

<b>U12 Session Plan</b> Week 1	<b>Season</b> Spring 2016 <b>Topic</b> Dribbling for Penetration
	<b>Objectives (5 W's)</b> <b>Who:</b> #8, #9, #10 <b>Where:</b> In the attacking half of the field <b>What:</b> Dribbling, Receiving, Penetration, Improvisation <b>When:</b> In possession of the ball with space to attack behind the defense <b>Why:</b> To penetrate the opponent's defense and create goal scoring opportunities

<b>Organization</b>	Duration 15 min    Intensity Med-High	<b>Stage 1 Dribbling Lanes</b>
Area: 30Wx40L yard grid divided into 2 x 15 yard wide channels. Part 1. A player from each end-line dribbles towards each other in the channel, performs a move to the right side and accelerates past the approaching player and passes to next player (repeat). Same as before now perform a move to the left side. Part 2. Play a 1v1 game in the channel to the end-lines.		

<b>Coaching Points</b> Activity Time 2 Min    Rest 30 sec    Intervals 6
What? Technique - Dribbling, running w/the ball, head up, surface of foot to touch ball forward, distance of dribble touch, acceleration into space behind defender, change of direction and pace, use of turns, moves, feints. Attacking Principles - Penetration: Where? When? Why? Improvisation: Where? When? Why?

<b>Stage 2 4 v 3 to Goal w/Counter Goals</b>	<b>Organization</b>	Duration 25 Min    Intensity Med-High
	Area: 47Wx40L yard area with a big goal and 2 counter goals Target Team (Red): #'s 6, 8, 9, 10 - Opposition Team (White): #'s 1, 4, 5 Red players alternate dribbling the ball onto the field to start play. Red plays to score on big goal. If White wins the ball they score in the counter goals. Goals scored after dribbling by an opponent is 10pts, all other goals are 1pt.	

<b>Coaching Points</b> Activity Time 45 sec    Rest 45 sec    Intervals 15+
What? Technique - Dribbling to penetrate, surface of foot, distance of dribble touch. Receiving the ball to go forward, change of direction and pace, use of turns, moves, feints, acceleration past defender. Attacking Principles - Penetration: Who? When? Where? Improvisation: When? Why? Width: Who? Why?

<b>Organization</b>	Duration 25 Min    Intensity Medium	<b>Stage 3 7 v 7 to Goal</b>
Area: 47Wx60L yard with 2 big goals Target Team (Red): #'s 1, 6, 7, 8, 9, 10, 11 Opposition Team (White): #'s 1, 2, 3, 4, 5, 6, 8 Each team is trying to score in opponent's goal. All rules apply. Goals scored after dribbling to penetrate by an opponent is 10pts, all other goals are 1pt.		

<b>Coaching Points</b> Activity Time 11 Min    Rest 3 Min    Intervals 2
What? Technique - Dribbling to penetrate. Receiving to go forward. Attacking Principles - Penetration: Who? Where? When? Improvisation: When? Why? Width: Who? Where? Why?

<b>Stage 4 -9v9</b>	Duration 30 Mins    Formation R GK-3-3-2 v W GK-3-2-3    Activity Time 12 mins    Rest 3 mins    Intervals 2
---------------------	--

<b>Organization</b>	In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.
---------------------	---

<b>Coaching Points</b>	Technical execution of Dribbling to Penetrate a defense, Attacking Principles, 5W's, Speed of Play
------------------------	--