

Name: LeeJay Templeton

Team: U12 B/G



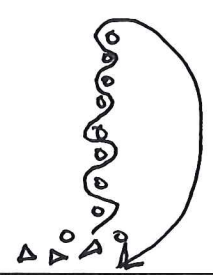
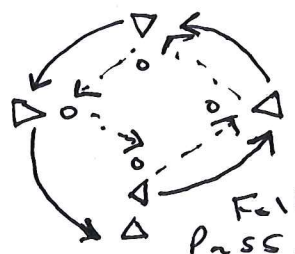
Date: 25 Apr 19

Week: 1

Day: 2

TRAINING OBJECTIVE(S):

1. Basic ball handling and movements to readjust to the outdoor game.
2. Taking directions and establishing what's going to happen at each of the 10 training session.
3. Fun!

<p>1. Toe Taps → Adv Toe Taps 2. Shuffles 3. Pull overs 4. Dr. bbling (Half + goal line) a. Pinky Toe b. Fast as possible 5. Game of Soccer Knockout</p>	<p>I. WARM-UP Intensity: <table border="1"><tr><td>Low</td></tr></table> Duration: <table border="1"><tr><td>10</td></tr></table> Intervals: <table border="1"><tr><td>1</td></tr></table> Activity Time: <table border="1"><tr><td>10</td></tr></table> Recovery Time: <table border="1"><tr><td>1</td></tr></table></p> <p>ORGANIZATION (Physical Environment / Equipment / Players) Each player has a ball and does a number of individual warm ups and dribbling movements.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Use all surfaces of the foot to do the warm ups. 2. Develop balance and touch.</p>	Low	10	1	10	1
Low						
10						
1						
10						
1						
<p>Ball Handling Act.</p> 	<p>II. SMALL-SIDED ACTIVITY Intensity: <table border="1"><tr><td>Med</td></tr></table> Duration: <table border="1"><tr><td>10</td></tr></table> Intervals: <table border="1"><tr><td>1</td></tr></table> Activity Time: <table border="1"><tr><td>10</td></tr></table> Recovery Time: <table border="1"><tr><td>0</td></tr></table></p> <p>ORGANIZATION (Physical Environment / Equipment / Players) Each player has a size 4 ball and 12 cones per line.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Dribble with any part of the foot through the cones. 2. Use only the inside part of the foot. 4. Use only the outside part of the foot. 5. Use pullovers to maneuver around the cones.</p>	Med	10	1	10	0
Med						
10						
1						
10						
0						
<p>Diamond Drill</p>  <p>Follow Pass.</p>	<p>III. EXPANDED ACTIVITY Intensity: <table border="1"><tr><td>Med</td></tr></table> Duration: <table border="1"><tr><td>10</td></tr></table> Intervals: <table border="1"><tr><td>3</td></tr></table> Activity Time: <table border="1"><tr><td>5</td></tr></table> Recovery Time: <table border="1"><tr><td>0</td></tr></table></p> <p>ORGANIZATION (Physical Environment / Equipment / Players) Each player has a size 4 ball and 4 cones per diamond.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Players pass to the right and follow their pass. 2. Players pass to the left and follow their pass. 3. Ensure player allows the ball to cross their body and keep body open to others.</p>	Med	10	3	5	0
Med						
10						
3						
5						
0						
<p>Scrimmage! Have Fun!</p>	<p>IV. GAME Intensity: <table border="1"><tr><td>High</td></tr></table> Duration: <table border="1"><tr><td>45</td></tr></table> Intervals: <table border="1"><tr><td>2</td></tr></table> Activity Time: <table border="1"><tr><td>20</td></tr></table> Recovery Time: <table border="1"><tr><td>5</td></tr></table></p> <p>ORGANIZATION (Physical Environment / Equipment / Players) U12 sized field and one size 4 ball. 20 minutes halves with a 5 minute half time break.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Emphasize modified rules of the game. 2. Encourage players to use their dribbling skills to beat defenders. 3. Encourage keepers play out of the back.</p>	High	45	2	20	5
High						
45						
2						
20						
5						