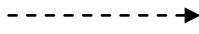



TOPIC: U12 Model Session – Group Play

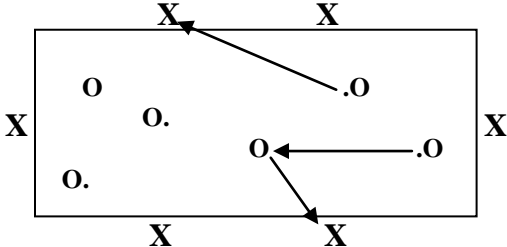
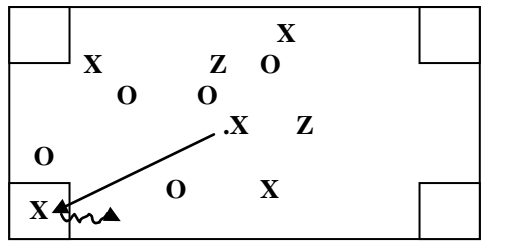
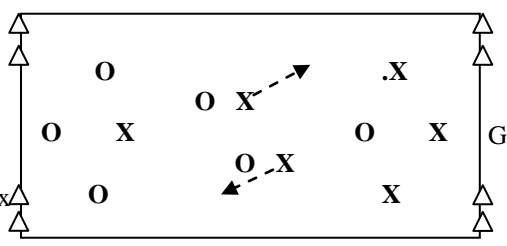
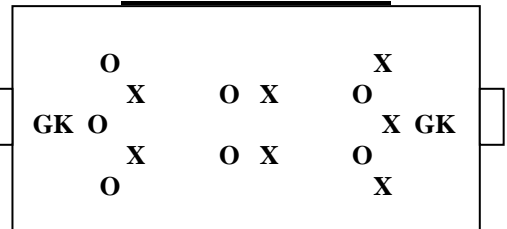
Coach Name: John Curtis

Key:

Running without the ball 

Running with the ball 

Pass 

<p><u>TECHNICAL WARM UP</u></p> 	<p><u>ORGANIZATION</u></p> <ul style="list-style-type: none"> • 2 groups of 8 • Play out, move, play in • Switch in and out • Individual, pairs, three's • Combinations (small to big) 	<p><u>COACHING POINTS/GUIDED DISCOVERY</u></p> <ul style="list-style-type: none"> • Soft to space, hard to feet • Communication – visual/verbal • Angle and distance, open up • Opposite movement to teammates • What do you need before you pass? • Where do you move after you pass?
<p><u>SMALL-SIDED ACTIVITY</u></p> 	<ul style="list-style-type: none"> • 5v5 (+2) • Get into a box for a point • Pass in/dribble out, dribble in/pass out 	<ul style="list-style-type: none"> • Move ball quickly – long and short • Player awareness • Movement off the ball to receive • Where will I play when I receive the ball? • Can you see the field? • Where are my teammates?
<p><u>EXPANDED SMALL-SIDED ACTIVITY</u></p> 	<ul style="list-style-type: none"> • 6v6 to four goals with targets • Play through a goal to a target for a point • GK's are used to support the play 	<ul style="list-style-type: none"> • Support close to ball, must offer good angles • Support away from ball, must identify available space • Awareness of teammates • How can we change the point of attack?
<p><u>8v8 to BIG GOALS</u></p> 	<ul style="list-style-type: none"> • 8 v 8 including GK's • Include offside line to encourage length 	<ul style="list-style-type: none"> • Look to change point of attack quickly and expansively • Identify when time and space is created to go to goal • How can you draw opponents to an area? • Can you create time and space?

Cool down: Captain led ¾ to ½ to ¼ speed jog and movement, Stretching