

# Youth Academy | Player Development Lesson Plans



*Fall 2017 – 12U*



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## Lesson Plan Topics

### Attacking

Week 1	Improve your team's ability to build up from the defensive half
<b>OBJECTIVE(S)</b>   <i>Understand</i> and describe the principles of attack within the 11v11 Game & Recognize and accurately describe the "who, what, when, where, and why" that occurred during an attacking breakdown in play	
Week 2	Improve your team's ability to build up through midfield
<b>OBJECTIVE(S)</b>   <i>Understand</i> and describe the principles of attack within the 11v11 Game & Recognize and accurately describe the "who, what, when, where, and why" that occurred during an attacking breakdown in play	
Week 3	Improve your teams' ability to create scoring chances from central positions
<b>OBJECTIVE(S)</b>   <i>Understand</i> and describe the principles of attack within the 11v11 Game & Recognize and accurately describe the "who, what, when, where, and why" that occurred during an attacking breakdown in play	
Week 4	Improve your team's ability to create scoring chances from wide positions
<b>OBJECTIVE(S)</b>   <i>Understand</i> and describe the principles of attack within the 11v11 Game & Recognize and accurately describe the "who, what, when, where, and why" that occurred during an attacking breakdown in play	

### Defending

Week 5	Improve your team's ability to recover the ball in the defensive half
<b>OBJECTIVE(S)</b>   <i>Understand</i> and describe the principles of defense within the 11v11 game & Recognize and accurately describe the "who, what, when, where, and why" that occurred during a defensive breakdown in play	
Week 6	Improve your team's ability to recover the ball in the attacking half
<b>OBJECTIVE(S)</b>   <i>Understand</i> and describe the principles of defense within the 11v11 game & Recognize and accurately describe the "who, what, when, where, and why" that occurred during a defensive breakdown in play	
Week 7	Improve your team's ability to defend against the counter attack
<b>OBJECTIVE(S)</b>   <i>Understand</i> and describe the principles of defense within the 11v11 game & Recognize and accurately describe the "who, what, when, where, and why" that occurred during a defensive breakdown in play	

### Goalkeeping

Week 8	Improve your goalkeeper's starting positions and angle play
<b>OBJECTIVE(S)</b>   <i>Understand</i> and describe the basic shot stopping techniques and diving mechanics & Recognize and evaluate the correct application of goalkeeping shot stopping techniques.	
Week 9	Improve your goalkeepers shot stopping and diving skills
<b>OBJECTIVE(S)</b>   <i>Understand</i> and describe the basic shot stopping techniques and diving mechanics & Recognize and evaluate the correct application of goalkeeping shot stopping techniques.	

### Week 10 – Small Sided Competitions

**OBJECTIVE(S)** | FUN, Creativity, Innovation, Take Risks



## 12U Lesson Plans focus to support the growth of the coach towards the USSF D License

*What are the key components of the "D" license course?*

- Develop the core coaching competencies necessary to effectively teach the 13-14 year old athlete and team.
- Understand the characteristics and needs of an athlete in the Intermediate Stage of the Athlete Development Model.

*What are the target outcomes for a "D" coaching candidate?*

- Teach the Principles of Play in a training environment (7v7 to 9v9).
- Apply the Principles of Play to functional group roles in a full team system.
- Plan a sequence of training and weekly cycles to complete a season plan.

## 12U Lesson Plan 5W's

**What** do you want to improve?

- Identification of the specific outcome of the exercise, translated into observable training targets and objectives

**Who** are the key players?

- Integration of the key players and (functional) groups that are relevant to targets and objectives

**Where** is it happening on the field?

- Utilization of the relevant region(s) of the field, in the appropriate shape and dimension.

**When** is it exactly happening?

- Replication of the timing and the circumstances of the topic

**Why** is it happening?

- The cause and the cues the team/players has/have to deal with

## 12U Lesson Plan Team Tactical Principles

### Attacking Team Tactical Principles (TTPs)

1. Spread out
2. Occupy all the spaces and triangulate to create passing options
3. Play forward when possible or hold the ball (ball carrier)
4. Create a 2v1 or 1v1
5. Get numbers in the box

### Defending Team Tactical Principles (TTPs)

1. Make it compact
2. Keep it compact
3. Deny chances or Prevent goals
4. Press the player with the ball
5. Outnumber the opponent and give cover

# Team Organization



## DEVELOPMENT FIELD - 47x30 yards

- U9 and U10 - **7v7** - 14 players per team
- 7v7 formations promote a good distribution of the players on the field and provide a versatile framework to introduce simple tactical elements at an early age
- Formations are focused in the development of attacking elements of the game
- 1-2-3-1 formation: designed to develop passing and movement of the ball
- 1-3-2-1 formation: designed to promote forward runs and 1v1 situations



## SMALL SIDED FIELD - 75x47 yards

- U11 and U12 - **9v9** - 16 players per team
- On a bigger field 9v9 formations are ideal to keep developing attacking elements of the game and introduce basic defensive concepts working as a unit
- 1-3-2-3 formation: designed to provide space in midfield areas and provide multiple attacking options at front
- 1-3-3-2 formation: designed to understand basic defensive organization and promote build up play

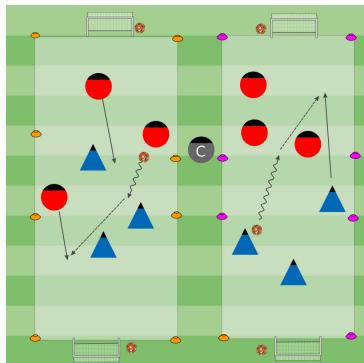


## TRAINING SESSION: 12U - BUILDING FROM DEFENSIVE HALF | FALL 2017

### Objectives

What do you want to improve? Who are the key players? Where is it happening on the field? When is it exactly happening? Why is it happening?

### PLAY - 12U | 3v3 or 4v4 arrive at practice



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

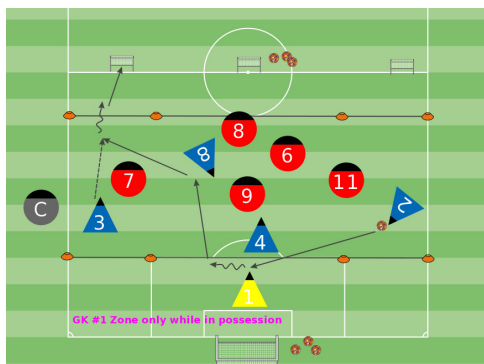
(4 x 03:00 min, 01:00 min rest)

### Coaching Points

#### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

### PRACTICE | 5v5 Building in defensive half



5 v 5



Balls, cones, goals, & training vests/pinnies



Intensity:



20:00 min

(4 x 04:00 min, 01:00 min rest)

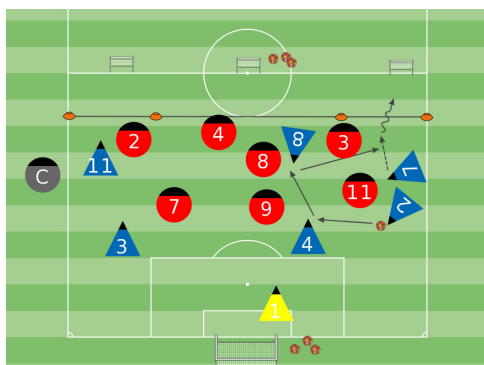
### Coaching Points

Technique of Passing, Receiving, Dribbling. Team Tactical Principles (TTPs) - Spread out, Occupy all the spaces and triangulate to create passing options, Play forward when possible or hold the ball (ball carrier), Create a 2v1 or 1v1.

#### Description

Half Field (50W x 50L). 1 Big Goal 3 Small Goals. Build outlet zone for #1 across the 18yd box. Make a scoring zone 50W x 10L near the 3 Small Goals. Target team (blue) = 1pt for goal scored outside scoring zone 3pts for goals scored inside scoring zone. Opposition team (red) scores on big goal.

### PRACTICE | 7v7 Building in defensive half



7 v 7



Balls, cones, goals, & training vests/pinnies



Intensity:



18:00 min

(3 x 05:00 min, 01:00 min rest)

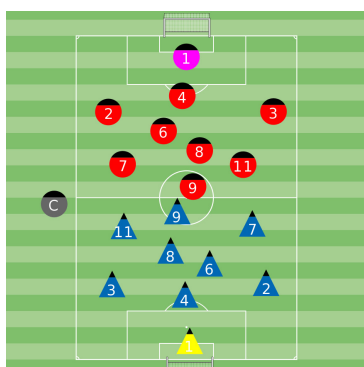
### Coaching Points

Technique of Passing, Receiving, Dribbling. Team Tactical Principles (TTPs) - Spread out, Occupy all the spaces and triangulate to create passing options, Play forward when possible or hold the ball (ball carrier), Create a 2v1 or 1v1.

#### Description

Half Field (50W x 50L). 1 Big Goal 3 Small Goals. Make a scoring zone 50W x 10L near the 3 Small Goals. Target team (blue) = 1pt for goal scored outside scoring zone 3pts for goals scored inside scoring zone. Opposition team (red) scores on big goal.

### PLAY | 9v9 Match



9 v 9



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

### Coaching Points

Reinforce all coaching points from above.

#### Description

9v9, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-3-2-3 vs 1-3-2-3.

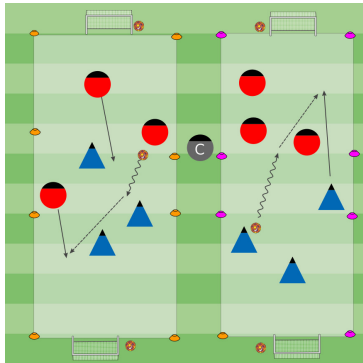




## Objectives

What do you want to improve? Who are the key players? Where is it happening on the field? When is it exactly happening? Why is it happening?

### PLAY - 12U | 3v3 or 4v4 arrive at practice



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

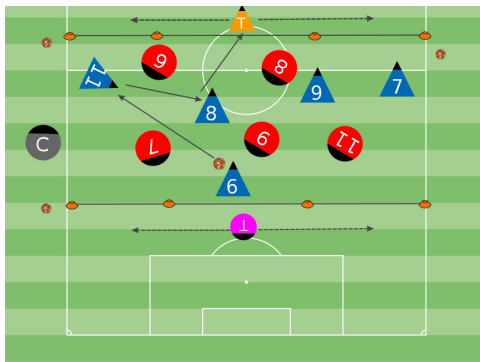
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

##### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

### PRACTICE | 5v5 Buildup from Midfield



5 v 5



Balls, cones, goals, & training vests/pinnies



Intensity:



20:00 min

(4 x 04:00 min, 01:00 min rest)

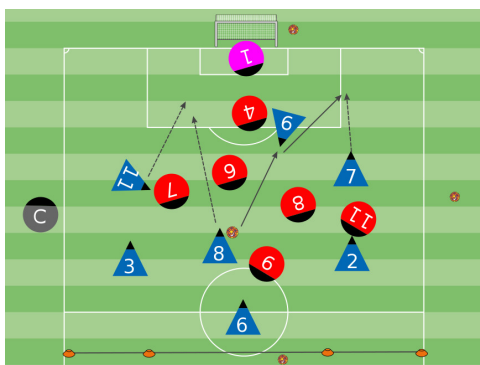
#### Coaching Points

Technique of Passing, Receiving, Dribbling. Team Tactical Principles (TTPs) - Spread out, Occupy all the spaces and triangulate to create passing options, Play forward when possible or hold the ball (ball carrier), Create a 2v1 or 1v1.

##### Description

(50W x 50L). 6v4 to (2) target players. Goals are scored by successfully passing into the target player. The target player has (2) touches to control the pass. Target team (blue) = 1pt for goal scored by #3,11,2,7 3pts for goals scored by #6,8. Opposition (red) goals = 1pt

### PRACTICE | 7v7 Buildup from Midfield



7 v 7



Balls, cones, goals, & training vests/pinnies



Intensity:



18:00 min

(3 x 05:00 min, 01:00 min rest)

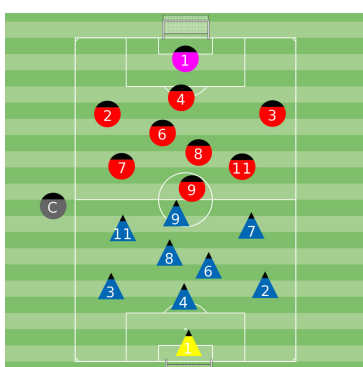
#### Coaching Points

Technique of Passing, Receiving, Dribbling. Team Tactical Principles (TTPs) - Spread out, Occupy all the spaces and triangulate to create passing options, Play forward when possible or hold the ball (ball carrier), Create a 2v1 or 1v1.

##### Description

(50W x 70L). 7v7 Game. Target team (blue) scores on 1 Big goal, Opposition team (red) scores by dribbling across line. Target team (blue) = 1pt for assist by #2,3,7,11 on a goal scored 3pts for assist by #6,8,9 on goals scored. Opposition (red) goals = 1pt

### PLAY | 9v9 Match



9 v 9



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

#### Coaching Points

Reinforce all coaching points from above.

##### Description

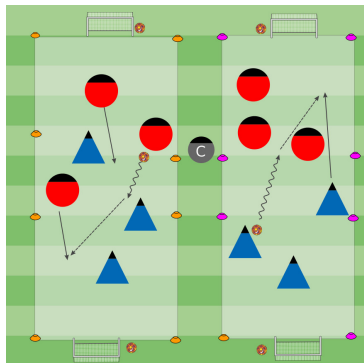
9v9, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-3-2-3 vs 1-3-2-3.

# TRAINING SESSION: 12U - CENTRAL AREA SCORING CHANCES | FALL 2017


## Objectives

What do you want to improve? Who are the key players? Where is it happening on the field? When is it exactly happening? Why is it happening?

### PLAY - 12U | 3v3 or 4v4 arrive at practice



 4 v 4

 Balls, cones, goals, & training vests/pinnies

 Intensity:

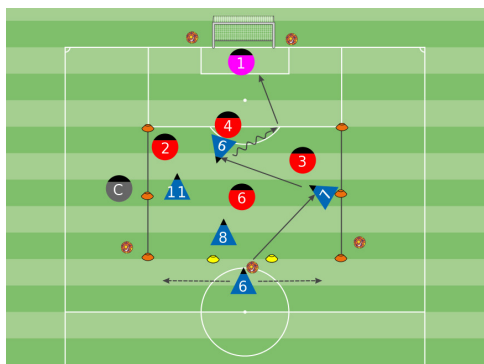
 16:00 min  
(4 x 03:00 min, 01:00 min rest)

### Coaching Points


#### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

### PRACTICE | 5v5 Central Area Scoring Chances



 5 v 5

 Balls, cones, goals, & training vests/pinnies

 Intensity:

 20:00 min  
(4 x 04:00 min, 01:00 min rest)

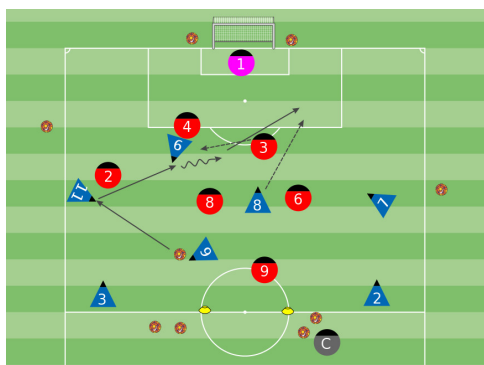
### Coaching Points

Technique of Striking, Passing, Receiving, Dribbling. Team Tactical Principles (TTPs) - Spread out, Occupy all the spaces and triangulate to create passing options, Play forward when possible or hold the ball (ball carrier), Create a 2v1 or 1v1.


#### Description

(44W x 40L). 1 Big goal, and 1 small goal. Target Team (blue) = 1pt for goals from #7,11 and 3pts for goals from #9,8. Opposition team (red) scores on small yellow goal. Blue #6 is outlet/support, and cannot be directly pressured behind the line.

### PRACTICE | 7v7 Central Area Scoring Chances



 7 v 7

 Balls, cones, goals, & training vests/pinnies

 Intensity:

 18:00 min  
(3 x 05:00 min, 01:00 min rest)

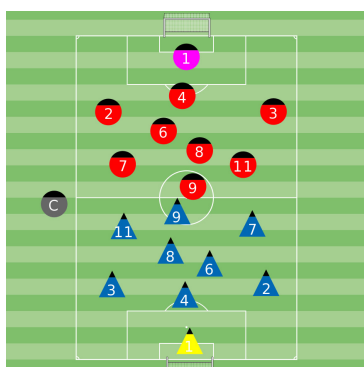
### Coaching Points

Technique of Striking, Passing, Receiving, Dribbling. Team Tactical Principles (TTPs) - Spread out, Occupy all the spaces and triangulate to create passing options, Play forward when possible or hold the ball (ball carrier), Create a 2v1 or 1v1.


#### Description

Half Field. 1 Big goal, and 1 small goal. Target Team (blue) = 1pt for goals from #7,11,2,3 and 3pts for goals from #9,8,6. Opposition team (red) scores on small yellow goal.

### PLAY | 9v9 Match



 9 v 9

 balls, cones, goals, training vests

 Intensity:

 20:00 min  
(2 x 08:00 min, 02:00 min rest)

### Coaching Points

Reinforce all coaching points from above.

#### Description

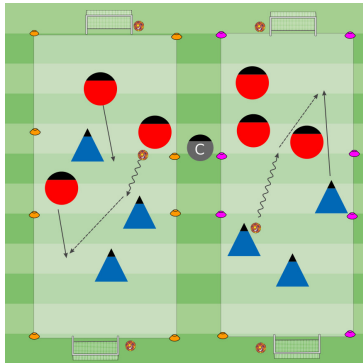
9v9, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives.



## Objectives

What do you want to improve? Who are the key players? Where is it happening on the field? When is it exactly happening? Why is it happening?

### PLAY - 12U | 3v3 or 4v4 arrive at practice



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

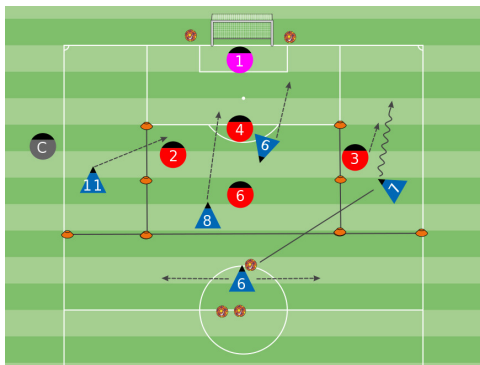
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

##### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

### PRACTICE | 5v5 Wide Area Scoring Chances



5 v 5



Balls, cones, goals, & training vests/pinnies



Intensity:



20:00 min

(4 x 04:00 min, 01:00 min rest)

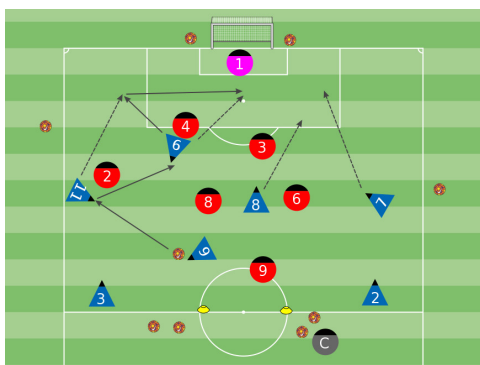
#### Coaching Points

Technique of Striking, Passing, Receiving, Dribbling. Team Tactical Principles (TTPs) - Spread out, Occupy all the spaces and triangulate to create passing options, Play forward when possible or hold the ball (ball carrier), Create a 2v1 or 1v1.

##### Description

(35L x Full Width). 1 Big goal, and 1 Endzone. Target Team (blue) = 1pt for goals from assists by #9,8 and 3pts for goals from assists by #7,11. Opposition team (red) scores on by dribbling across endline.. Blue #6 is outlet/support, and cannot be directly pressured behind the line.

### PRACTICE | 7v7 Wide Area Scoring Chances



7 v 7



Balls, cones, goals, & training vests/pinnies



Intensity:



18:00 min

(3 x 05:00 min, 01:00 min rest)

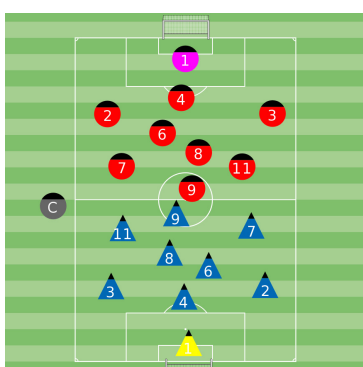
#### Coaching Points

Technique of Striking, Passing, Receiving, Dribbling. Team Tactical Principles (TTPs) - Spread out, Occupy all the spaces and triangulate to create passing options, Play forward when possible or hold the ball (ball carrier), Create a 2v1 or 1v1.

##### Description

Half Field. 1 Big goal, and 1 small goal. Target Team (blue) = 1pt for goals from #9,8,6 and 3pts for goals from #11,7,2,3. Opposition team (red) scores on small yellow goal.

### PLAY | 9v9 Match



9 v 9



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

#### Coaching Points

Reinforce all coaching points from above.

##### Description

9v9, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives.

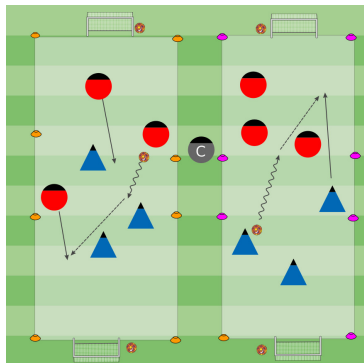


# TRAINING SESSION: 12U - REGAIN POSSESSION IN THE DEFENSIVE HALF | FALL 2017


## Objectives

What do you want to improve? Who are the key players? Where is it happening on the field? When is it exactly happening? Why is it happening?

### PLAY - 12U | 3v3 or 4v4 arrive at practice



 4 v 4

 Balls, cones, goals, & training vests/pinnies

 Intensity:

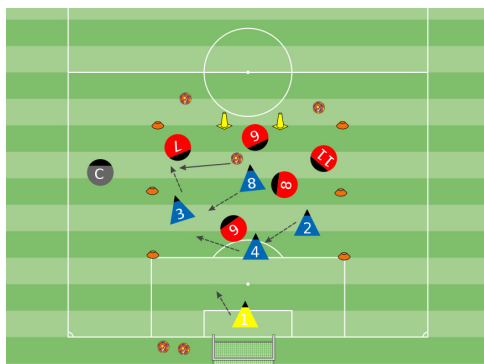
 16:00 min  
(4 x 03:00 min, 01:00 min rest)

### Coaching Points


#### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.


### PRACTICE | 5v5 Regain possession in Defending Half



 5 v 5

 Balls, cones, goals, & training vests/pinnies

 Intensity:

 20:00 min  
(4 x 04:00 min, 01:00 min rest)

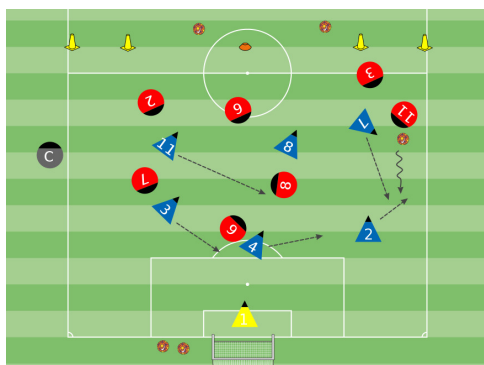
### Coaching Points

Technique approach, defensive stance, recovery angle, tackling. Team Tactical Principles (TTPs) - Make it compact, keep it compact, Deny chances/goals, Pressure the player with the ball, give cover and support.

#### Description

(44W x 35L). 1 Big goal, and 1 Small Goal. Target Team (blue) = 1pt for a goal off of a steal from a pass, and 3pts for a goal from a steal/tackle. Target Team (blue) scores on the small yellow goal. Opposition team (red) scores on the big goal.

### PRACTICE | 7v7 Regain possession in Defending Half



 7 v 7

 Balls, cones, goals, & training vests/pinnies

 Intensity:

 18:00 min  
(3 x 05:00 min, 01:00 min rest)

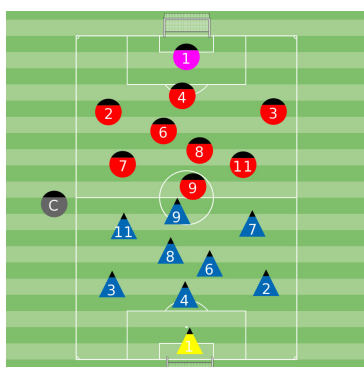
### Coaching Points

Technique approach, defensive stance, recovery angle, tackling. Team Tactical Principles (TTPs) - Make it compact, keep it compact, Deny chances/goals, Pressure the player with the ball, give cover and support.


#### Description

(60L x Full Width) 1 Big goal, and 2 Small Goals. Target Team (blue) = 1pt for a goal off of a steal from a pass, and 3pts for a goal from a steal/tackle. Target Team (blue) scores on the small yellow goals. Opposition team (red) scores on the big goal.

### PLAY | 9v9 Match



 9 v 9

 balls, cones, goals, training vests

 Intensity:

 20:00 min  
(2 x 08:00 min, 02:00 min rest)

### Coaching Points

Reinforce all coaching points from above.

#### Description

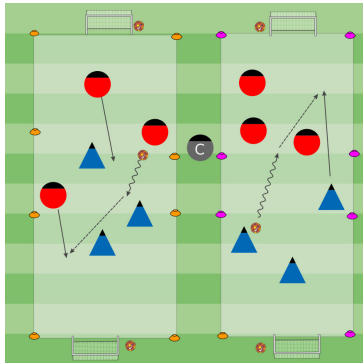
9v9, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-3-2-3 vs 1-3-2-3.



## Objectives

What do you want to improve? Who are the key players? Where is it happening on the field? When is it exactly happening? Why is it happening?

### PLAY - 12U | 3v3 or 4v4 arrive at practice



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

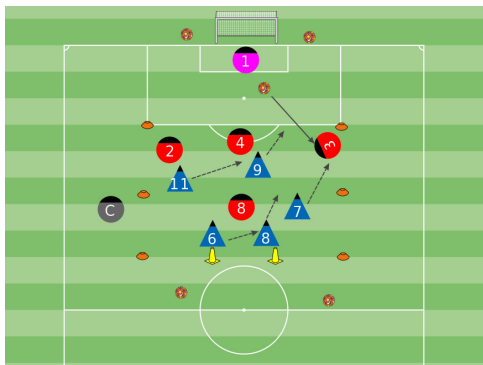
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

##### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

### PRACTICE | 5v5 Regain possession in Attacking Half



5 v 5



Balls, cones, goals, & training vests/pinnies



Intensity:



20:00 min

(4 x 04:00 min, 01:00 min rest)

#### Coaching Points

Technique approach, defensive stance, recovery angle, tackling. Team Tactical Principles (TTPs) - Make it compact, keep it compact, Deny chances/goals, Pressure the player with the ball, give cover and support.

##### Description

(44W x 35L). 1 Big goal, and 1 Small Goal. Target Team (blue) = 1pt for a goal off of a steal from a pass, and 3pts for a goal from a steal/tackle. Target Team (blue) scores on the big goal. Opposition team (red) scores on the small yellow goal.

### PRACTICE | 7v7 Regain possession in Attacking Half



7 v 7



Balls, cones, goals, & training vests/pinnies



Intensity:



18:00 min

(3 x 05:00 min, 01:00 min rest)

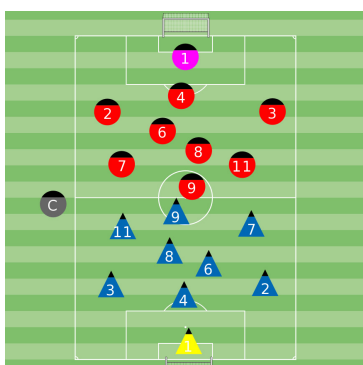
#### Coaching Points

Technique approach, defensive stance, recovery angle, tackling. Team Tactical Principles (TTPs) - Make it compact, keep it compact, Deny chances/goals, Pressure the player with the ball, give cover and support.

##### Description

(60L x Full Width) 1 Big goal, and 2 Small Goals. Target Team (blue) = 1pt for a goal off of a steal from a pass, and 3pts for a goal from a steal/tackle. Target Team (blue) scores on the large goal. Opposition team (red) scores on the small yellow goals.

### PLAY | 9v9 Match



9 v 9



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

#### Coaching Points

Reinforce all coaching points from above.

##### Description

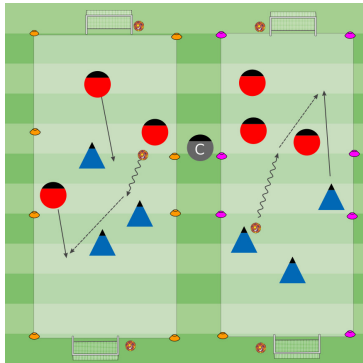
9v9, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives.



## Objectives

What do you want to improve? Who are the key players? Where is it happening on the field? When is it exactly happening? Why is it happening?

### PLAY - 12U | 3v3 or 4v4 arrive at practice



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

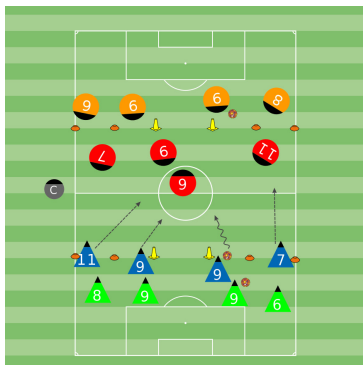
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

##### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

### PRACTICE | 4v4 Defend the counter



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



20:00 min

(4 x 04:00 min, 01:00 min rest)

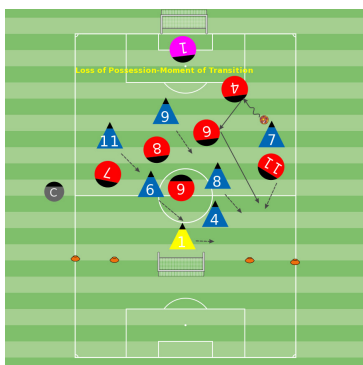
#### Coaching Points

Technique approach, defensive stance, recovery angle, tackling. Team Tactical Principles (TTPs) - Make it compact, keep it compact, Deny chances/goals, Pressure the player with the ball, give cover and support.

##### Description

(Full Width x 40L). 2 Small Goals. When the ball goes across the endline - the team nearest to the endline comes on to the field. BALL OVER THE ENDLINE - Moment of Transition for Target Team (triangles) - transition to attack (come on the field) or transition to defend (stay on the field)

### PRACTICE | 7v7 Defend the counter



7 v 7



Balls, cones, goals, & training vests/pinnies



Intensity:



18:00 min

(3 x 05:00 min, 01:00 min rest)

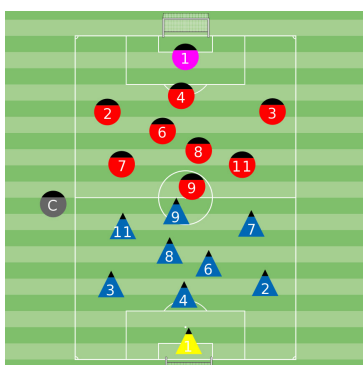
#### Coaching Points

Technique approach, defensive stance, recovery angle, tackling. Team Tactical Principles (TTPs) - Make it compact, keep it compact, Deny chances/goals, Pressure the player with the ball, give cover and support.

##### Description

(L x Full Width) 2 Big goals. FOCUS on the MOMENT the Target Team (blue) losses possession. Both teams score on big goals.

### PLAY | 9v9 Match



9 v 9



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

#### Coaching Points

Reinforce all coaching points from above.

##### Description

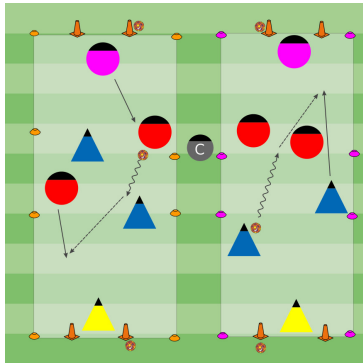
9v9, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives.



## Objectives

What do you want to improve? Who are the key players? Where is it happening on the field? When is it exactly happening? Why is it happening?

### PLAY | 12U - 3v3 or 4v4 arrive at practice with GKs



3 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

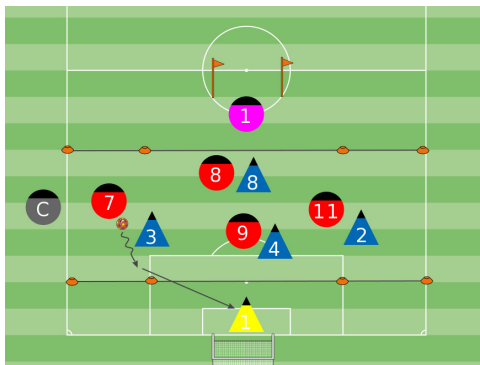
#### Coaching Points

Manage the moment | Stop/Freeze; Natural Stoppage; Flow/Continuous Feedback; and Individual Reference through the Teaching Spectrum | Command v Direct; Question Answer; Guided Questions; Experimentation

#### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

### PRACTICE | 5v5 Shot Stopping & Diving



5 v 5



Balls, cones, goals, & training vests/pinnies



Intensity:



20:00 min

(4 x 04:00 min, 01:00 min rest)

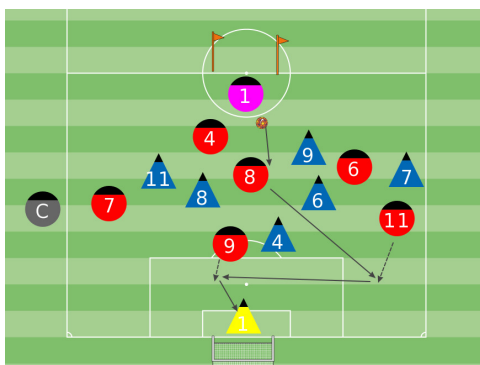
#### Coaching Points

Recognize and evaluate the correct application of goalkeeping shot stopping techniques. Understand and apply the correct application of footwork and angle play in a shot stopping environment. Assess and correct positional and technical aspects of shot stopping.

#### Description

Half Field. Make (2) shooting zone lines (12) yards from the GK#1 the Goal. Non-GK players must play in the middle zone. They must shoot before the line to earn a goal.

### PRACTICE | 7v7 Shot Stopping & Diving



7 v 7



Balls, cones, goals, & training vests/pinnies



Intensity:



18:00 min

(3 x 05:00 min, 01:00 min rest)

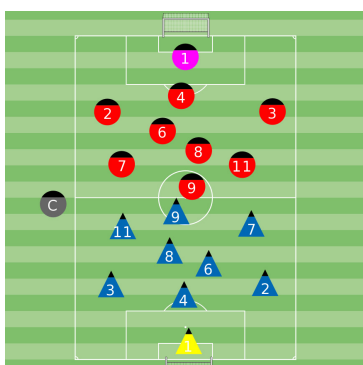
#### Coaching Points

Recognize and evaluate the correct application of goalkeeping shot stopping techniques. Understand and apply the correct application of footwork and angle play in a shot stopping environment. Assess and correct positional and technical aspects of shot stopping.

#### Description

Half Field. Play 9v9, goals are scored on the big goals

### PLAY | 9v9 Match



9 v 9



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

#### Coaching Points

Reinforce all coaching points from above.

#### Description

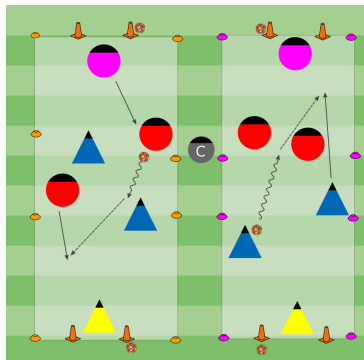
9v9, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives.

# TRAINING SESSION: 12U - GOALKEEPER ANGLE & STARTING POSITION| FALL 2017

## Objectives

What do you want to improve? Who are the key players? Where is it happening on the field? When is it exactly happening? Why is it happening?

### PLAY | 12U - 3v3 or 4v4 arrive at practice with GKs



3 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

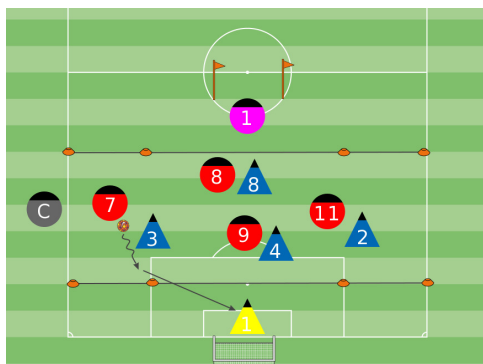
### Coaching Points

Manage the moment | Stop/Freeze; Natural Stoppage; Flow/Continuous Feedback; and Individual Reference through the Teaching Spectrum | Command v Direct; Question Answer; Guided Questions; Experimentation

### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

### PRACTICE | 5v5 GK Angle Play



5 v 5



Balls, cones, goals, & training vests/pinnies



Intensity:



20:00 min

(4 x 04:00 min, 01:00 min rest)

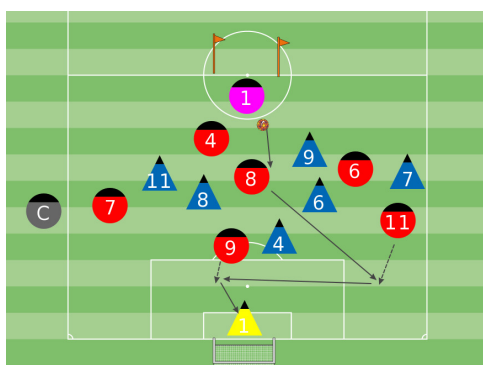
### Coaching Points

Recognize and evaluate the correct application of goalkeeping shot stopping techniques. Understand and apply the correct application of footwork and angle play in a shot stopping environment. Assess and correct positional and technical aspects of shot stopping.

### Description

Half Field. Make (2) shooting zone lines (12) yards from the GK#1 the Goal. Non-GK players must play in the middle zone. They must shoot before the line to earn a goal.

### PRACTICE | 7v7 GK Angle Play



7 v 7



Balls, cones, goals, & training vests/pinnies



Intensity:



18:00 min

(3 x 05:00 min, 01:00 min rest)

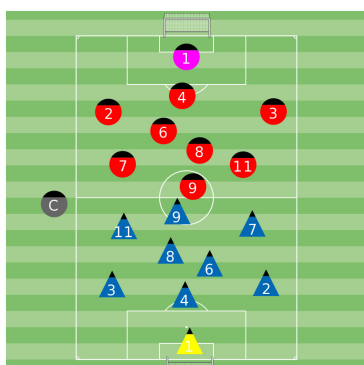
### Coaching Points

Recognize and evaluate the correct application of goalkeeping shot stopping techniques. Understand and apply the correct application of footwork and angle play in a shot stopping environment. Assess and correct positional and technical aspects of shot stopping.

### Description

Half Field. Play 9v9, goals are scored on the big goals

### PLAY | 9v9 Match



9 v 9



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

### Coaching Points

Reinforce all coaching points from above.

### Description

9v9, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives.



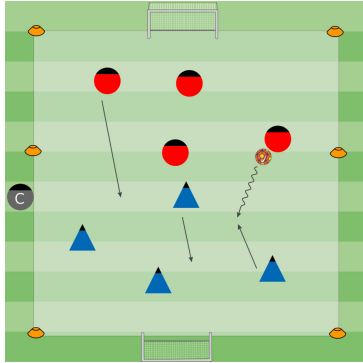


## TRAINING SESSION: 4V4 FUN | FALL 2017

### Objectives

Encourage players to FUN, be Creative, promote Innovation, and dare them to Take Risks

#### 4v4 Fun | Variations #1



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



12:00 min

(3 x 03:00 min, 01:00 min rest)

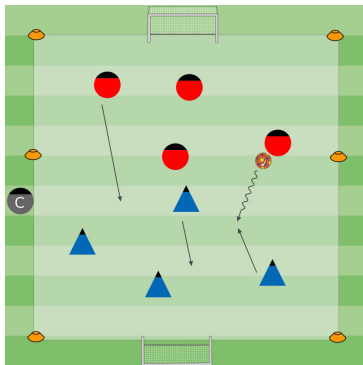
#### Coaching Points

GAME #1 | Steal the ball score = 10pts.....all other goals worth 1pt

#### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

#### 4v4 Fun | Variations #2



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



12:00 min

(3 x 03:00 min, 01:00 min rest)

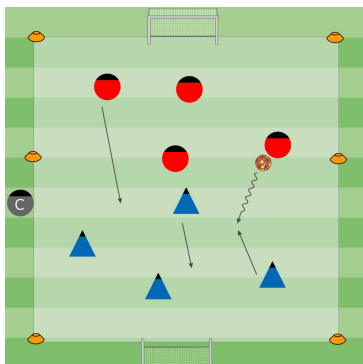
#### Coaching Points

GAME #2 | 1v1 Move + Goal = 10pts.....all other goals worth 1pt

#### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

#### 4v4 Fun | Variations #3



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



12:00 min

(3 x 03:00 min, 01:00 min rest)

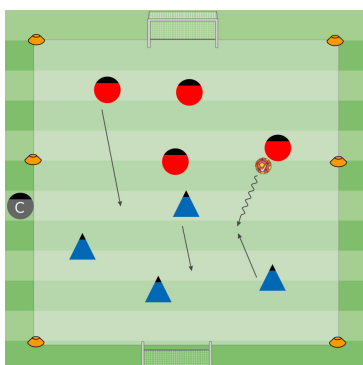
#### Coaching Points

GAME #3 | Sharing (passing) with a teammate + Goal = 10pts .....all other goals with 1pt.

#### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

#### 4v4 Fun | Variations #4



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



12:00 min

(3 x 03:00 min, 01:00 min rest)

#### Coaching Points

GAME #4 | Dribble Master (dribble more than one player) + Goal = 10pts.....all other goals worth 1pt

#### Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.