • What attacking shape should we have? • What will a player on the ball take into consideration when deciding to advance the ball? • How are the receiving player's body positions? • Where should their first touch be?
<p>Stage IV Conditioned Game</p>	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to possess and penetrate the ball through the midfield 		

Module 2: Passing and Receiving

Topic: Combining to Play in the Final Third

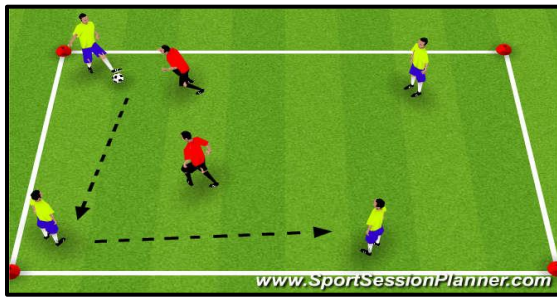


Objective: To improve the team's ability to pass, receive and combine in the final third

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>Combo's Square:</u> In a 30Lx25W Yard grid, place half of the players outside all sides of the grid without a ball, the other half inside the grid with a ball. The players with the ball inside the square will dribble and look to play a combination with a player on the outside of the square The coach will show the players the following combinations: wall passes, overlaps, and take-overs</p>		<ul style="list-style-type: none"> • When do we pass to our teammate where do we play the ball? • What is your body position to receive the ball? • What surface do we use to pass the ball? • When should you use one touch? • When do you check to receive the ball?
<p>Stage II Small Sided Activity</p>	<p><u>2 v 2 + 2 Neutral Players</u> In a 30Lx20W yard grid with two teams playing to score in the opponent's goal. <ul style="list-style-type: none"> • The 2 neutral players play for the attacking team to create a diamond shape. • 1 point for each regular goal. 5 points for every goal scored after a combination. • Play to 15 or 20. </p>		<ul style="list-style-type: none"> • When should you pass? • When should you dribble? • When do we penetrate quickly? • When and how should we combine with our teammates to get a scoring chance? • How can we quickly move the ball, or combine to find space and positive #s?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>5v5(GK+4v4+GK):</u> In a 50Lx40W area divided into thirds, split players into 2 teams with 4 players and a GK, place one attacker and one defender in the attacking zones, remaining players are in the middle zone (1v1+GK / 2v2 / 1v1+GK). Teams are trying to score in the opponent's goal. Players can only advance out of their zone by combining with a teammate in another zone <ul style="list-style-type: none"> • Goal scored after a combination play, 100 points • Goal scored any other way, 10 points Game is to 200 points </p>		<ul style="list-style-type: none"> • How can you receive the ball into space and away from defenders? • What should be the angle of support? • How can you attack quickly and catch the defending team numbers down?
<p>Stage IV Conditioned Game</p>	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to combine in the final third 		

Module 3: Defending

Topic: Small Group Defending

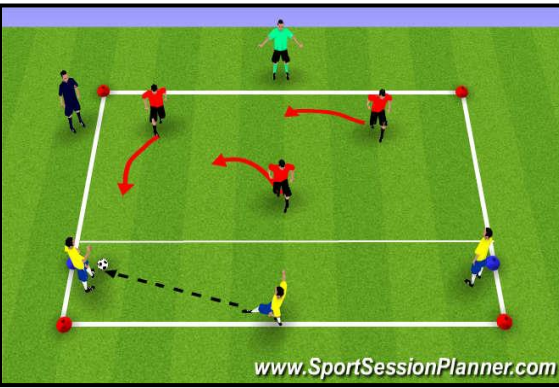

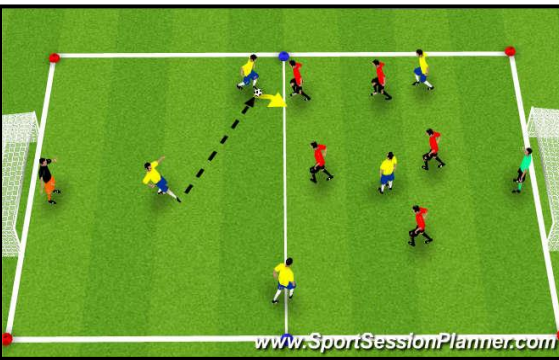
Objective: To improve the team's ability to work together to regain defensively the ball

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>4v2 Press and Coverage</u> In a 12x12 yard grid, play 4v2 keep-away. The first pass is free. Any player who makes a mistake becomes a defender. Whichever defender has been in the middle the longest is the next one out.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Who applies pressure? • Who provides cover? Where? • Who is providing balance? Where? • When to drop? • When to step up? • What should be the angle of approach? • How fast to approach? • What is the distance of approach? • What is the angle of recovery? • How to get compact when the ball is wide? • How to get compact when the ball is central?
<p>Stage II Small Sided Activity</p>	<p><u>3v3+1 To 4 Goals:</u> In a 35Lx30W yard grid with 2 goals on each end line place two teams of four players each with a Neutral player to play with the attacking team. Both teams will try to prevent the opponent to score in any of defending team goals.</p>	 <p>www.SportSessionPlanner.com</p>	
<p>Stage III Expanded Small Sided Activity</p>	<p><u>5v5+ To 6 Goals:</u> In a 45Lx35W yard grid with 3 goals on each end line place two teams of four players each. Both teams will try to prevent the opponent to score in any of defending team goals.</p>	 <p>www.SportSessionPlanner.com</p>	
<p>Stage IV Conditioned Game</p>	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to organize defensively to regain the soccer ball 		

Module 4: Defending

Topic: Defending as a Team

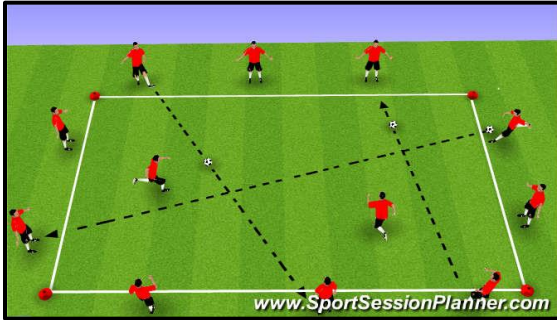


Objective: To improve the team's ability to defend in a block and regain the ball

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>Moving as a Defensive Unit:</u> In a 35x35 yard grid divided in two sections one being 5Lx35W as show in the diagram. Place 3 defenders in the larger section and 3 passers in the other section. The passers will connect and the defenders will move as unit to press the ball. Defenders will tell each other "Shift right, Shift left, Drop, Press Step up" etc. The players will drop when the central player receives the ball and fakes a long pass. If you have a GK, he or she can be behind the organizing the players.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Who applies pressure? • Who provides cover? Where? • Who is providing balance? Where? • When to drop? • When to step up? • What should be the angle of approach? • How fast to approach? • What is the distance of approach? • What is the angle of recovery? • How to get compact when the ball is wide? • How to get compact when the ball is central?
<p>Stage II Small Sided Activity</p>	<p><u>5v5 (GK+4v4+GK) to 4 Goals</u> In a 40Lx35W area play to score in the opponents goals. The team that losses possession needs to get behind the ball as fast as possible and organize a defensive block in order to prevent the attacking team from scoring. When attacking play 1-2-1 When defending play 2 -2. Play with Off-side Note if you have more players you can add them</p>	 <p>www.SportSessionPlanner.com</p>	
<p>Stage III Expanded Small Sided Activity</p>	<p><u>6v6 (GK+5V5+GK) to Goal:</u> In a 50Lx 40W area play to score in the opponents goal. The team that losses possession needs to get behind the ball as fast as possible and organize a defensive block in order to prevent the attacking team to score. One team will play 3-2 the other will play 2-1-2. Play with Off-side</p>	 <p>www.SportSessionPlanner.com</p>	
<p>Stage IV Conditioned Game</p>	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to organize a defensive block. 		

Module 4: Attacking

Topic: Creating Scoring Opportunities from Wide Positions

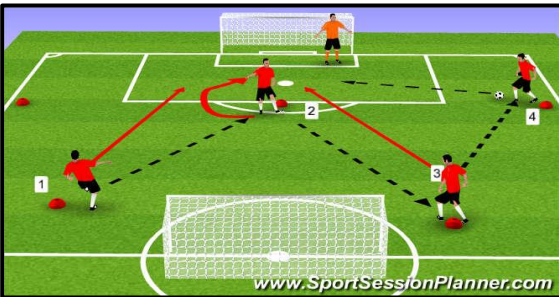


Objective: To improve the player's and team's ability to create and finish scoring opportunities from wide positions

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>Passing Across:</u> All players around a 25Lx20W yard grid. All players must play 2 touches. Begin by passing to any player then follow your pass. Every 90 seconds change the pattern. Round 2, you cannot pass to anyone directly across from you. Round 3, after your pass, you do not follow your pass but you must move to a new side of the field. Round 4, coach may introduce a combination into the pattern. Use as many balls as the players can manage successfully.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How can you receive the ball to change directions? • Why is it important to get your first touch away from your body? • What is the advantage of playing the ball on the ground? • When would playing the ball through the air make sense?
<p>Stage II Small Sided Activity</p>	<p><u>6v4 to a Big Goal and Counter Goals:</u> Coach sets up 1/2 of a soccer field with a big goal at one end and 2 counter goals at the other. There are 2 gates at midfield by the sidelines and a 20x16 scoring zone in front of the big goal. 6 attackers must play through either midfield gate and serve the ball into the scoring zone. A teammate has 1 touch to score from within the zone. No attacker is allowed inside the zone before the ball has been played (consider the zone to be the offside line). The defense will have a GK and 3 defenders. If they win the ball, they can score in either counter goal at midfield.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Why would you play wide instead of direct to goal? • What is an early cross/late cross? • How does your teammate know you are ready to play the ball into the scoring zone?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>7v5 to 2 Big Goals:</u> Coach sets up a field 70Lx65W with a big goal at each end. 2 gates will be at midfield by the sidelines. 7 attackers (6 field players + GK) must play wide, cross the ball in and score. An attacking player must either dribble through a gate or run through the gate to receive the ball prior to crossing the ball. The player who receives the cross should try to score with his 1st or 2nd touch. The defense will have 5 players (4 field player + GK) who will try to stop the attack and score in the opposite goal.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How will playing the ball wide help to penetrate the defense? (Width & Penetration) • Where can a forward run to freeze a defender? (Mobility) • When would a central Midfielder want to move closer to one of the gates? (Support)
<p>Stage IV Conditioned Game</p>	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to combine and penetrate in wide positions. 		

Module 4: Attacking

Topic: Creating Scoring Opportunities from Central Positions

Objective: To improve the player's and team's ability to create and finish scoring opportunities from central positions

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>Scoring Patterns:</u> Player 1 to 2 (checking to the ball). Player 2 to 3. Player 3 passes to 4 in the corner. Player 4 then crosses the ball in for players 1, 2 and 3 who make runs to the front post, penalty area and back post. GK optional. The drill is then repeated on the opposite side.</p>		<ul style="list-style-type: none"> • What determines the type of pass you will utilize? What part of your foot? • What makes a good pass? • What do players do before receiving a ball? • How should a player's body be when receiving? Where is their first touch?
<p>Stage II Small Sided Activity</p>	<p><u>5v5 + Neutral to Goals with Gates:</u> In a 60Lx40W area, play 5v5 plus a neutral player to goal with gates. Players must play a ball to a teammate, make a run through either of the outside gates, and get the ball back before going to goal.</p>		<ul style="list-style-type: none"> • When do players off the ball make their run/check to the ball? • How do you commit a defender towards the ball? • How does an attacking team know when to attack in the central channel? • When and how to penetrate? • Where and when to support
<p>Stage III Expanded Small Sided Activity</p>	<p><u>7v7 to Goal:</u> In a 70Lx45W area, play 7v7 to goal with gates as incentives. If a goal is scored=1 point. If a player plays a ball to a teammate, make a run through either of the outside gates, and get the ball back before going to goal = 10 points. Goal off of a cross = 20 points.</p>		<ul style="list-style-type: none"> • When, where and why to make runs? • How and why to use improvisation?
<p>Stage IV Conditioned Game</p>	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to combine and penetrate with passes in central positions. 		