

U12 Session Plan Week 10		Season		Topic SHOOTING 2 - FINISHING INSIDE THE BOX	
Objectives (5 W's)		Who: #7, #9, #10, #11 Where: Inside the Penalty Area What: Shooting, Receiving, Penetration, Support, Mobility, Improvisation When: The ball has been put across the goal mouth or shooting window is available Why: To develop an aggressive goal scoring mentality			
Organization		Duration 15 mins	Intensity Med-High	Stage 1 Shooting Competition	
Area: In a 47Wx36L yard field with a goal and two small goals Target team (Red) #'s 7, 9, 10, 11, - Opposition team (White): #'s 2, 3, 4, 6. Groups have 4 minutes to combine and score as many goals at each end shooting inside the scoring zone - Interval 1: Finish with 2 touches - Interval 2: Finish with one touch - Interval 3: Which team can score the most goals in 4 minutes?					
Coaching Points		Activity Time 4 mins	Rest 1 min	Intervals 3	
What? Technique of Finishing: Knees bent, head down, hips and knee over ball, body slightly leaning over ball Non-kicking foot beside ball. Ankle locked, angled approach to ball Strike ball with laces or the inside of the foot at the center of the ball					
Stage 2 4v4 - Romario Game		Organization			
		Duration 20 mins	Intensity Med-High		
Area: In a 47Wx36L yard field with a big goal and two small goals Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 4 - Red team scores in the big goal, the White team scores in either of the two goals. Scoring: A goal scored by one touch is 100pts. Goal scored with 2 touches is 50 points. Any other goals is 1 point		Coaching Points			
		Activity Time 5 mins	Rest 1.5 min	Intervals 3	
		What? Technique - Shooting: Accuracy and pace Receiving: Body position, surface selection of the foot and ball, first touch direction and distance Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Why? Mobility: Who? When? Why? Width: Who? When? Why?			
Organization		Duration 22 mins	Intensity Medium	Stage 3 7v7 Finesse	
Area: in a 47Wx60L yard field with goals Target team: #'s 1, 4, 5, 7, 9, 10, 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 ~ Shooting and Receiving Principles of Attack - Penetration: Who? Where? When? Why? Support: Who? Where? When? Mobility/Width: Who? Where? When? Improvisation: When?					
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
Organization		In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to finish inside the box			
Coaching Points		Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play.			