



**U12 Session Plan**

**Season** Spring 2016      **Topic** Passing from Wide Areas

**Objectives**  
(5 W's)

**Where:** Attacking half of the field    **What:** Passing, Receiving, Shooting  
**When:** In possession of the ball when the defense is compact centrally  
**Why:** To penetrate the defense and create scoring opportunities

**Organization**

Duration  Intensity

Area: 47Wx30L yard area outside the penalty area #'s 6, 8, 9, or 10, alternate serving the ball to #'s 2, 3, 7, or 11 who then dribbles down the flank and serves/crosses the ball into #'s 6, 8, 9, or 10 making runs into the box. Service should vary from aerial, to low and driven across the area. Switch sides of the service. Add a chaser to catch the flank server.

**Coaching Points**

Activity Time  Rest  Intervals

What? Technique - Dribbling to set up a pass, prep touch, surface of foot. Passing, surfaces of the foot, types of pass, aerial, lofted, driven, bent.  
 Attacking Principles - Penetration: Who? When? Width: Where? When? Support: Who? Where? Improvisation: Where? When? Why?

**Stage 1** 4 v 1 to Goal



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**Stage 2** 4 v 4 to Goal with Counter Goals



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**Organization**

Duration  Intensity

Area: 47Wx30L yard field with one big goal and 2 counter goals  
 Target Team (Red): #'s 2, 3, 7, 11 - Opposition Team (White): #'s 1, 2, 3, 4  
 Red Team plays to score on the big goal. If the White Team wins the ball they score in the counter goals. Offside is applied for the Red Team.  
 Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts

**Coaching Points**

Activity Time  Rest  Intervals

What? Technique - Dribbling to set up a pass. Passing types, aerial, driven, lofted, bent. Receiving, foot/body surface based on type of service from the flank.  
 Shooting or redirecting service to score.  
 Attacking Principles - Penetration: Who? When? Width/Support: Who? When? Where? Mobility: Who? When? Improvisation: When? Why?

**Organization**

Duration  Intensity

Area: 47Wx60L yard field, big goal on each end-line  
 Target Team (Red): #'s 1, 2, 3, 4, 7, 9, 11 - Opposition Team (White): #'s 1, 2, 3, 4, 6, 8, 10  
 Both teams attack and defend a big goal. All rules of the game apply.  
 Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts

**Coaching Points**

Activity Time  Rest  Intervals

What? Technique - Dribbling. Passing from wide positions. Receiving flank service. Shooting.  
 Attacking Principles - Penetration: Who? When? Width/Support: Who? Where? When? Mobility: Who? When? Where? Why? Improvisation: Who? Where? When? Why?

**Stage 3** 7 v 7 to Goal



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**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, Roles of #'s 2, 3, 7, & 11, Attacking Principles, 5W's, Speed of Play