



U12 Session Plan

Season

Topic GROUP ATTACKING - THROUGH , OVER & AROUND

Objectives
(5 W's)

Where: Attacking half of the field
What: Dribbling, passing, receiving, shooting, penetration, support, mobility/width
When: In possession of the ball in the attacking half
Why: To create more scoring chances around the goal area

Organization

Duration 15 mins Intensity Med-High

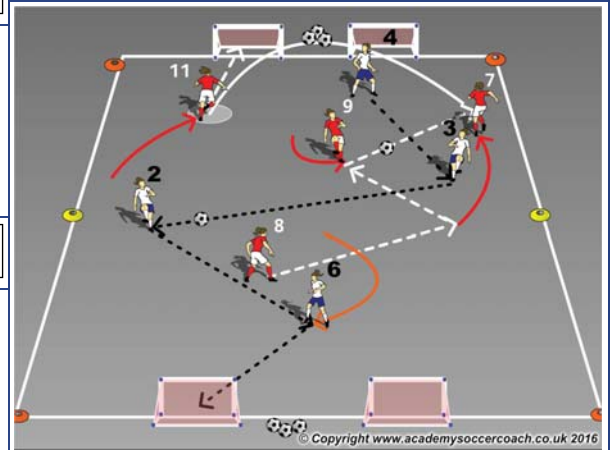
Area: in a 47Wx36L yard field with two goals on each end-line
 Target team(Red) #7, #8, #9, #11 - Opposition team (White): #2, #3, #4, #6. Groups to score as many goals as they can in either side after completing the following tasks ~ 1: Score after completing 2 split passes ~ 2: Score after completing one wall pass in the flanks ~ 3: Score from a lofted ball over the other group.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

What? Technique - Passing lofted and ground. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance. Dribbling: Running with the ball and to beat an opponent. Shooting: Preparation of the ball, surface of the foot and the ball

Stage 1 Through, Over and Around



Stage 2 4v4 - to 4 Small Goals



Organization

Duration 20 mins Intensity Med-High

Area: in a 47Wx36L yard field with two goals on each end-line.
 Target team (Red): #'s 7, 8, 9, 11- Opposition team (White): #'s 2, 3, 4, 6. Score in either of the opponent's two goals. Any goal scored after a through pass, wall pass or a pass over the defenders is worth 10 points. Play to 30 points or 5 minutes. (whichever comes first)

Coaching Points

Activity Time 5 mins Rest 1.5 min Intervals 3

What? Technique - Passing: Accuracy and pace. Receiving: Body position. surface selection of the foot and ball, first touch direction and distance. Dribbling to beat an opponent. Shooting: Surface of the foot and the ball.
 Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? ~ Mobility/Width: Who? Where? When?

Organization

Duration 22 mins Intensity Medium

Area: in a 47Wx60L yard field with big goals
 Target team: #'s 1, 4, 6, 7, 8, 9, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All rules apply.

Coaching Points

Activity Time 9 mins Rest 2 mins Intervals 2

What? Technique - Passing. Receiving. Dribbling to beat an opponent. Shooting.
 Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Mobility/Width: Who? Where? When? Improvisation: When? Where? Why?

Stage 3 7v7 to Goals



Stage 4 - 9v9

Duration 30 mins Formation R GK-3-3-2 v W GK-3-2-3 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to attack the goal

Coaching Points

Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play