



Under 12 Spring Training Sessions



2012 - U12 - Spring Lesson Plan

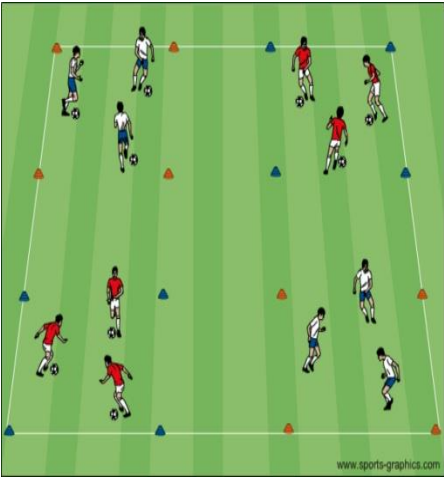
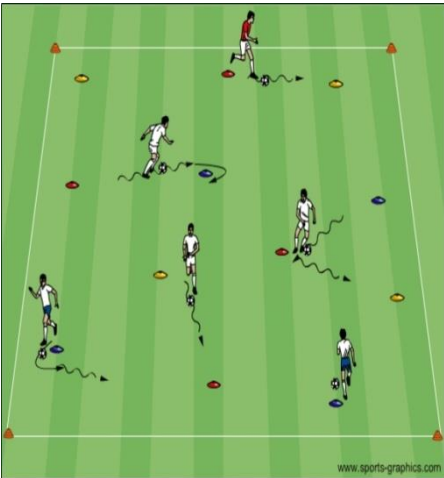
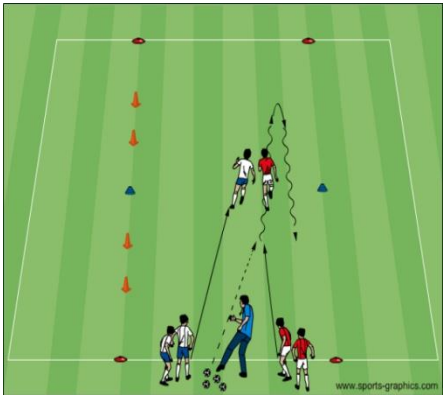


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Module: 1 – Week One

Topic: Dribbling and Turning

Objective: To improve the ability of the player to turn when dribbling the ball

Technical Warm up	Organization	Coaching Pts.
	<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 ○ Push with instep ○ Stop with sole ○ Push with the toe <p>Heel the ball back and turn. After the turn, the player should do it with the other foot. After a while, put the players in each square to compete.</p> <p style="text-align: right;">Time: 10 minutes</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 <p>Dribbling</p> <ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/Outside ○ Laces (Instep) ○ Bottom (Sole) and Heel • Keep your head up and use peripheral vision • Change of direction and speed
<p style="text-align: center;">Activity 2</p> 	<p>The Running Maze All players in a determined area standing by a cone. At the command of the coaches, the players will go around (running with the ball) as many cones as they can. Coach will prompt players to change direction at the cone:</p> <ul style="list-style-type: none"> • With the inside of the foot (Cutting) • With the outside of the foot (Hooks) • Dragging the ball back (Facing and Away) • With the forward part of the sole • Double Cuts & Hooks <p>Add defenders to introduce Shielding</p>	<p>Running with the ball</p> <ul style="list-style-type: none"> • 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 • The head is up and the eyes scan the field • Use the appropriate surface for the appropriate turn • Players must accelerate after turn • Turn should be performed with right and left foot <p style="text-align: right;">Time: 15 minutes</p>
<p style="text-align: center;">Activity 3</p> 	<p>1v1 Running and Turning: In a 15x20 yard grid divided into two boxes of 15x10 yards each with goals on one side, the coach will serve the ball to the red team. The white team will be defending. In order to score, the red team needs to perform a turn in the second box. After the turn, the player can score in any of the goals. If the defending team gets the ball they can score after performing a turn. After all the red team players have gone switch. Teams keep score.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Use the front of the foot – laces, to push the ball in front • When confronted by a defender, make a decision to either dribble or turn • The head is up and the eyes scan the field • Protect the ball from the defender • When and how to turn • Transition <p style="text-align: right;">Time: 20 minutes</p>
<p style="text-align: center;">Game</p> <p style="text-align: center;">5v5, 6v6 or 7v7</p>	<p style="text-align: center;">Organization</p> <p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 • 7v7: Gk-3-2-1 v Gk-2-3-1 	<p style="text-align: center;">Coaching Pts.</p> <p>Re-enforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p>
<p style="text-align: center;">Cool Down</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	



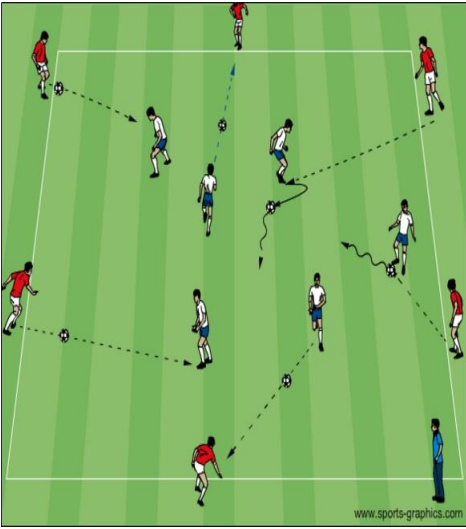
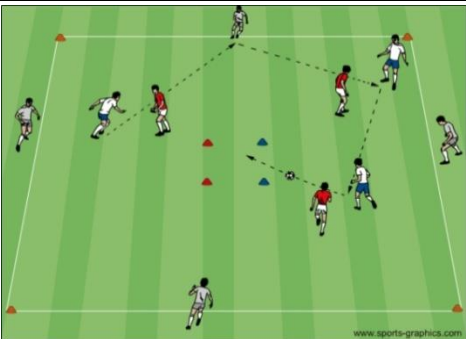
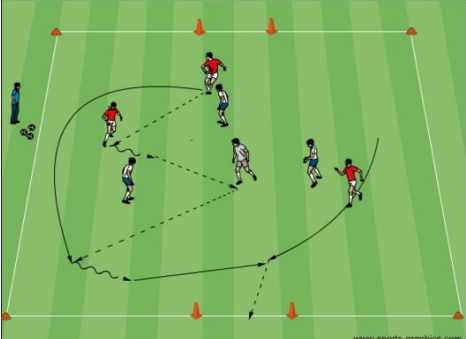
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Module: 1 – Week Two

Topic: Passing and Receiving

Objective: To improve the player ability to pass and receive ground balls

Technical Warm up		Coaching Pts.
<p>6 Surfaces: Outside, inside, push with instep, stop with sole, push with the toe, heel the ball back and turn. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p>		<p>Keep the soccer ball close and under control</p>
Activity 1	Organization	Coaching Pts.
	<p>Dutch Square: Half of the players on the inside of the square (with soccer balls), half on the outside. The insiders will pass the soccer ball to the outsiders. The outsiders will pass the ball back with one or two touches to the insiders. The insiders will receive the soccer ball and look for another outsider to pass to. After a few minutes, switch insiders with outsiders. Coach: have players pass and receive with the right and left foot. Procedure: 1. Pass and Rec. 2 touches 2. Pass and Rec: Rec-left, pass-right and Rec-right, pass-left 3. Rec, Turn dribble and Pass Time: 15 minutes</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 <p>Coach have the players</p> <ul style="list-style-type: none"> • Talk and ask for the pass • Signal that he/she want the pass • Check to or away from the pass • Get in good supporting distance and angles
Activity 2	Organization	Coaching Pts.
	<p>3v3+4 to Back-Back Goals: Two teams try to score by passing the ball through the cones (Red team: red cones, Blue team: blue cones). The Bumper players are neutral and they have 2 touches. No goals can be score by passing the soccer ball between two cones of different colors. <ul style="list-style-type: none"> • You can also play this game without the +4 players Notice: No defenders can be inside the cones Time: 20 minutes</p>	<ul style="list-style-type: none"> • Tech of Passing and Receiving • Possess the ball to look for an opportunity to pass the ball between the cones • Players in good supporting positions • Decision making: safety versus risk • Communication • Good team shape
Activity 3	Organization	Coaching Pts.
	<p>3v3 +1: In a defined area two teams of 3 players, with with a neutral player who plays for the team in possession of the soccer ball will play to score by passing through the cones.</p>	<ul style="list-style-type: none"> • Soft 1st touch receiving into space, away from pressure • Proper weight, accuracy and timing of passes • Possession vs. Penetration • Proper angle and distance of support off the ball • Communication between players <p>Time: 20 minutes</p>
Game	Organization	Coaching Pts.
<p>5v5, 6v6 or 7v7</p>	<p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 • 7v7: Gk-3-1-2 v Gk-2-3-1 	<p>Reinforce all the coaching points from all the activities Time: 20 minutes</p>
COOL DOWN		<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>



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Module: 1 – Week Three

Topic: Goalkeeping – Shot Stopping

Objective: To improve the Goalkeeper’s ability to anticipate, get into good position to stop shots at goal

Technical Warm up		Coaching Pts.
<p>6 Surfaces: Outside, inside, push with instep, stop with sole, push with the toe, heel the ball back and turn. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p>		<p>Keep the soccer ball close and under control</p>
Activity 1	Organization	Coaching Pts.
	<p><u>Goalkeeper Technical Box:</u> Divide the players into two teams (Red and Blue). Each group has two soccer balls. The players and GK’s will be inside one half of the field, passing and moving freely. GK’s will call for the ball. Coach: Start with... A. GK passing and receiving with their feet B. GK collecting balls on the ground. All passes are low C. GK collect medium height and high balls. All passes are from a distance.</p>	<ul style="list-style-type: none"> • Make sure that all passing & receiving, catching and distribution techniques are clean • GK must communicate with field players <p style="text-align: right;"><i>Time: 15 minutes</i></p>
Activity 2	Organization	Coaching Pts.
	<p><u>4 Corner Shooting:</u> Two equal teams playing 2v2 with GK’s. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent’s goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.</p>	<ul style="list-style-type: none"> • Coaches should position behind the GK’s • Proper Starting position • Cut down the angle of the shooter and get set as he/she prepares to shoot • Communicate with defenders to prevent the shot <p style="text-align: right;"><i>Time: 20 minutes</i></p>
Activity 3	Organization	Coaching Pts.
	<p><u>GK’s+3v3+1:</u> Two teams with three players each plus a neutral player will try to create as many shooting opportunities and score goals. The neutral player plays with the team in possession.</p>	<ul style="list-style-type: none"> • Coaches should position behind the GK’s • Command their box • Communicate with defenders • GK in corners and free kicks <ul style="list-style-type: none"> ○ Organize defenders quickly ○ Be commanding ○ Maintain vision of the ball <p style="text-align: right;"><i>Time: 20 minutes</i></p>
Game	Organization	Coaching Pts.
<p>5v5, 6v6 or 7v7</p>	<p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 • 7v7: Gk-3-1-2 v Gk-2-3-1 	<p>Re-enforce all the coaching points from all the activities</p> <p style="text-align: right;"><i>Time: 20 minutes</i></p>
COOL DOWN		<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>



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Module: 1 – Week Four

Topic: Defending – Pressing the Ball

Objective: To improve the player’s ability on when and how to press the ball

Technical Warm up		Coaching Pts.
<p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p>		<p>Keep the soccer ball close and under control</p>
Activity 1	Organization	Coaching Pts.
	<p>1v1 Defending foot work : The server will pass the soccer ball to the attacker and the defender will press the ball. The receiver will dribble the ball and the defenders will back up keeping a good defending posture</p> <p style="text-align: right;">Time: 10 minutes</p>	<ul style="list-style-type: none"> • Speed of approach- Approach fast...arrive slow • Angle of approach-We want to direct the player one way on the field, take away option of advancing forward • Body shape-knees bent, on balls of your feet, one foot slightly angled in front of other foot <p>Pressing Defender :</p> <ul style="list-style-type: none"> • Concentrate on the 5 D’s of Defending: <ul style="list-style-type: none"> ○ Close the attacker Down ○ Slow Down ○ Get Down ○ Stay Down ○ Decide & Destroy • Important to delay progress of the opponent by jockeying the attacker with the ball • Read attackers 1st touch and weather their head is up or down make a decision to tackle or delay • Immediate pressure on the ball • Patience; do not over commit • Block Tackle • Poke Tackle • Recognizing when and how to pressure the ball
Activity 2	Organization	
	<p>2A 1v1 Defending to small goals: As soon the server passes the soccer ball the defender will press the attacker. Score by passing or dribbling through the goal. Focus on speed and angle of approach body position etc. If defender wins the ball he/she can score (Transition).</p> <p style="text-align: right;">Time: 10 minutes</p>	
Activity 3	Organization	
	<p>2B 1v1 Recovering to defend: The server will serve to the attacker and as soon as the soccer ball is served, the defender needs to get in between the ball and the goal to cut the path of the attacker with good speed and angle of approach. If defender wins the ball he/she can score (Transition).</p> <p style="text-align: right;">Time: 10 minutes</p>	
Game	Organization	Coaching Pts.
<p>4v4, 5v5, or 6v6</p>	<p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 <p style="text-align: right;">Time: 15 minutes</p>	<p>Reinforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p>
COOL DOWN	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	



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Module: 1 – Week Five

Topic: Shooting

Objective: To improve the player's ability to strike the ball at goal

Technical Warm up		Coaching Pts.
<p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p>		<p>Keep the soccer ball close and under control</p>
Activity 1	Organization	Coaching Pts.
	<p><u>Beat the Goalkeeper:</u> Set up two cone goals in the middle of the field with Goalkeepers as shown. The GK will only change when the shooter scores by putting the ball through the cones. After every shot the GK will turn around and try to stop/save the shot from his opponent. If the GK catches the ball, the GK must throw it back. If the GK produces a rebound the shooter has a second opportunity to score.</p>	<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 • Surface of the ball and the Foot to use • Finish rebounds <p style="text-align: right;">Time: 15 minutes</p>
Activity 2	Organization	Coaching Pts.
	<p><u>4 Corner Shooting:</u> Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.</p>	<ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception • Combination Play <p style="text-align: right;">Time: 20 minutes</p>
Activity 3	Organization	Coaching Pts.
	<p><u>3v3+1+GK's</u> Two teams with two players each plus a neutral player will try to create as many shooting opportunities and score goals. The neutral player plays with the team in possession.</p>	<ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception • Rebounding <p style="text-align: right;">Time: 20 minutes</p>
Game	Organization	Coaching Pts.
<p>4v4, 5v5, or 6v6</p>	<p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 	<p>Reinforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	



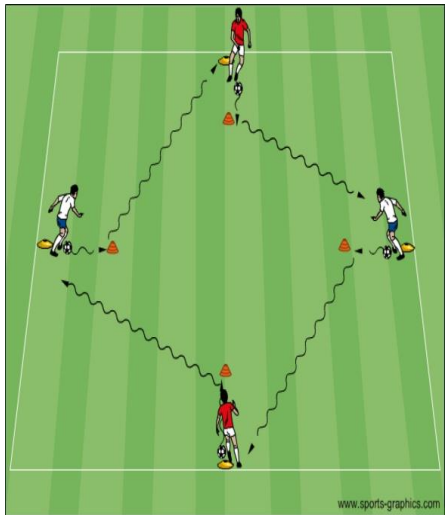
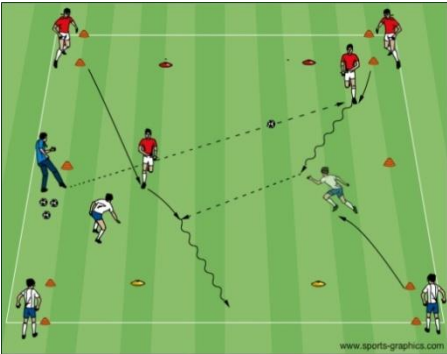
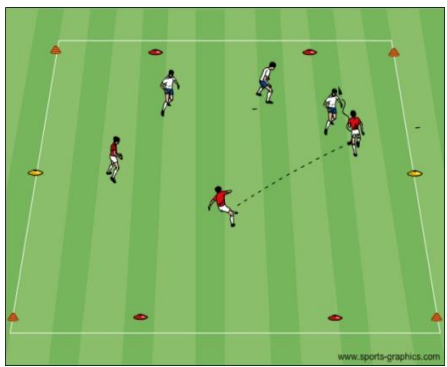
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Module 2 - Week Six

Topic: Dribbling to Beat an Opponent

Objective: To improve player's confidence, their dribbling ability and the recognition of when to take opponents on

Technical Warm up		Coaching Pts.
<p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. "Outside, Inside, Laces, Sole, Toe, Heel"! Speak to the ball.</p>		<p>Keep the soccer ball close and under control</p>
Activity 1	Organization	Coaching Pts.
	<p>Diamond Dribbling: Have one diamond per four players and a player per yellow cone. The players 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 <p>Time: 15 minutes</p>	<p>Dribbling</p> <ul style="list-style-type: none"> • Use all surfaces of the foot • Keep your head up and use peripheral vision • Keep the ball close to you under control • Use the outside of the foot or laces when dribbling and the furthest foot from the defender • Encourage players to be creative with the ball at their fee • Execute a feint 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
Activity 2	Organization	
	<p>4 Corner Dribbling to End Zones: In 20x25 yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds, the players need to get out of the field quickly and get back in line.</p>	
Activity 3	Organization	Coaching Pts.
	<p>3v3 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"> • Work together to score • Verbal & visual communication • Use support players to make attacking decisions • Encourage players to be creative and take risks near the end zone. <p>Time: 20 minutes</p>
Game	Organization	Coaching Pts.
<p>4v4, 5v5, or 6v6</p>	<p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 	<p>Re-enforce all the coaching points from all the activities</p> <p>Time: 20 minutes</p>
COOL DOWN		<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>



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Module: 2 – Week Seven Topic: Passing and Receiving

Objective: To improve the players' ability to know where and how to possess the soccer ball and to recognize when opportunities open up for the attack

Technical Warm up		Coaching Pts.
<p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p>		<p>Keep the soccer ball close and under control</p>
Activity 1	Organization	Coaching Pts.
	<p><u>Pass and Move:</u> Split players into groups of 2,3 or 4 (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid)</p> <p style="text-align: right;">Time: 15 minutes</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 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
Activity 2	Organization	Coaching Pts.
	<p><u>4v2 Knock the Ball:</u> In an area, players in possession of the ball will try to knock the ball down for a point. If the defenders intercept the ball, or tackles it and gains possession, then the player who lost the ball goes in the middle.</p> <p>Coach: You can play this game with a 4v1.</p> <p style="text-align: right;">Time: 20 minutes</p>	<p>Coach: Have the players</p> <ul style="list-style-type: none"> • Talk and ask for the pass • Signal that he/she wants the pass • Check to or away from the pass • Get in good supporting distance and angles <p>Group Passing</p> <ul style="list-style-type: none"> • Supportive body position • Players in good supporting positions. Options close and far • Speed of play
Activity 3	Organization	Coaching Pts.
	<p><u>3v3 or 4v4 to Four Small Goals:</u> In a determined area with two small 1.5 yard cone goals on each of the end lines, near each corner. Each team defends and attacks two goals.</p>	<ul style="list-style-type: none"> • 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 style="text-align: right;">Time: 20 minutes</p>
Game	Organization	Coaching Pts.
<p>4v4, 5v5, or 6v6</p>	<p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 	<p>Reinforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	

Module: 2 – Week Eight

Topic: Goalkeeping – Dealing with Breakaways

Objective: To improve the proper technique and decision making of goalkeepers when confronting an attacker in a 1v1 situation

Technical Warm up		Coaching Pts.
<p>6 Surfaces: Outside, inside, push with instep, stop with sole, push with the toe, heel the ball back and turn. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p>		<p>Keep the soccer ball close and under control</p>
Activity 1	Organization	Coaching Pts.
	<p>Breakaway Goalie Warm up: GK are standing in a cone goal in a 12x24 yard grid. Dribblers are at each end. The GK will roll the soccer ball to the dribbler that is 12 yards away. As the ball is traveling, the GK will close down the space and set his/her feet before the dribbler decides to release the shot/pass into the goal. The GK will then step and attack the ball hands first for a save. Coach: Concentrate on the proper GK technique</p> <p style="text-align: right;"><i>Time: 15 minutes</i></p>	<ul style="list-style-type: none"> • Coach should position behind the GK • Crouching Position <ul style="list-style-type: none"> ○ arms down with hands touching the ground ○ palms facing forward ○ bend knees ○ head and upper body forward • GK should explode to the ball with hands and upper body so they go in strong
Small Sided Game	Organization	<ul style="list-style-type: none"> • Hands should be in a W shape, extended away from the body with elbows slightly bent and the nose behind the hands to protect the face • GK should go to the ground sideways to create a barrier behind the ball • Stay low. Do not stand up! Get closer to the ground and closer to the attacker • Approach the attacker at controlled speed • GK tries to force attacker to go around him/her. This way GK can try to win the soccer ball • GK should be off the goal line to engage the attacker as far away as possible
	<p>Game Situation Breakaway: A 40x50 yard grid is divided in three zones. Goal zones: 15 yards long by 40 yards wide with goals and GK’s, and the middle zone 20 yards long by 40 yards wide. Two teams and all players with a ball. Number the players from 1-5. Each team will attack a goal. When the coach calls the number, the players with that number will try to score by dribbling out of the central zone and beating the GK. Version 2: Assign a couple of defenders to chase down the attackers.</p> <p style="text-align: right;"><i>Time: 20 minutes</i></p>	
Exp. Small Sided Game	Organization	
	<p>5v5 Breakaway Game: Two teams will play to produce a breakaway by a through pass to the goal zones or dribbling out of the central zone inside a 20x40 yard central zone of a 40x50 yard grid. Once the player is inside the goal zone, he/she can beat the goalkeeper with a shot or dribbling by him/her. GK must come out to try to stop the attacker from scoring.</p> <p style="text-align: right;"><i>Time: 20 minutes</i></p>	
Game	Organization	Coaching Pts.
<p>4v4, 5v5, or 6v6</p>	<p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 	<p>Reinforce all the coaching points from all the activities</p> <p style="text-align: right;"><i>Time: 20 minutes</i></p>
COOL DOWN	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	

Module: 2 – Week Nine

Topic: Shooting

Objective: To improve the player's ability to strike the ball at goal

Technical Warm up		Coaching Pts.
<p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p>		<p>Keep the soccer ball close and under control</p>
Activity 1	Organization	Coaching Pts.
	<p>Pair Passing & Striking: Split 18 players into two groups (color-coded). In pairs with a ball, passing and moving in the grid. Each pair finds an opportunity to time a light strike at the GK.</p> <p>Coach: Stress recognizing opportunities, timing of passes and preparing the ball to strike on target</p> <ul style="list-style-type: none"> ➢ Light Shooting; call GK's Name ➢ Add Bumpers to Combine with ➢ Bumpers start chipping or crossing balls <p style="text-align: right;">Time: 15 minutes</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 for quick/power or with the inside of the foot for accuracy and placement • Non-kicking foot directed at target • Strike the center of the ball and follow through towards target landing on shooting foot • 1st touch – Directional – Preparation touch to release the shoot/pass
Activity 2	Organization	Coaching Pts.
	<p>2v2+1 or 3v3+1 Plus GK's: In a defined area place two regulation size goals centrally on each end line. Play a game awarding 2 points for any goals scored from a long distance shot. Award 1 point for goals scored within 12 yards. The neutral player (+1 Player) plays with the team in possession.</p> <p style="text-align: right;">Time: 20 minutes</p>	<ul style="list-style-type: none"> • Quality of preparation touch • Proper selection of contact surface (Instep, Inside, outside, poke) • Follow the shot and finish rebound
Activity 3	Organization	Coaching Pts.
	<p>4v4 or 3v3 with 4 Targets and GK's: Two groups of 4 players are trying to score goals after receiving a ball from the target players.</p> <p>Coach: start the game by the players connecting with the targets to score. After a while allow the players to make the decision to use them or not. Switch targets and field players every so often.</p>	<ul style="list-style-type: none"> • All of the above • Shooting technique • Encourage finding the goal as quickly as possible • Stress that first look is always to penetrate <p style="text-align: right;">Time: 20 minutes</p>
Game	Organization	Coaching Pts.
<p>4v4, 5v5, or 6v6</p>	<p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 	<p>Reinforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p>
COOL DOWN	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	

Module: 2 – Week Ten

Topic: Defending – Working Together

Objective: To teach the players how to work together to regain the ball for their team

Technical Warm up		Coaching Pts.
<p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p>		<p>Keep the soccer ball close and under control</p>
Activity 1	Organization	Coaching Pts.
	<p>Footwork Review & 1v1 Defending: The receiver will dribble the ball and the defenders will back up keeping a good defending posture. After several repetitions, play 1v1 - As soon as the server passes the soccer ball the defender will press the attacker. Score by passing or dribbling through the goal. Focus on speed and angle of approach, body position etc. If defender wins the ball he/she can score (Transition).</p> <p style="text-align: right;">Time: 10 minutes</p>	<p>Pressing Defender :</p> <ul style="list-style-type: none"> • Concentrate on the 5 D’s of Defending: <ul style="list-style-type: none"> ○ Close the attacker Down, Slow Down, Get Down, Stay Down and Decide & Destroy <p>Covering Defender</p> <ul style="list-style-type: none"> • Should close space quickly <ul style="list-style-type: none"> ○ Supporting distance close enough to close passing lanes ○ Provide pressure when the 1st defender is beaten ○ Body position to keep attackers in view • Ready to switch from 2nd defender to 1st defender • What to say to the pressing defender: <ul style="list-style-type: none"> ○ “Stand them up” ○ “Force Inside” ○ “Force Outside” ○ “Tackle!!” ○ “Switch” (switch roles)
Activity 2	Organization	Coaching Pts.
	<p>1v2 Defending: In a defined area, two players will defend one attacker. If the defenders get the ball then the attacker needs to defend the two attackers. The defenders will pass the ball to the dribbler and the closest defender will press the ball.</p> <p style="text-align: right;">Time: 15 minutes</p>	<ul style="list-style-type: none"> • Speed and angle of approach • Pressing defender forces head down of attacker • Covering defender is positioned about on the shoulder and behind pressure • Patience; do not over- commit • Good communication to facilitate role switching while defending <p style="text-align: right;">Time: 20 minutes</p>
Activity 3	Organization	Coaching Pts.
	<p>2v2 Defending: In groups of 8-12 players per grid, half of the players will position on the blue cones (Defenders) the other half will position on either side of the small goal (Attackers). The defender will pass the ball to one of the attackers and try to keep him/her from scoring, applying the principles of pressure and cover.</p> <p>Coach: Concentrate on the covering defender</p>	<ul style="list-style-type: none"> • Speed and angle of approach • Pressing defender forces head down of attacker • Covering defender is positioned about on the shoulder and behind pressure • Patience; do not over- commit • Good communication to facilitate role switching while defending <p style="text-align: right;">Time: 20 minutes</p>
Game	Organization	Coaching Pts.
<p>4v4, 5v5, or 6v6</p>	<p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 	<p>Re-enforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p>
COOL DOWN	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	