

<b>U12 Session Plan</b> Week 6		<b>Season</b>		<b>Topic</b> GROUP ATTACKING - THROUGH, OVER & AROUND	
<b>Objectives (5 W's)</b>		<b>Who:</b> #7, #8, #9, #11		<b>Where:</b> Attacking half of the field	
		<b>What:</b> Dribbling, passing, receiving, shooting, penetration, support, mobility/width			
		<b>When:</b> In possession of the ball in the attacking half			
		<b>Why:</b> To create more scoring chances around the goal area			
<b>Organization</b>		<b>Duration</b> 15 mins	<b>Intensity</b>	Med-High	
Area: in a 47Wx36L yard field with two goals on each end- line Target team(Red) #7, #8, #9, #11- Opposition team (White): #2, #3, #4, #6. Groups to score as many goals as they can in either side after completing the following tasks ~ 1: Score after completing 2 split passes ~ 2: Score after completing one wall pass in the flanks ~ 3: Score from a lofted ball over the other group.		<b>Stage 1</b> Through, Over and Around			
<b>Coaching Points</b>		<b>Activity Time</b> 4 mins	<b>Rest</b> 1 min	<b>Intervals</b>	3
What? Technique - Passing lofted and ground. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance. Dribbling: Running with the ball and to beat an opponent. Shooting: Preparation of the ball, surface of the foot and the ball					
<b>Stage 2</b> 4v4 - to 4 Small Goals		<b>Organization</b>			
		<b>Duration</b>	20 mins	<b>Intensity</b>	Med-High
Area: in a 47Wx36L yard field with two goals on each end-line. Target team (Red): #'s 7, 8, 9, 11- Opposition team (White): #'s 2, 3, 4, 6. Score in either of the opponent's two goals. Any goal scored after a through pass, wall pass or a pass over the defenders is worth 10 points. Play to 30 points or 5 minutes. (whichever comes first)					
<b>Coaching Points</b>		<b>Activity Time</b> 5 mins	<b>Rest</b> 1.5 min	<b>Intervals</b>	3
What? Technique - Passing: Accuracy and pace. Receiving: Body position. surface selection of the foot and ball, first touch direction and distance. Dribbling to beat an opponent. Shooting: Surface of the foot and the ball. Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? ~ Mobility/Width: Who? Where? When?					
<b>Organization</b>		<b>Duration</b>	22 mins	<b>Intensity</b>	Medium
Area: in a 47Wx60L yard field with big 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.		<b>Stage 3</b> 7v7 to Goals			
<b>Coaching Points</b>		<b>Activity Time</b> 9 mins	<b>Rest</b> 2 mins	<b>Intervals</b>	2
What? Technique - Passing. Receiving. Dribbling to beat an opponent. Shooting. Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Mobility/Width: Who? Where? When? Improvisation: When? Where? Why?					
<b>Stage 4 - 9v9</b>		<b>Duration</b>	30 mins	<b>Formation</b>	R GK-3-3-2 v W GK-3-2-3
<b>Organization</b>		In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to attack the goal			
<b>Coaching Points</b>		Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play			