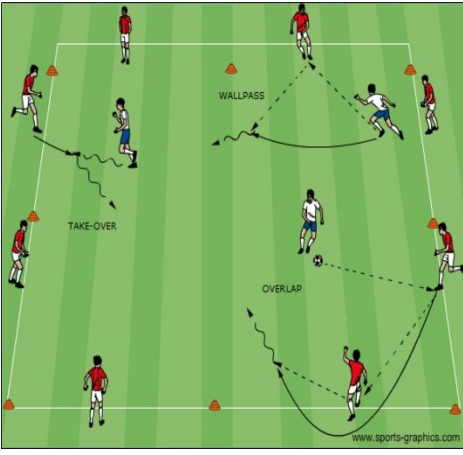
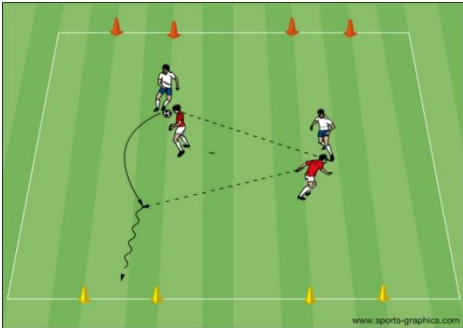
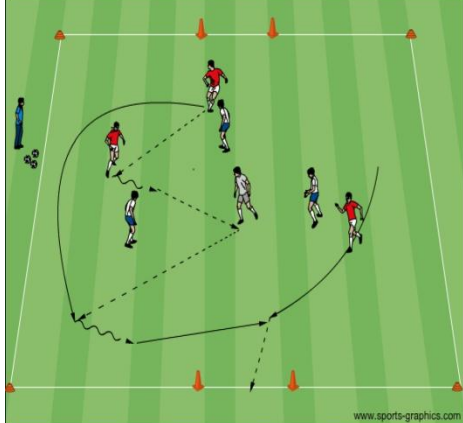


U12 - Lesson Plan - Week One

Topic: Combination Play

Objective: To assist players to recognize when to combine with teammates and what combination is appropriate to use

Technical Warm up	Organization	Coaching Pts.
	<p><u>Dutch Square:</u> Half the players create a square in a defined space with a ball. Players without balls are in the middle and check to receive a pass from outside players. Once they are inside, players have the ball and they look to connect a pass with another outside player. Review technique of passing & receiving</p> <ul style="list-style-type: none"> ➤ Introduce Take Overs ➤ Introduce Wall Passes ➤ Introduce Overlaps <p style="text-align: right;"><i>Time: 15 minutes</i></p>	<p>General</p> <ul style="list-style-type: none"> • Quality technique while passing and receiving • Be patient & let opportunities develop • Positive environment to encourage creative and instinctive play • Communication <p>Takeover</p> <ul style="list-style-type: none"> • 2nd attacker runs directly at the 1st attacker from the opposite direction • 1st attacker protects the ball from the 1st defender by keeping body between ball and defender • 1st attacker leaves the ball and 2nd attacker takes the ball using same foot (right to right or left to left) • Simple communication: “take” or “leave” <p>Wall Pass</p> <ul style="list-style-type: none"> • 1st attacker dribbles at 1st defender • 2nd attacker is slightly ahead of defender in good supporting angle turned sideways on
<p style="text-align: center;">Small Sided Game</p>	<p style="text-align: center;">Organization</p>	
	<p><u>2v2 to 4 Goals:</u> Two teams trying to score through the cone goals by passing or dribbling, looking for the appropriate chance to execute a combination. Stress the opportunities to combine (wall passing, overlaps, and takeovers).</p> <p style="text-align: right;"><i>Time: 15 minutes</i></p>	<ul style="list-style-type: none"> • 1st attacker reads defenders and supporting cues; decide to dribble or play a wall pass • Disguise, deception of pass, and runs • Accuracy and quality of pass • Look for opportunities to create numbers up situations (2v1, 3v1 etc)
<p style="text-align: center;">Exp. Small Sided Game</p>	<p style="text-align: center;">Organization</p>	
	<p><u>3v3 or 4v4 +1:</u> In a 25x30 yd. grid, two teams of 3 or 4 players, each with a neutral player who plays for the team in possession of the soccer ball, will play to score by passing through the cones. A goal scored after a combination play is worth 5 points.</p> <p style="text-align: right;"><i>Time: 20 minutes</i></p>	<ul style="list-style-type: none"> • 1st attacker dribbles at 1st defender creating space for 2nd attacker to overlap into; ball gets played into live space
<p style="text-align: center;">Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
<p style="text-align: center;">6v6 to 8v8 Scrimmage</p>	<p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p style="text-align: center;">COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	