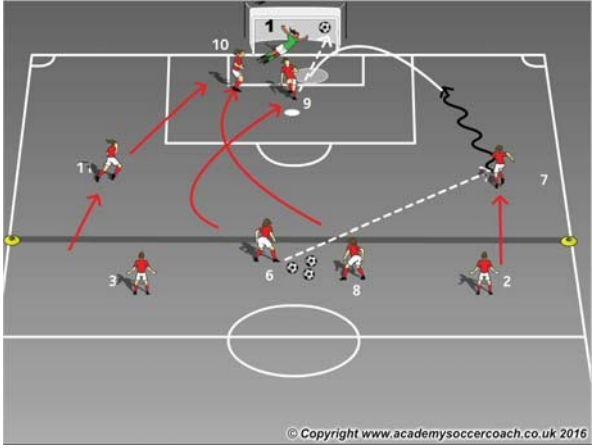

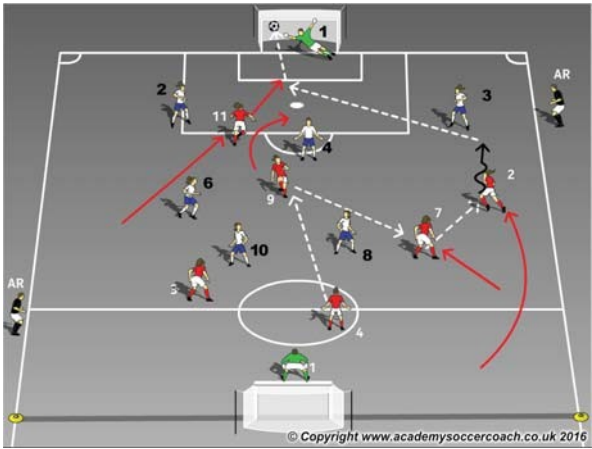


U12 Session Plan Week 4		Season Spring 2016 Topic Passing from Wide Areas	
Objectives (5 W's)		Who: #2, #3, #7, #11 Where: Attacking half of the field What: Passing, Receiving, Shooting When: In possession of the ball when the defense is compact centrally Why: To penetrate the defense and create scoring opportunities	
Organization		Duration 15 mins	Intensity High
Area: 47Wx30L yard area outside the penalty area #’s 6, 8, 9, or 10, alternate serving the ball to #’s 2, 3, 7, or 11 who then dribbles down the flank and serves/crosses the ball into #’s 6, 8, 9, or 10 making runs into the box. Service should vary from aerial, to low and driven across the area. Switch sides of the service. Add a chaser to catch the flank server.		Stage 1 4 v 1 to Goal	
Coaching Points Activity Time 30 sec Rest 30 sec Intervals 15+			
What? Technique - Dribbling to set up a pass, prep touch, surface of foot. Passing, surfaces of the foot, types of pass, aerial, lofted, driven, bent. Attacking Principles - Penetration: Who? When? Width: Where? When? Support: Who? Where? Improvisation: Where? When? Why?		<small>© Copyright www.acadmysoccercoach.co.uk 2016</small>	
Stage 2 4 v 4 to Goal with Counter Goals		Organization	
		Duration 20 mins	Intensity Med-High
Area: 47Wx30L yard field with one big goal and 2 counter goals Target Team (Red): #’s 2, 3, 7, 11 - Opposition Team (White): #’s 1, 2, 3, 4 Red Team plays to score on the big goal. If the White Team wins the ball they score in the counter goals. Offside is applied for the Red Team. Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts		Coaching Points Activity Time 4 mins Rest 1 mins Intervals 4	
What? Technique - Dribbling to set up a pass. Passing types, aerial, driven, lofted, bent. Receiving, foot/body surface based on type of service from the flank. Shooting or redirecting service to score. Attacking Principles - Penetration: Who? When? Width/Support: Who? When? Where? Mobility: Who? When? Improvisation: When? Why?		<small>© Copyright www.acadmysoccercoach.co.uk 2016</small>	
Organization		Duration 24 mins	Intensity Medium
Area: 47Wx60L yard field, big goal on each end-line Target Team (Red): #’s 1, 2, 3, 4, 7, 9, 11 - Opposition Team (White): #’s 1, 2, 3, 4, 6, 8, 10 Both teams attack and defend a big goal. All rules of the game apply. Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts		Stage 3 7 v 7 to Goal	
Coaching Points Activity Time 9 mins Rest 3 mins Intervals 2			
What? Technique - Dribbling. Passing from wide positions. Receiving flank service. Shooting. Attacking Principles - Penetration: Who? When? Width/Support: Who? Where? When? Mobility: Who? When? Where? Why? Improvisation: Who? Where? When? Why?		<small>© Copyright www.acadmysoccercoach.co.uk 2016</small>	
Stage 4 - 9v9	Duration 30 mins Formation R GK-3-2-3 v W GK-3-3-2 Activity Time 12 mins Rest 3 mins Intervals 2		
Organization	In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.		
Coaching Points	Technical execution, Roles of #’s 2, 3, 7, & 11, Attacking Principles, 5W’s, Speed of Play		