

U12 Session Plan Week 3		Season		Topic		PASSING AND COMBINING					
Objectives (5 W's)		Who: #7, #8, #9, #11 Where: In the defensive and attacking half of the field What: Passing, receiving, shooting, penetration, support, mobility Where: In the defensive and attacking half of the field Why: To penetrate the opponent's defense and create scoring opportunities									
Organization		Duration	18 mins	Intensity	Med-High	Stage 1 Wall Pass Squares					
Area: in a 32Wx20L yard field with two small goals on each end-line Target team (Red) #'s 7, 8, 9, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups try to score as many goals as they can in either side while completing the following intervals - 1: Every one touches the ball - 2: Complete one Wall Pass through the other team - 3: Complete one Up, Back and Through.											
Coaching Points		Activity Time	4.5 mins	Rest	1.5 min	Intervals	3				
What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the center Receiving: Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch pushes the ball where you want to go or away from pressure											
Stage 2		4v4 - 3+Passes		Organization		Duration	20 mins	Intensity	Med-High		
				Area: in a 32Wx20L yard field with two small goals on each end-line Target team: #'s 7, 8, 9, 11 - Opposition team: #'s 2, 3, 4, 6 - Play to score in the opponent's goal. When a team makes a wall pass or 3 players make consecutive passes and score the goal is worth 100 points. Play to 300 points. Any other goal is 1 point							
Coaching Points		Activity Time	5 mins	Rest	1.5 min	Intervals	3				
What? Technique - Passing: 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?											
Organization		Duration	22 mins	Intensity	Medium	Stage 3		7v7 to Goals			
Area: in a 47Wx60L yard field with goals Target team: #'s 1, 4, 6, 7, 8, 9, 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 - Passing. Receiving. Shooting Principles of Attack - Penetration: Who? Where? When? Why? Support: Who? Where? When? Why? Mobility: Who? When? Why? Improvisation: When? Why?											
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	Intervals	2
Organization		In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to combine with each other									
Coaching Points		Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play									