



U12 Session Plan

Season Spring 2016 **Topic** Individual Attacking of the #9

Objectives (5 W's)
Who: Forwards **Where:** In the attacking (final) third of the field
What: Dribbling, Passing, Receiving & Shooting to create scoring chances
When: When in possession of the ball and within striking range
Why: Create more scoring chances when within striking range

Organization

Duration Intensity

Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls by the goals. Target team (Red): #'s 7, 8, 9, 11 - Opposition team (White): #'s 7, 8, 9 & 11. Each team has 4 players on the field & 4 on deck. All the players must touch the ball then score. Once goal is scored, exit the field and team on deck enters the field. Play till 1 team scores eight goals before the other team does.

Coaching Points

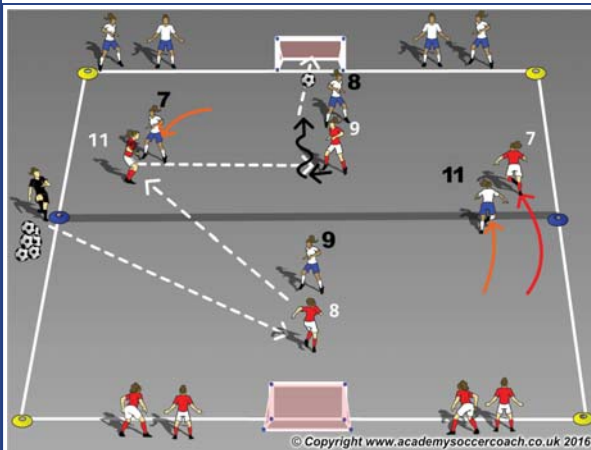
Activity Time Rest Intervals

What? Technique - Dribbling: running with the ball. Passing: Get in line with the flight of the ball. Head still & eyes on the ball. Receiving: Surface of the foot and the ball to move forward. Turning when back is to goal. Shooting: Head down to watch the ball off your foot. Preparation touch to play forward (distance from body). None kicking foot along side of the ball.

Stage 1 4v0 to Goal



Stage 2 4v4 to Goal



Organization

Duration Intensity

Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls at midfield with the coach. Target team (Red): #'s 7, 8, 9, 11 – Opposition team (White): #'s 7, 8, 9, 11. 4 players on the field and 4 on deck. Play a game for 3 minutes or 2 goals. If a goal is scored, the coach will put a new ball into play Any goal scored by the #9 is worth 3 points and a game winner.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling: To beat an opponent. Running with the ball. Turning to beat an opponent. Passing/Receiving: Head down. Proper surface for a long/short pass. Watch the ball off your foot. Watch the ball onto your foot. Attacking Principles - Penetration: Where? When? Support: Who? Where? When? Support: Who? When? Where?

Organization

Duration Intensity

Area: 47Wx60L yard field, a big goal at 1 end and a small counter at the other. Target team (Red): 4, 6, 7, 8, 9, 10, 11 – Opposition team (White): 1, 5, 6, 7, 8, 9, 11. Red attacks the big goal. If white wins the ball, they attack the small counter goal. Any goal or assist by the Red #9 is worth 5 points.

Coaching Points

Activity Time Rest Intervals

What? Technique: Dribbling. Passing. Receiving. Shooting. Attacking Principles - Penetration: Who? Where? When? Support: Who? When? Where? Mobility-Who? Where? When? Why? Improvisation-Why?

Stage 3 7v7 to Goal and Small Counter Goal



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, Attacking Principles (5 W's), Speed of play