

U12 Session Plan Week 2		Season Spring 2016		Topic Dribbling for the #7 & #11	
Objectives (5 W's)		Who: #7 & #11 Where: In the flanks of the attacking half What: Dribbling & Running with the ball to Penetrate When: When in possession of the ball & there is space to attack behind the defense Why: Create more scoring chances when close to goal			
Organization		Duration 12 mins	Intensity Medium	Stage 1 4v1 to Goal (Pattern Play)	
Area: 40Wx50L yard field, a 4 yard gate by each sideline in the attacking half, 1 big goal. Target team (Red): #'s 7, 8, 10, 11 – Opposition team (White): #1. Everyone on the red team needs at least 1 touch on the ball. The #7 or #11 have to be the final player to receive the ball. Once he/she receives it, they dribble through their gate toward the goal and strike the ball into the gk's (#1) hands.					
Coaching Points		Activity Time 3 mins	Rest 1 min	Intervals 3	
What? Technique: Dribbling/Running with the ball. Get in line with the flight of the ball. Head Still and eyes on the ball. Receiving. Surface of the foot and the ball to move forward. Preparation touch to play forward (distance). Change of pace.					
Stage 2 4v4 to Goal & Counters		Organization			
		Duration 15 mins	Intensity Med-High		
Area: 40Wx50L yard field with 1 big goal and 2 counters. Target team (Red): #'s 7, 8, 10 & 11 – Opposition team (White): #'s 1, 2, 3 & 6. Red scores in the big goal & White in either counter goal. If a goal is scored or assisted by #'s 7 or 11, the goal is worth 5 points, all other goals, 1 point. Challenge the Red to score 10 points before White scores 5 points.		Coaching Points			
		Activity Time 4 min	Rest 1 min	Intervals 3	
What? Technique - Dribbling to beat an opponent: Different moves to get around an opponent. Accelerate once past the opponent. Receiving: surface of the foot and the ball to move forward. Turning and preparation touch to play forward. Attacking Principles - Penetration What? Where? When? Width: Who? Where? Support: Who? When?Where?					
Organization		Duration 18 mins	Intensity Low	Stage 3 7v7 to Goal	
Area: 47Wx60L yard field, big goal both ends. Target team (Red): #'s 1, 5, 7, 8, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 6, 8, 9, 10. Both teams attack and defend 1 big goal. All rules of soccer apply. Goals or assists by #7 or #11, add bonus (coaches choice).					
Coaching Points		Activity Time 8 Mins	Rest 1 min	Intervals 2	
What? Technique - Dribbling. Passing. Receiving. Shooting. Attacking Principles - Penetration: Where? When?, Width: Who? Where? Support: Who? When? Where? Mobility: Who? Where? When? Why? Improvisation: When? Why?					
Stage 4 - 9v9		Duration 30 mins	Formation R GK-2-3-3 v W GK-4-3-1	Activity Time 13 mins	Rest 2 mins Intervals 2
Organization		In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.			
Coaching Points		Technical execution, Attacking Principles (5 W's), Speed of play			