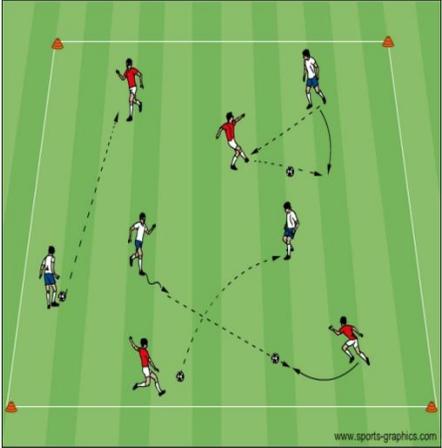
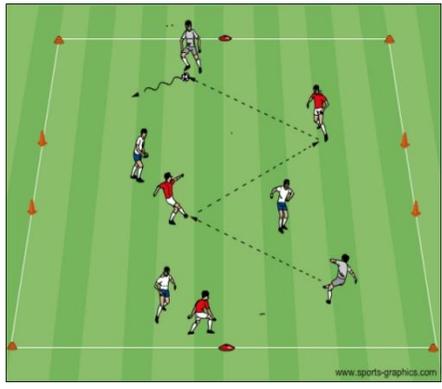
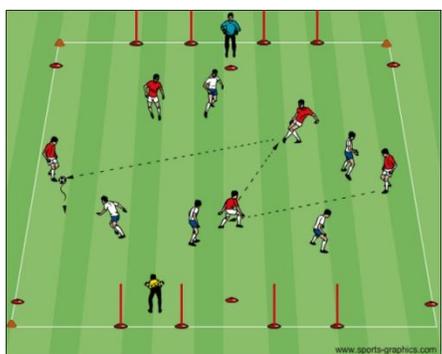


U12 - Lesson Plan - Week 1

Topic: Passing and Receiving – Possession with a Purpose

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	Organization	Coaching Pts.
	<p>Passing and Moving: Split the players into two groups, one with the ball and one without. The players with the ball must find a player without the ball. Coach: Place the following conditions on the players:</p> <ul style="list-style-type: none"> ➢ Do not stop the ball when receiving it ➢ Receive, dribble the ball, and pass ➢ Take a long 1st touch away from traffic and pass ➢ Receive, turn away with the ball, and pass 	<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 <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>Communication:</p> <ul style="list-style-type: none"> • Verbal and visual <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>3v3+2(1) Neutral to One Goal: In a 30x40 grid, two teams will play to score and defend the small 4 yard goals at the end-line. The team in possession will be able to use the (1) 2 neutral players in order to keep the ball versus the three defenders. Coach: Change neutral players every so often. You can also play with passing restrictions such as:</p> <ul style="list-style-type: none"> ➢ Attacking team may score after completing 4-5 passes in a row 	<ul style="list-style-type: none"> • Tech of passing and receiving • Players in good supporting positions <ul style="list-style-type: none"> ○ Options close and far • Speed of play • First Touch – Directional • Recognizing when to keep the ball or attack • Clear communication (demand the ball) <p style="text-align: right;"><i>Time 15 minutes</i></p>
<p>Exp. Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>5v5 or 6v6 +GK's to Four Goals: In a 40x50 yard grid, two teams of 5 or 6 players and a GK each play to score and defend two goals. The goals are set on the 40 yard line. The GK on each team can help the possession by playing with his/her feet.</p>	<ul style="list-style-type: none"> • Supporting shape and balance for team in possession • Change of rhythm to exploit opportunities to penetrate • Movement and timing support • Recognizing when to keep the ball or attack <p style="text-align: right;"><i>Time 20 minutes</i></p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>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>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	