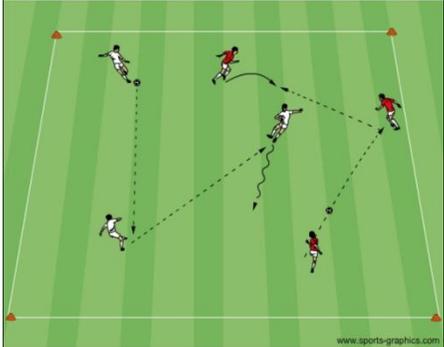
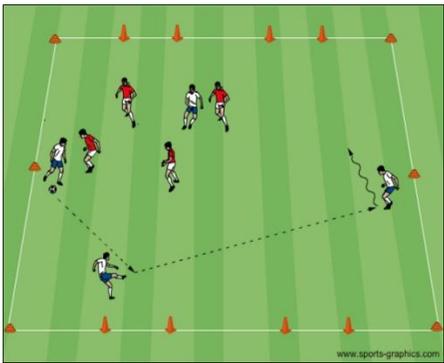
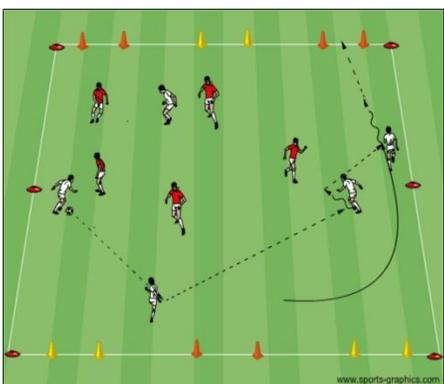


U12 - Lesson Plan - Week 10

Topic: Switching the Point of Attack

Objective: To help the players recognize when and how to switch the attack from crowded areas to areas with less defensive traffic

Technical Warm up	Organization	Coaching Pts.
	<p><u>Pass and Move:</u> Split players into groups of 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). Coach: have the players do the following</p> <ul style="list-style-type: none"> • Pass using three touches only • Striking short, short and long passes • Striking short and long passes 	<ul style="list-style-type: none"> • Technique of passing and receiving <ul style="list-style-type: none"> ○ Passing with all surfaces ○ First touch ○ Getting in line with the ball • Quick and proper angle of support • Communication – Verbal Cues <p><i>Time: 15 minutes</i></p>
Small Sided Game	Organization	Coaching Pts.
	<p><u>4v4 to 4 Goals:</u> Two teams trying to score in their opponents goals. If the players manage to score by switching the point of attack, the goal is worth 5 points. The playing area is a 30x40 yard grid.</p>	<ul style="list-style-type: none"> • Play in the direction you are facing • Play short 1 touch passes to draw the defense in, then switch the point of attack • After switch is made, move to support the new point of attack • Some attacking players give depth away from the ball – ready to receive the switch • Angles and distances of support <p><i>Time: 15 minutes</i></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><u>5v5/6v6 to Six Goals</u> In a 40 x 50 yard grid, players are divided into two teams. Play with six goals located on end lines (50 yard lines). Each team attacks & defends three goals. Teams score points by dribbling or passing through goals. A goal scored in the central goal is worth 1 point and goals scored in the side goals are worth 5 points after switching the point of attack.</p>	<ul style="list-style-type: none"> • Play in the direction you are facing • After switch is made, move to support the new point of attack • Be patient, draw the defense in, then switch the point of attack • Look to play the ball to space in front of the other outside player so he can penetrate with the dribble if possible <p><i>Time: 20 minutes</i></p>
Game	Organization	Coaching Pts.
6v6 to 8v8 Scrimmage	<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><i>Time: 30 minutes</i></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes	