

<b>U12 Session Plan</b> Week 9		<b>Season</b>		<b>Topic</b>		<b>SHOOTING 1</b>					
<b>Objectives (5 W's)</b>		<b>Who: #7, #9, #10, #11</b> <b>Where: In the attacking half of the field close to the goal area</b> <b>What: Shooting, receiving, penetration, support, mobility, improvisation</b> <b>When: There is a shooting window</b> <b>Why: To develop an aggressive goal scoring mentality</b>									
<b>Organization</b>		Duration	18 mins	Intensity	Med-High	<b>Stage 1</b> Shooting Competition					
Area: In a 47Wx36L yard field with a big goal and two counter goals Target team (Red) #'s 7, 9, 10, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups have 4 minutes to combine and score as many goals at each end shooting from the central zone on the fly - Interval 1: How many can you score? - Interval 2: Improved by 1 - Interval 3: Which team can score the most goals in 4 minutes											
<b>Coaching Points</b>		Activity Time	4.5 mins	Rest	1.5 min	Intervals	3				
What? Technique of Finishing Knees bent, head down, hips and knee over ball, body slightly leaning over ball Non-kicking foot beside ball. Ankle locked, angle of approach to the ball Strike ball with laces at the center of the ball, follow through and land on the non-kicking foot											
<b>Stage 2</b> 4v4 - Steve G - Power Shooting		<b>Organization</b>		Duration	20 mins	Intensity	Med-High				
		Area: In a 47Wx36L yard field with a big goals and two counter goals Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 4. - Red team scores in the big goal, the white team scores in either of the two goals. Scoring: All goals score from the central zone are worth 100 points. Play to 300 points									
<b>Coaching Points</b>		Activity Time	5 mins	Rest	1.5 min	Intervals	3				
What? Technique - Shooting. 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? Width: Who? When? Why?											
<b>Organization</b>		Duration	22 mins	Intensity	Medium	<b>Stage 3</b> 7v7 to Goals					
Area: in a 47Wx60L field with goals Target team: #'s 1, 4, 7, 8, 9, 10, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All rules apply.											
<b>Coaching Points</b>		Activity Time	9 mins	Rest	2 mins	Intervals	2				
What? Technique - Shooting and Receiving  Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Mobility/Width: Who? Where? When? Improvisation: When? Why?											
<b>Stage 4 - 9v9</b>		Duration	30 mins	Formation	R GK-3-3-2 v W GK-3-2-3	Activity Time	12 mins	Rest	3 mins	Intervals	2
<b>Organization</b>		In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to finish inside the box									
<b>Coaching Points</b>		Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play									