



U12 Session Plan

Season Spring 2016 **Topic** Dribbling for Penetration

Objectives (5 W's)

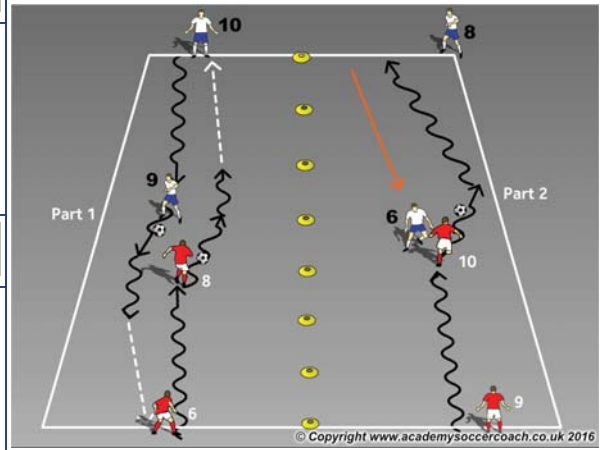
Where: In the attacking half of the field
What: Dribbling, Receiving, Penetration, Improvisation
When: In possession of the ball with space to attack behind the defense
Why: To penetrate the opponent's defense and create goal scoring opportunities

Organization

Duration Intensity

Area: 30Wx 40L yard grid divided into 2 x 15 yard wide channels.
 Part 1. A player from each end-line dribbles towards each other in the channel, performs a move to the right side and accelerates past the approaching player and passes to next player (repeat). Same as before now perform a move to the left side.
 Part 2. Play a 1v1 game in the channel to the end-lines.

Stage 1 Dribbling Lanes



Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling, running w/the ball, head up, surface of foot to touch ball forward, distance of dribble touch, acceleration into space behind defender, change of direction and pace, use of turns, moves, feints.
Attacking Principles - Penetration: Where? When? Why? **Improvisation:** Where? When? Why?

Stage 2 4 v 3 to Goal w/Counter Goals



Organization

Duration Intensity

Area: 47Wx40L yard area with a big goal and 2 counter goals
 Target Team (Red): #'s 6, 8, 9, 10 - Opposition Team (White): #'s 1, 4, 5
 Red players alternate dribbling the ball onto the field to start play. Red plays to score on big goal. If White wins the ball they score in the counter goals.
 Goals scored after dribbling by an opponent is 10pts, all other goals are 1pt.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling to penetrate, surface of foot, distance of dribble touch. Receiving the ball to go forward, change of direction and pace, use of turns, moves, feints, acceleration past defender.
Attacking Principles - Penetration: Who? When? Where? **Improvisation:** When? Why? **Width:** Who? Why?

Organization

Duration Intensity

Area: 47Wx60L yard with 2 big goals
 Target Team (Red): #'s 1, 6, 7, 8, 9, 10, 11
 Opposition Team (White): #'s 1, 2, 3, 4, 5, 6, 8
 Each team is trying to score in opponent's goal. All rules apply. Goals scored after dribbling to penetrate by an opponent is 10pts, all other goals are 1pt.

Stage 3 7 v 7 to Goal



Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling to penetrate. Receiving to go forward.
Attacking Principles - Penetration: Who? Where? When? **Improvisation:** When? Why? **Width:** Who? Where? Why?

Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution of Dribbling to Penetrate a defense, Attacking Principles, 5W's, Speed of Play