U12 Session Plan

Week 9

Season Topic SHOOTING 1

Objectives (5 W's)

Who: #7, #9, #10, #11 Where: In the attacking half of the field close to the goal area What: Shooting, receiving, penetration, support, mobility, improvisation

When: There is a shooting window

Why: To develop an aggressive goal scoringmentality

Organization

Duration 18 mins

Intensity Med-High

Stage 1

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

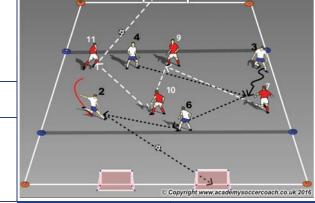
Coaching Points

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



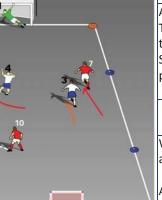
4v4 - Steve G - Power Shooting Stage 2

Organization

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

Coaching Points

Activity Time 5 mins Rest 1.5 min Intervals

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?

Organization

Duration

22 mins

Intensity

Medium

Stage 3

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.

Coaching Points

Activity Time 9 mins

Rest 2 mins

Intervals

What? Technique - Shooting and Receiving

Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Mobility/Width: Who? Where? When? 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 finish inside the box

Coaching Points

Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play