

<b>U12 Session Plan</b> Week 5		<b>Season</b> Spring 2016		<b>Topic</b> Individual Attacking of the #9	
<b>Objectives (5 W's)</b>		<b>Who:</b> #9 <b>Where:</b> In the attacking (final) third of the field <b>What:</b> Dribbling, Passing, Receiving & Shooting to create scoring chances <b>When:</b> When in possession of the ball and within striking range <b>Why:</b> Create more scoring chances when within striking range			
<b>Organization</b>		Duration 15 mins	Intensity Medium	<b>Stage 1</b> 4v0 to Goal	
Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls by the goals. Target team (Red): #'s 7, 8, 9, 11 - Opposition team (White): #'s 7, 8, 9 & 11. Each team has 4 players on the field & 4 on deck. All the players must touch the the ball then score. Once goal is scored, exit the field and team on deck enters the field. Play till 1 team scores eight goals before the other team does.					
<b>Coaching Points</b>		Activity Time 2 mins	Rest 1 min	Intervals 5	
What? Technique - Dribbling: running with the ball. Passing: Get in line with the flight of the ball. Head still & eyes on the ball. Receiving: Surface of the foot and the ball to move forward. Turning when back is to goal. Shooting: Head down to watch the ball off your foot. Preparation touch to play forward (distance from body). None kicking foot along side of the ball.					
<b>Stage 2</b> 4v4 to Goal		<b>Organization</b>			
		Duration 18 mins	Intensity Medium	Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls at midfield with the coach. Target team (Red): #'s 7, 8, 9, 11 – Opposition team (White): #'s 7, 8, 9, 11. 4 players on the field and 4 on deck. Play a game for 3 minutes or 2 goals. If a goal is scored, the coach will put a new ball into play Any goal scored by the #9 is worth 3 points and a game winner.	
<b>Coaching Points</b>		Activity Time 90 sec	Rest 90 sec	Intervals 6	
What? Technique - Dribbling: To beat an opponent. Running with the ball. Turning to beat an opponent. Passing/Receiving: Head down. Proper surface for a long/ short pass. Watch the ball off your foot. Watch the ball onto your foot. Attacking Principles - Penetration: Where? When? Support: Who? Where? When? Support: Who? When?Where?					
<b>Organization</b>		Duration 20 mins	Intensity Low	<b>Stage 3</b> 7v7 to Goal and Small Counter Goal	
Area: 47Wx60L yard field, a big goal at 1 end and a small counter at the other. Target team (Red): 4, 6, 7, 8, 9, 10, 11 – Opposition team (White): 1, 5, 6, 7, 8, 9, 11. Red attacks the big goal. If white wins the ball, they attack the small counter goal. Any goal or assist by the Red #9 is worth 5 points.					
<b>Coaching Points</b>		Activity Time 8 mins	Rest 2 mins	Intervals 2	
What? Technique: Dribbling. Passing. Receiving. Shooting. Attacking Principles - Penetration: Who? Where? When? Support: Who? When? Where? Mobility-Who? Where? When? Why? Improvisation-Why?					
<b>Stage 4 - 9v9</b>		Duration 22 mins	Formation R GK-2-3-3 v W GK-3-3-2	Activity Time 10 mins	Rest 1 min Intervals 2
<b>Organization</b>		In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.			
<b>Coaching Points</b>		Technical execution, Attacking Principles (5 W's), Speed of play			