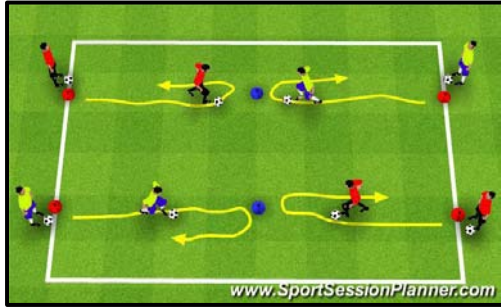
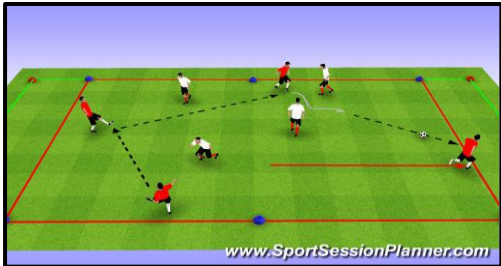
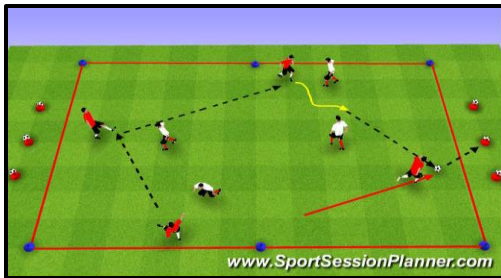
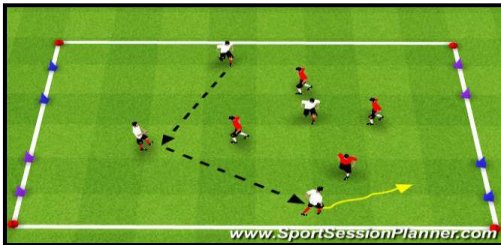




# 2014 - U10 - Spring Lesson Plan - Week 1



## Topic: Conditioned Games

Stage	Activity Description	Diagram	Coach Interventions
<p><b>Warm Up</b></p>	<p><b>Ball Mastery – Inside and Outside of the Foot:</b> Place 3 cones in a line with the middle cone 7-10 yards from the end cones and two players by each end cone with a soccer ball each. At coach's command, they will go from their cone to the middle and back. <b>At coach's command the players will...</b> 1. Dribble with inside &amp; outside of the foot 2. Dribble with laces, laces, inside outside of the foot 3. Inside, inside, outside of the foot 4. Outside and inside with both</p>		<ul style="list-style-type: none"> <li>• What should the player say while performing the task?</li> <li>• Where should your eyes be looking?</li> <li>• How far should the ball be from you?</li> </ul>
<p><b>Activity 2</b></p>	<p><b>4v4 to End Zones:</b> In a 20Wx25L yard grid, place an End Zone of two yards wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End zone.</p>		<ul style="list-style-type: none"> <li>• What surface of the foot should you use to receive the ball?</li> <li>• What surface of the foot should you use to pass the ball?</li> <li>• When do you pass vs when do you dribble?</li> <li>• What do you do when you do not have the ball?</li> </ul>
<p><b>Activity 3</b></p>	<p><b>4v4 Hit the Ball Off the Cone:</b> In a 20Wx25L yard grid with a 2 yard end zone, place 3 soccer balls on top of three cones. Two cones are about 5 yards from the corners and one is central. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone. <b>Scoring:</b> Hit the ball on the cone: 10 points - If the soccer ball goes between the cones: 1 point No players are allowed in the end zone.</p>		<ul style="list-style-type: none"> <li>• What shape do we make when we attack? Why do we do this?</li> <li>• When do we run with the ball vs when do we pass the ball</li> <li>• When do we strike the ball towards goal?</li> <li>• Who slows the ball down when defending?</li> <li>• When do we try and win the ball back when defending?</li> </ul>
<p><b>Activity 4</b></p>	<p><b>4v4 to 4 Goals:</b> In a 20Wx25L yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p>		
<p><b>Match</b></p>	<p><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>


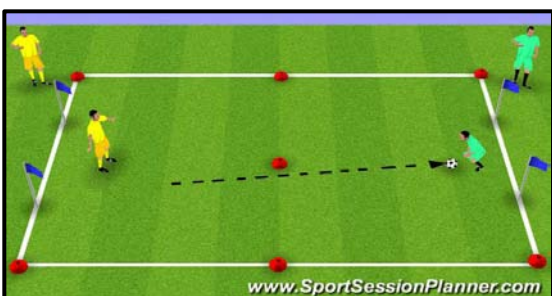



# 2014 - U10 - Spring Lesson Plan - Week 2



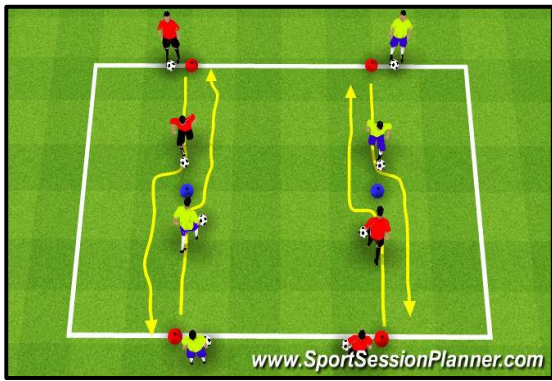
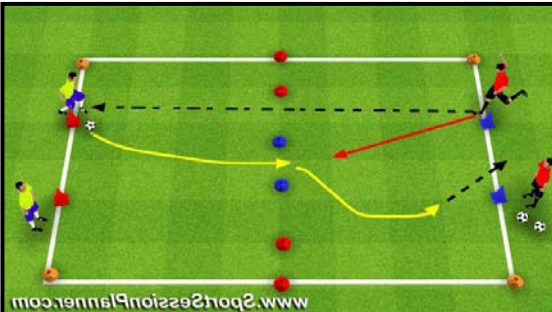

## Topic: Goalkeeping Ball Handling and Footwork

**Objective:** To improve the technical aspects of proper handling the ball, and footwork.

Stage	Organization	Diagram	Coach Interventions
<p><b>Stage I</b> <b>Technical Warm up</b></p>	<p><b>Shuffle and Catch:</b></p> <ul style="list-style-type: none"> <li>GK's start shuffling in and out of each other within the practice box while bouncing a ball on the ground, when coach yells out:               <ul style="list-style-type: none"> <li>Scoop – Players will place their ball on the floor and go and scoop another ball</li> <li>Up- Players will toss the ball high, jump and catch the ball</li> </ul> </li> <li><b>Version 2:</b> The GK's quickly find a partner and either serve them a high ball &amp; switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again.</li> </ul>	 <p>www.SportSessionPlanner.com</p>	<p><b>Catching</b></p> <ul style="list-style-type: none"> <li>What shape are the hands when catching a bouncing ball?</li> <li>When do you scoop the ball?</li> <li>When do you catch the ball with your hands in a diamond shape?</li> <li>Where do you place our elbows?</li> </ul>
<p><b>Stage II</b> <b>Small Sided Activity</b></p>	<p><b>GK Wars (Hands Only):</b></p> <ul style="list-style-type: none"> <li>In a rectangle with a halfway line, place a 4-6 yard goal at each end. GK's will throw the ball at each other trying to score using any of the three services (Bowl, Baseball or Roundhouse)</li> <li>When a GK gets scored on, change the GK. Or after 45 seconds. Whichever comes first.</li> </ul>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>What is the GK ready position?</li> <li>When do we get in ready position?</li> <li>When do we get in line with the ball?</li> <li>What do our feet do to allow us to move side to side?</li> <li>What service do we use to roll the ball, to throw mid high or a long ball?</li> </ul>
<p><b>Stage III</b> <b>Expanded Small Sided Activity</b></p>	<p><b>3v3+Gk's:</b></p> <ul style="list-style-type: none"> <li>In a 30Wx25L area place two goals with cones or corner flags. GK's will try to make as many saves as they can and distribute the ball to their team.</li> <li>The players that scores becomes the new Goalkeeper</li> </ul>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>What is the GK ready position?</li> <li>When do we get in ready position?</li> <li>When do we get in line with the ball?</li> <li>What do our feet do to allow us to move side to side?</li> <li>When do the GK...               <ul style="list-style-type: none"> <li>Rolls the ball?</li> <li>Throws the ball mid high?</li> <li>Throws a long ball?</li> </ul> </li> </ul>
<p><b>Stage IV</b> <b>Conditioned Game</b></p>	<p><b>5v5 or 6v6:</b></p> <ul style="list-style-type: none"> <li>Two teams with a specific formation</li> <li>Play the game and encourage the players to recognize when and how to beat an opponent</li> </ul>		

**Topic:** Dribbling to beat an opponent

**Objective:** To improve the player's ability to dribble by an opponent

Stage	Organization	Diagram	Coach Interventions
<p><b>Stage I</b> <b>Technical Warm up</b></p>	<p><b>1v1 Moves and Turns:</b> Place 3 cones in a line with the middle cone 7-10 yards from the end cones and two players by each end cone with a soccer ball each. At coaches command they will go from their cone to the middle cone and perform a move to beat the cone. The player will dribble to the middle cone and...</p> <ul style="list-style-type: none"> <li>• Perform a Push outside, take inside</li> <li>• Perform a Fake- take</li> <li>• Perform a Circle-take</li> <li>• Perform an Inside Cut/Outside Hook and Drag-back (return to original cone)</li> </ul>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What part of the foot will you use to dribble towards the cone?</li> <li>• How fast do you dribble towards the cone?</li> <li>• When do you pull the move?</li> <li>• What do you do after the move?</li> </ul>
<p><b>Stage II</b> <b>Small Sided Activity</b></p>	<p><b>1v1 To Goal:</b> Coach set up a field 20Lx15W with a goal at each end and 3 gates across the center line. Player 1 (RED) plays the soccer ball to player 2 (YELLOW). Player 2 must dribble through 1 of the 3 gates then try to score in the goal. Player one will defend his goal, try to win the ball and score in the opposition's goal.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What surface of the foot should you use to receive the soccer ball?</li> <li>• Where should your first touch be?</li> <li>• When do you perform a move to get behind a defender?</li> <li>• Why will you accelerate after beating the defender?</li> </ul>
<p><b>Stage III</b> <b>Expanded Small Sided Activity</b></p>	<p><b>2v2 + GK to Goal:</b> Coach sets up a field 35Lx25W with a goal at each end 3 gates across the center line. Teams of 2 field players + a goal keeper on each end line. The team in possession of the soccer ball tries to score on their opponent's goal. If they dribble through any gate prior to scoring, increases by 100 points.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How do you get a defender to commit to you with the ball?</li> <li>• When should you dribble in this game vs when should you pass?</li> <li>• Where should you be when your teammate has the ball?</li> </ul>
<p><b>Stage IV</b> <b>Conditioned Game</b></p>	<p><b>5v5 or 6v6:</b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to beat an opponent</li> </ul>		






# 2014 - U10 - Spring Lesson Plan - Week 4




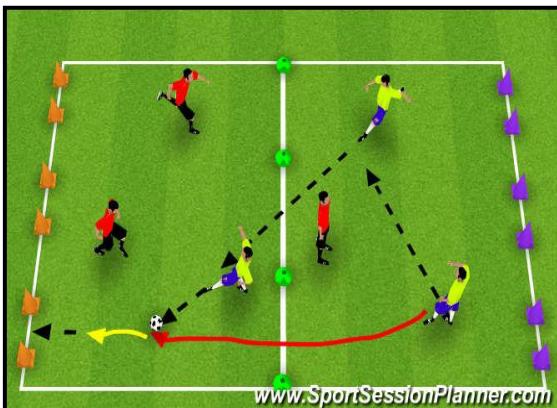

## Topic: Running with the ball

**Objective:** To improve the player's ability to run with the soccer ball

Stage	Organization	Diagram	Coach Interventions
<p><b>Stage I</b> <b>Technical</b> <b>Warm up</b></p>	<p><b><u>Cone Running Competition:</u></b>            Players will dribble out to the cone and do an inside cut around the cone. Once back to the start line, the other player will go out and repeat.            Tasks:            1. Inside Cut            2. Outside hook            3. Pull back or Drag bakk</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What surface of the foot should you use to run with the ball?</li> <li>• When will you use the inside of the foot in this activity? Outside? Sole?</li> <li>• What different moves or turns can we incorporate into the activity?</li> <li>• How can we make this activity be competitive?</li> </ul>
<p><b>Stage II</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>2v1 to end lines:</u></b>            2v1 to end lines. Two attackers against one defender. Attacking team can dribble across the end line for a point. The defender acts as a "floating" off-sides line so the attacking team stays true to the rules of the game.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• When should you dribble to beat the defender?</li> <li>• If my teammate is dribbling where should I be to help him?</li> <li>• When should they dribble vs pass?</li> </ul>
<p><b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>3v3 to goal with gates:</u></b>            3v3 to central goals. If a player scores on the goal, 1 point. If a player dribbles through one of the cones and passes to a teammate to score, 5 points. If a player dribbles through one of the two gates and then scores, 10 points.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• Where is there space on the field to dribble?</li> <li>• If you cannot score centrally, where else can you score?</li> <li>• When should we dribble vs. pass?</li> </ul>
<p><b>Stage IV</b> <b>Conditioned</b> <b>Game</b></p>	<p><b><u>5v5 or 6v6:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and where to run with the ball</li> </ul>		

## Topic: Passing for Penetration

**Objective:** To improve the player's and team's ability to make penetrating passes

Stage	Organization	Diagram	Coach Interventions
<p><b>Stage I</b> <b>Technical</b> <b>Warm up</b></p>	<p><b>Receive, Dribble, Pass &amp; Combine:</b> In a 40Lx20W yard grid with a midline, put the players in pairs. The players must use a minimum of 3 touches. The Pairs must complete 5 passes on one side of the grid and then move to the opposite side and do the same.</p> <p>Pairs must complete a combination play (overlap, wall pass, give-n-go) with their partner within their 5 passes</p> <p>Pairs must use a combination play as the way to advance into the opposite half</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What surface of the foot are you using to receive the soccer ball?</li> <li>• What surface of the foot are you using to pass the ball?</li> <li>• Where should you be to create passing lanes?</li> <li>• What should be your body position when supporting your teammate?</li> </ul>
<p><b>Stage II</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b>3v3 to 6 Goals:</b> In a 40Lx30W yard grid with a midline and 3 goals on each end-line. Two teams play to score in the opponent's goals. The attacking team must pass to a teammate in the attacking half of the field. The attacker must time his/her run to receive the ball as the ball arrives.</p> <p><b>Scoring:</b></p> <ul style="list-style-type: none"> <li>• Timed pass after a combination into the offensive half and score: 500 points</li> <li>• Receive a timed pass in the offensive half and score: 100 points</li> <li>• Receive a pass, dribble and score: 5 points</li> <li>• Dribbling into the offensive half and score: 1 point</li> </ul>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What runs should the front attacker make to receive a pass?</li> <li>• Where should you support the attacker?</li> <li>• Why will the attacker pass back?</li> <li>• When will you make forward runs into the attacking zone?</li> <li>• When should we dribble or pass?</li> </ul>
<p><b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b>4v4 (GK+3v3+GK) to Goal:</b> In a 40Lx30W yard grid with a midline and goals on the end line. Two teams try to score in the opponent's goal. Any goal resulting from a pass or combination play that arrives in the offensive half at the same time as the receiver is worth 1000 points. Any other goal is just 1 point.</p> <p>Play a game to 3000 points</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• Where is your teammate supporting you?</li> <li>• What can we say to pass the ball back? Forward?</li> <li>• When do you penetrate vs. possess?</li> <li>• When should we get involved into the attack?</li> <li>• What combinations should we attempt with two players involved? Three players?</li> </ul>
<p><b>Stage IV</b> <b>Conditioned</b> <b>Game</b></p>	<p><b>5v5 or 6v6:</b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to make penetrating passes</li> </ul>		

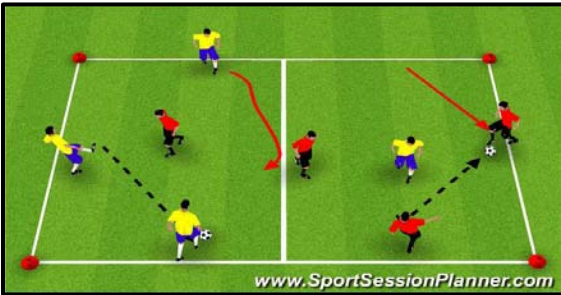
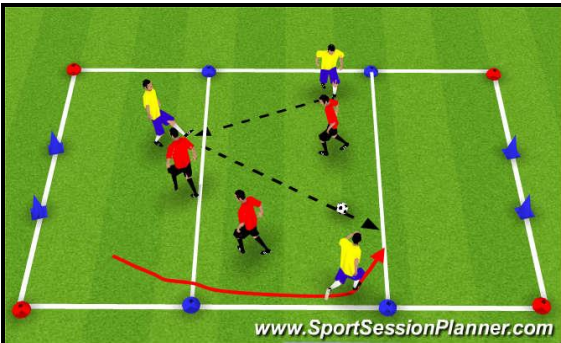
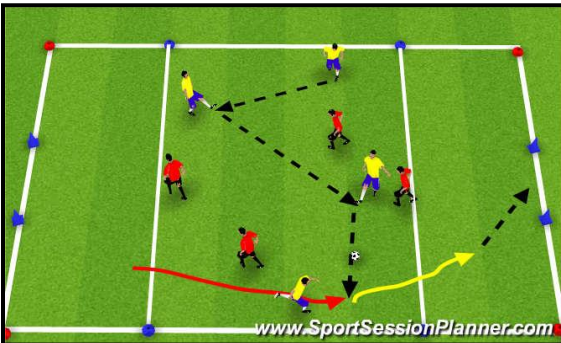


# 2014 - U10 - Spring Lesson Plan - Week 6



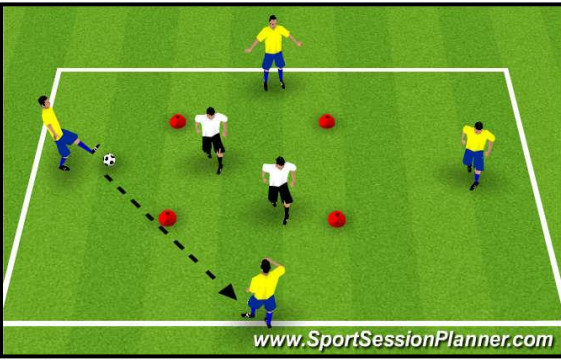


## Topic: Passing for Build up

**Objective:** To improve the player's and team's ability to build up the attack when in possession of the soccer ball

Stage	Organization	Diagram	Coach Interventions
<p><b>Stage I</b> Technical Warm up</p>	<p><b>3v1 Keep away:</b> In a 12Lx10W yard grid have 3 players passing and receiving and keeping the ball away from the defenders</p>		<ul style="list-style-type: none"> <li>• What surface of the foot should you use to pass the ball? To receive it?</li> <li>• Where should you first touch go?</li> <li>• Where should you support the player with the ball?</li> <li>• What is the position of your body when supporting the player with the ball?</li> </ul>
<p><b>Stage II</b> Small Sided Activity</p>	<p><b>3v3 To Goals (Number of Passes):</b> • In a 30Lx20W grid, play a 3v3 game to score in the opponent's goal. <b>Scoring:</b> • A goal value is equal to the passes completed before scoring in one possession. i.e. 4 passes and a goal scored – Goal is worth 4 points.</p>		<ul style="list-style-type: none"> <li>• Where is the angle of support?</li> <li>• What is the distance of support?</li> <li>• What does your supporting body shape look like?</li> <li>• What ways can you demand or ask for the ball?</li> </ul>
<p><b>Stage III</b> Expanded Small Sided Activity</p>	<p><b>4v4 to Two Goals (Midfield Number Passes):</b> In a 40Lx30L grid divided into 3 thirds, play a 4v4 game to score in the opponents goal. <b>Scoring:</b> • A goal value is equal to the passes completed in the midfield before scoring in one possession. i.e. 4 passes and a goal scored – Goal is worth 4 points. • A goal after any combination is 10 more points</p>		<ul style="list-style-type: none"> <li>• When should you play the way you are facing?</li> <li>• When should you work to possess the ball?</li> <li>• When should you look to penetrate forward?</li> </ul>
<p><b>Stage IV</b> Conditioned Game</p>	<p><b>5v5 or 6v6:</b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when to possess and when to penetrate and create a rhythm of play</li> </ul>		

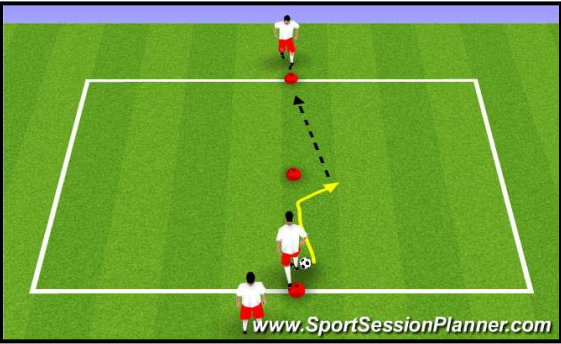
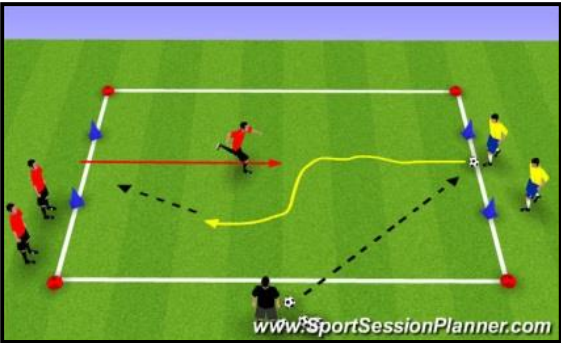

## Topic: Defending Group

**Objective:** To improve the player's and the teams' ability to defend as a group

Stage	Organization	Diagram	Coach Interventions
<p><b>Stage I</b> Technical Warm up</p>	<p><b>4v2 Split the Defenders:</b> 4 Attackers pass the ball around the outside of a 7x7 square. The attackers try to pass through the square. The square has 2 defenders who play inside of the square and try to intercept any passes played through the square. <b>Round 1:</b> The attackers try to play through the square. <b>Round 2:</b> The attackers try to play through the square and also, split the defenders when possible. Defenders try to avoid allowing the ball to be played through and avoid getting split. <i>*defenders rotate every 2 minutes.</i></p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• Who should pressure the ball?</li> <li>• What should your body position be when pressing the ball?</li> <li>• Where should you position yourself to intercept passes?</li> </ul>
<p><b>Stage II</b> Small Sided Activity</p>	<p><b>4v3 to 1Goal and Counter Goals:</b> Coach sets up a 30Lx20W field with 2 goals at one end and 1 goal at the other. The team with 4 players attacks the end with 2 goals. The team with 3 players (defenders) can win the ball and score on the end with 1 goal. The attacking team with 4 players is limited to 3 touches. The defending team of 3 players can only intercept passes and block shots; they cannot steal the ball off the foot of an attacker. Coach will focus on the 2 players closest to the ball. Ignore the furthest defender away in this game.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• Who presses the ball?</li> <li>• Who is providing coverage?</li> <li>• What body shape should the pressing defender be to make the play predictable?</li> <li>• What shape should the defensive team be in when the ball is...             <ul style="list-style-type: none"> <li>○ Central?</li> <li>○ On the flanks?</li> </ul> </li> </ul>
<p><b>Stage III</b> Expanded Small Sided Activity</p>	<p><b>5v3+GK:</b> Coach sets up a 45Lx35W field with a big goal at 1 end and 2 counter goals at the other. The team of 3 + GK defends the big goal and tries to score on the 2 counter goals. The team of 5 attacks the big goal. The team of 3 + GK tries to avoid getting split and/or giving up a goal.  Coach will focus on the 2 defenders closest to the ball, how they work together and the roll of the 3rd defender.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What can the defenders do to make the attack predictable?</li> <li>• Why should the defenders be compacted?</li> <li>• When should defenders go for the ball vs when should they delay?</li> </ul>
<p><b>Stage IV</b> Conditioned Game</p>	<p><b>5v5 or 6v6:</b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and who pressures the ball and covers</li> </ul>		

## Topic: Creating Scoring opportunities

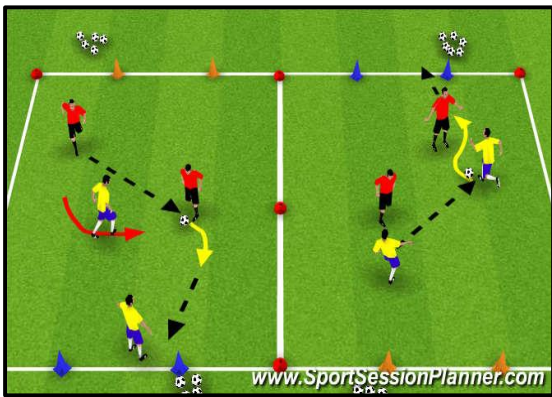


**Objective: To improve the team's ability to create scoring opportunities**

Stage	Organization	Diagram	Guided Questions
<p><b>Stage I</b> <b>Technical Warm up</b></p>	<p><b><u>1v0 Warm Up:</u></b> Groups of 3. Each player attacks the individual cone in the middle, connects a pass to the far side, and follows his pass to the far side. Upon receiving a pass, the player again takes on the middle cone. Attack the middle cone decisively. Have a move in mind prior to starting your dribble. Change direction and then burst into open space before passing. The coach can show a move or allow the players to decide on their own.</p>		<ul style="list-style-type: none"> <li>• What part of the foot can you use to dribble faster?</li> <li>• What surface are you using to get around the cone?</li> <li>• What surface are you using to pass the ball? To receive the ball?</li> <li>• Where should your first touch go?</li> </ul>
<p><b>Stage II</b> <b>Small Sided Activity</b></p>	<p><b><u>1v1/2v1/3v2:</u></b> In a 15Lx12W yard grid start playing 1v1 to goal. The coach is the ball master; he/she will serve the ball to any player. Start with 1v1, then 2v1 and end with 3v2. <b>Variation:</b> Goal scored after a combination play is worth 10 points. Every other goal is worth 1.</p> <ul style="list-style-type: none"> <li>• Encourage players to be creative and take risks.</li> </ul>		<ul style="list-style-type: none"> <li>• Where should your first touch take you?</li> <li>• Why would you want to make the defender get close to you?</li> <li>• What moves can you use or beat the defender?</li> <li>• What surface of the foot will you strike the ball with?</li> <li>• When will you release the shot?</li> </ul>
<p><b>Stage III</b> <b>Expanded Small Sided Activity</b></p>	<p><b><u>5v5 +1:</u></b> In a 40L x 35W yard grid, play a live 5v5 game +1 neutral player The + player is on whichever team is in possession of the ball.</p>		<ul style="list-style-type: none"> <li>• When should we possess vs. penetrate?</li> <li>• What surface of the foot should we use to strike the ball...             <ul style="list-style-type: none"> <li>○ Low</li> <li>○ With power</li> <li>○ With finesse</li> </ul> </li> <li>• When should you try to shoot?</li> <li>• Why would you want to have a numerical advantage?</li> </ul>
<p><b>Stage IV</b> <b>Conditioned Game</b></p>	<p><b><u>5v5 or 6v6:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation: 1-2-1, 2-1-1, 2-2 or 3-2</li> <li>• Play the game and encourage the players to create scoring opportunities</li> </ul>		



**Topic: Attacking to Finish Scoring Opportunities**




**Objective: To improve the player's ability to finish scoring opportunities**

Stage	Organization	Diagram	Guided Questions
<p><b>Stage I</b> <b>Technical</b> <b>Warm up</b></p>	<p><b><u>2v1+1 to Small Goals:</u></b> In a 20L x 15W yard grid with small goals on each end-line. Teams of 2 players each will play to score in their opponents' goal The 2 attacking players will try to score while one defender will try to stop them and the other becomes a GK. As soon as the attacking team loses the ball, scores or misses the scoring opportunity they will defend and one of the players will become the GK. It is an alternating 2v1. <b>Scoring:</b></p> <ul style="list-style-type: none"> <li>• A goal: 5 points</li> <li>• Dribbling the GK: 10 points</li> </ul>		<ul style="list-style-type: none"> <li>• What surface will you use to receive, pass or dribble the soccer ball?</li> <li>• When would you dribble fast forward?</li> <li>• What surface of the foot will you use to strike the ball and keep it low?</li> </ul>
<p><b>Stage II</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>3v2+Gk to Goal:</u></b> In a 25Lx35W yard area with a goals, play with 3 attackers and 2 defenders plus a goalkeeper. The attacking team has 5 opportunities to score as many goals as they can. After the 5 opportunities the teams switch. The Coach is the ball master and will always distribute the soccer ball to the attacking team. When the defending team gets the ball they will give it back to the coach for 1 point.</p>		<ul style="list-style-type: none"> <li>• Why do you attack the defenders front foot when engaging them?</li> <li>• What does it mean to connect with somebody? Who can show me what that would look like?</li> <li>• How would you receive the ball if you want to shoot as soon as possible?</li> <li>• How can you create space to take a shot?</li> <li>• When do you want to shoot from further away?</li> </ul>
<p><b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>4v3+GK to Goal and Counter Goals:</u></b> In a 35x35 grid with one goal on the end line with two small goals on the 35 yard line as shown in the diagram. Play 4 attackers trying to score against 3 defenders and a Gk. The attacking team has 5 opportunities to score as many goals as they can. When the defending team gets the ball, they can score in any of the two small goals on the 35 yard line.</p>		<ul style="list-style-type: none"> <li>• When do you want to shoot from further away?</li> </ul>
<p><b>Stage IV</b> <b>Conditioned</b> <b>Game</b></p>	<p><b><u>5v5 or 6v6:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation: 1-2-1, 2-1-1, 2-2 or 3-2</li> <li>• Play the game and encourage the players to recognize when and how to finish</li> </ul>		

## Module 1: Dribbling

## Topic: Ball Manipulation

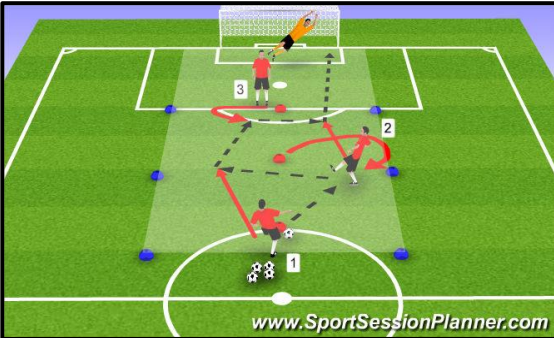


**Objective:** To improve the player's ability to manipulate the Soccer ball with all parts of the foot

Stage	Organization	Diagram	Guided Questions
<p><b>Stage I</b> <b>Technical Warm up</b></p>	<p><b><u>Dribbling Grids:</u></b> In a 15L x 10W yard grid. 3 players with the ball dribbling to keep ball under control in tight space. At the coach's direction dribblers change direction, turn, accelerate, perform a move.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How can you use all surfaces of the foot? (inside, outside, laces, sole, toe, &amp; heel)</li> <li>• How do you keep the ball close and in control?</li> <li>• How/when do you use the outside of the foot and the laces for speed to beat an opponent?</li> <li>• How do you execute a feint to unbalance the defender and dribble past him/her with a burst of speed?</li> </ul>
<p><b>Stage II</b> <b>Small Sided Activity</b></p>	<p><b><u>3v3 to Attacking Zones:</u></b> In a 40L x 30W yard grid, have 3 players on each team play to score in the opponent's goal. The teams score by dribbling into the attacking zone and scoring</p> <ul style="list-style-type: none"> <li>• Dribble goal, 50 points</li> <li>• Pass goal, 1 point</li> </ul> <p>Defending team can have one defender recover into the attacking zone to defend the dribbler; defenders are not allowed to remain in the zone.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What are the Visual Cues to take on opponent? <ul style="list-style-type: none"> <li>○ Free space in front</li> <li>○ 1v1 with no defender behind</li> <li>○ Near the box</li> </ul> </li> <li>• What are the Verbal Cues? <ul style="list-style-type: none"> <li>○ "Take space"</li> <li>○ "Time"</li> <li>○ "Take him on"</li> </ul> </li> </ul>
<p><b>Stage III</b> <b>Expanded Small Sided Activity</b></p>	<p><b><u>5v5 (Gk+4v4+Gk):</u></b> In a 45L x 35W yard grid, have 5 players on each team play to score in the opponent's goal. The teams score by dribbling into attacking zone and scoring. Only one attacker and one recovering defender are allowed in the zone at a time. Goal scored by an attacker:</p> <ul style="list-style-type: none"> <li>• Dribbling into the zone and shooting, 500 points</li> <li>• Receiving a pass into the zone, 100 points</li> <li>• Dribbling into the zone and dribbling the GK, 1000 points</li> </ul> <p>Game is to 3000 points</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• When and why do you attack the defender at pace?</li> <li>• How and where can you be creative and take risks?</li> <li>• How do you set the defender up?</li> </ul>
<p><b>Stage IV</b> <b>Conditioned Game</b></p>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize the moments to dribble</li> </ul>		

## Module 4: Attacking

## Topic: Creating Scoring Opportunities from Central Positions

**Objective: To improve the player's and team's ability to create and finish scoring opportunities from central positions**

Stage	Organization	Diagram	Guided Questions
<p style="text-align: center;"><b>Stage I Technical Warm up</b></p>	<p><b>Scoring Patterns:</b> 3 cones 15 yards apart. 1 player at each cone. Player 1 passes to player 2 who checks away at an angle to the cone. Player 2 completes the wall pass around to cone to player 1. Player 1 then passes to player 3 who lays the ball off to player 2 to shoot on goal.</p> <p><b>Variation:</b></p> <ul style="list-style-type: none"> <li>• Up back and through</li> <li>• Wall pass.</li> </ul>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What surface of the foot should the Striker/Midfielder receive the pass</li> <li>• Where the pass should be made?</li> <li>• What surface should we use to strike the ball?</li> <li>• Where and when should we support?</li> <li>• When and with who should we combine?</li> </ul>
<p style="text-align: center;"><b>Stage II Small Sided Activity</b></p>	<p><b>3vGK+2):</b> In a 20 x 25 yard Grid Play 3 attackers v 2 defenders and a goalkeeper. Score after completing a combination play. Combination Example: Player 1 to 2 (checking to the ball). Player 2 to 3. Player 3 splits the defense with a pass. Player 2 runs around one of the defenders to receive the pass and finish with a shot on goal. If the defenders win the ball they dribble out of the area to end the attack. Variation: Allow dribble penetrations also.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What determines the type of pass you will utilize? What part of your foot?</li> <li>• What do players do before receiving a ball?</li> <li>• How should a player's body be when receiving? Where is their first touch?</li> <li>• When do players off the ball make their run/check to the ball?</li> <li>• When to combine, finish? Where?</li> </ul>
<p style="text-align: center;"><b>Stage III Expanded Small Sided Activity</b></p>	<p><b>5v5+1:</b> Play 6v5 to goal. Goals scored from within the shaded area are worth 5 points every other goal is worth 1 point. Play until 1 team reaches 15 points.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What determines the type of pass you will utilize? What part of your foot?</li> <li>• How do you commit a defender towards the ball?</li> <li>• How should a player's body be when receiving? Where is their first touch?</li> <li>• When do players off the ball make their run/check to the ball?</li> </ul>
<p style="text-align: center;"><b>Stage IV Conditioned Game</b></p>	<p><b>6v6 or 7v7:</b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to combine and penetrate with passes in central positions.</li> </ul>	<ul style="list-style-type: none"> <li>• Does the attacking team recognize when to go central?</li> <li>• When to combine, finish? Where?</li> <li>• When and how to finish?</li> </ul>	




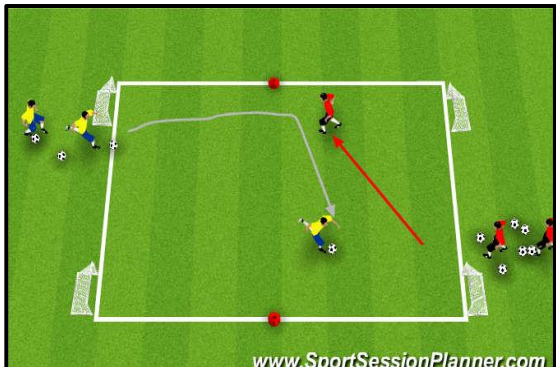

# 2014 - U12 - Spring Lesson Plan - Week 2



## Module 1: Dribbling

## Topic: Running with the Ball

**Objective: To improve the player's ability to dribble and run with the soccer ball**

Stage	Organization	Diagram	Guided Questions
<p><b>Stage I</b> <b>Technical</b> <b>Warm up</b></p>	<p><b>Free dribble</b> In a 20x20 yards grid. Have all players with a soccer ball each dribbling. Coach is calling out or showing moves that the players perform. <b>Attacking moves:</b> scissors (circle/take,) Mathews (inside/outside,) fake and take, <b>Turning moves:</b> inside cut, outside cut, pull back, Cruyff (inside cut behind standing leg.) <b>Variations:</b> Coaches command players to speed dribble around a "cone" or "flag/tall-cone/stick" and get back into the middle.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How do we dribble fast over distance?</li> <li>• Which part of the foot should we use to change direction?</li> <li>• What should we check before we turn?</li> <li>• How quickly should we accelerate after changing directions?</li> <li>• Why do we turn? Which way is best to turn?</li> </ul>
<p><b>Stage II</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b>1v1/2v2 to Four Goals:</b> In a 20Lx 15w / 25L x 20w yards grid. One team starts with the ball and tries to score in the opponents goals. If the ball goes out on your team's half, a new player comes on the field. The new player always brings a ball with them on the field.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How do we get the defender to move out of the space we want to get into?</li> <li>• What moves to use that can help change directions quickly?</li> <li>• When to dribble?</li> <li>• What can we see behind the defender that tells us to attack him?</li> <li>• Which goal to score in? Why?</li> <li>• If we can't score where can we go?</li> </ul>
<p><b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b>3v3/4v4 to Dribble Goals:</b> In a 30L x 45W yard grid, play a game with 6 goals. Players cannot pass the ball forward.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How can we get the defenders to move?</li> <li>• Which turn can we use to change direction?</li> <li>• How can we keep the ball even near our own goal?</li> <li>• What's the danger with dribbling near our own end?</li> <li>• How can we attack when we cannot pass forward?</li> <li>• When do we look to attack players? Space?</li> </ul>
<p><b>Stage IV</b> <b>Conditioned</b> <b>Game</b></p>	<p><b>6v6 or 7v7:</b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to run with the ball</li> </ul>		



# 2014 - U12 - Spring Lesson Plan - Week 3



## Module 1: Dribbling

## Topic: Dribbling and Turning to Beat an Opponent

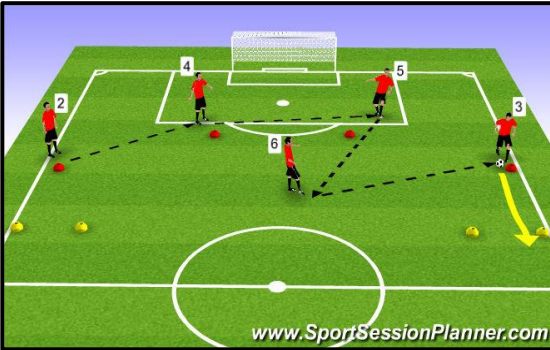

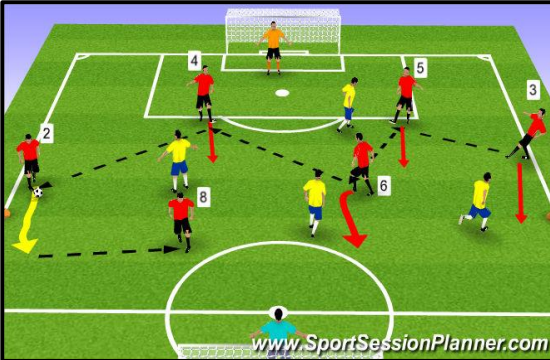
**Objective:** To improve the player's ability to dribble and opponent and turn when under pressure

Stage	Organization	Diagram	Guided Questions
<p><b>Stage I</b> <b>Technical Warm up</b></p>	<p><b><u>Lane Dribbling:</u></b></p> <ul style="list-style-type: none"> <li>• Area: 6Wx12L yard grid, place 2-3 players with the ball on each at the short sided ends. The players with a ball each have to dribble from one end to the other and turn back and repeat.</li> <li>• The other team (white players) starts as 2 pairs with a player from each pair on either side of the lane. The player with the ball must dribble across the area towards their partner, and connect a pass after they have dribbled past the halfway point of the grid. The partner receives the ball by taking a 'positive' touch into the lane, dribbles and performs a turn before playing the ball to their partner. Every time that the players get up and down without crashing/ getting hit by a soccer ball they get 10 points. First player to 100 wins</li> </ul>	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What surface of the foot to use? <ul style="list-style-type: none"> <li>○ To stop</li> <li>○ To go around opponents</li> <li>○ To manipulate the ball</li> </ul> </li> <li>• Where is the space?</li> <li>• How fast can you go?</li> <li>• How to dribble?</li> <li>• How to turn?</li> </ul>
<p><b>Stage II</b> <b>Small Sided Activity</b></p>	<p><b><u>2v2 to 4 Goals:</u></b></p> <ul style="list-style-type: none"> <li>• Area: 20Wx 20L</li> <li>• Play 2v2 to score in any of the opponents 2 goals by dribbling through</li> </ul>	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What surface of the foot to use?</li> <li>• What surface do we use to receive the ball?</li> <li>• What type of first touch should the player have? To where?</li> <li>• When to dribble an opponent?</li> <li>• When to turn?</li> </ul>
<p><b>Stage III</b> <b>Expanded Small Sided Activity</b></p>	<p><b><u>4v4 to 4 Goals:</u></b></p> <ul style="list-style-type: none"> <li>• 30Wx 40L yard grid with 4 goals of 3 yards each. Goals are about 3 yards each</li> <li>• Teams play to score by dribbling through any of the opponent goals</li> <li>• No Forward Passes are allowed</li> </ul>	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What surface of the foot to use?</li> <li>• What surface do we use to receive the ball?</li> <li>• What type of first touch should the player have?</li> <li>• Where should the first touch take you?</li> <li>• When to turn?</li> <li>• When to dribble, when to pass?</li> </ul>
<p><b>Stage IV</b> <b>Conditioned Game</b></p>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball</li> </ul>		

## Module 2: Passing and Receiving

## Topic: Build Up out of the Back

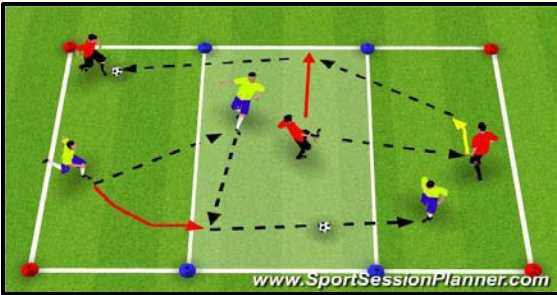

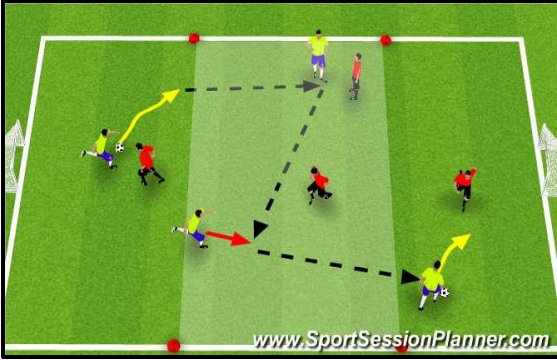
**Objective: To improve the team's ability to possess the soccer ball in the back third**

Stage	Organization	Diagram	Guided Questions
<p style="text-align: center;"><b>Stage I</b> <b>Technical</b> <b>Warm up</b></p>	<p><b><u>5v0 Warm up:</u></b> All 4 defenders and 1 midfielder must touch the ball. The pattern will be 3 defenders play the ball across the field, into the midfielder, out to the outside defender and dribble through the gate. Dribbling outside defender now plays back to a central defender. Repeat until the group is efficient with the pattern. Coach can change the pattern but the final ball and dribble should be through 1 of the outside defenders. 2 touches maximum to increase the speed of play. Multiple groups can be working in different areas of the field.</p>	 <p style="text-align: center;"><small>www.SportSessionPlanner.com</small></p>	<ul style="list-style-type: none"> <li>• What surface should we use to strike and receive the pass?</li> <li>• Where should the pass go?</li> <li>• Where should the first touch be?</li> <li>• How should the receiver's body shape be?</li> <li>• What verbal cues should the players be telling each other?</li> </ul>
<p style="text-align: center;"><b>Stage II</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>6v3 to a Goal and Counter Goals:</u></b> GK, 4 defenders &amp; 1 midfielder attack any of the 3 flag goals at midfield. The coach will set up a line of cones 10 yards away from the flag goals. The team of 6 can only score from inside of the 10 yard zone line. If the team of 3 wins the ball, they can try to score on the big goal with the GK in it. All restarts come from the GK.</p>	 <p style="text-align: center;"><small>www.SportSessionPlanner.com</small></p>	<ul style="list-style-type: none"> <li>• How should players support each other?</li> <li>• When, how and why should we change the passing pattern?</li> <li>• When should we skip a pass and hit a longer one?</li> <li>• When can the FB run with the ball or connect with team-mates?</li> <li>• When, where and what can the CDF and MF do to support the FB'?</li> </ul>
<p style="text-align: center;"><b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>7v5 to 2 Big Goals:</u></b> Coach sets up a field with a big goal at each end and two gates at midfield by the sidelines. Coach will make a team of 7 and a team of 5. Both teams will have a GK and will defend a big goal. The team of 7 will play GK, 4 Defenders, 1 midfielder &amp; 1 forward. The team of 5 will play GK, 3 Defenders &amp; a midfielder. In the beginning, the team of 7 must play through a gate before they can attack a big goal. After 5-7 minutes, remove the gates.</p>	 <p style="text-align: center;"><small>www.SportSessionPlanner.com</small></p>	<ul style="list-style-type: none"> <li>• How do you determine whether to play direct or build up wide?</li> <li>• How is the passing quality?</li> <li>• How is the receiving quality?</li> <li>• How is the speed of play?</li> <li>• When to move forward?</li> <li>• When to penetrate?</li> <li>• When to possess?</li> </ul>
<p style="text-align: center;"><b>Stage IV</b> <b>Conditioned</b> <b>Game</b></p>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to circulate the ball in the back field</li> </ul>		

## Module 2: Passing and Receiving

## Topic: Build Up through the Midfield

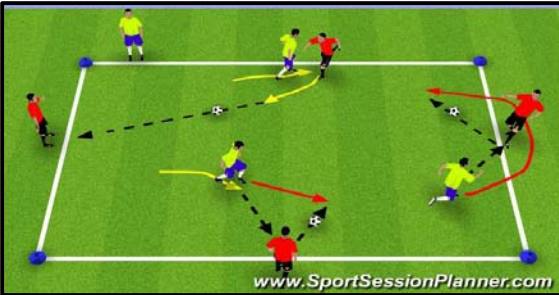


**Objective: To improve the team's ability to possess and penetrate the soccer ball through the m midfield third**

Stage	Organization	Diagram	Guided Questions
<p style="text-align: center;"><b>Stage I</b> <b>Technical</b> <b>Warm up</b></p>	<p><b><u>Passing and Moving in 3's:</u></b> Field is divided into thirds with 1 player in each third create passing sequences that always involve the player in the middle zone.</p> <ol style="list-style-type: none"> <li>1. Into the middle, back, across to the far player</li> <li>2. From middle to back player, middle player opens up, receives ball back while turning and distributing to other teammate.</li> </ol>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What makes a good pass?</li> <li>• Where should a player take their first touch?</li> <li>• What part of the foot can they receive a ball with?</li> <li>• Where on the field should combination play be utilized and with who?</li> </ul>
<p style="text-align: center;"><b>Stage II</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>2v2 plus 1 to 4 Goals:</u></b> 2v2 plus 1 neutral player to 4 goals. Neutral player is always on the attack and must stay within the blue middle zone. The attacking team must play the neutral player before going to goal. Goal=1 point. Goal off of combination play=5 points.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How should the neutral player know when to present themselves for the ball?</li> <li>• What attacking shape should try to be formed?</li> <li>• What types of techniques will players need to perform?</li> <li>• How are the receiving player's body positions?</li> </ul>
<p style="text-align: center;"><b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>4v4 to Goal:</u></b> 4v4 to central goal. When on the attack, a ball must be received by a player in the middle third of the field before advancing to go to goal. To start both teams must be in a 1-2-1 formation.</p> <p>Goal=1 point Goal off of combination play=5 points.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How are players off the ball creating space in the attack?</li> <li>• What attacking shape should we have?</li> <li>• What will a player on the ball take into consideration when deciding to advance the ball?</li> <li>• How are the receiving player's body positions?</li> <li>• Where should their first touch be?</li> </ul>
<p style="text-align: center;"><b>Stage IV</b> <b>Conditioned</b> <b>Game</b></p>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to possess and penetrate the ball through the midfield</li> </ul>		

## Module 2: Passing and Receiving

## Topic: Combining to Play in the Final Third

**Objective: To improve the team's ability to pass, receive and combine in the final third**

Stage	Organization	Diagram	Guided Questions
<p style="text-align: center;"><b>Stage I</b> <b>Technical</b> <b>Warm up</b></p>	<p><b><u>Combo's Square:</u></b> In a 30Lx25W Yard grid, place half of the players outside all sides of the grid without a ball, the other half inside the grid with a ball. The players with the ball inside the square will dribble and look to play a combination with a player on the outside of the square The coach will show the players the following combinations: <b>wall passes, overlaps, and take-overs</b></p>		<ul style="list-style-type: none"> <li>• When do we pass to our teammate where do we play the ball?</li> <li>• What is your body position to receive the ball?</li> <li>• What surface do we use to pass the ball?</li> <li>• When should you use one touch?</li> <li>• When do you check to receive the ball?</li> </ul>
<p style="text-align: center;"><b>Stage II</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>2 v 2 + 2 Neutral Players</u></b> In a 30Lx20W yard grid with two teams playing to score in the opponent's goal.  <ul style="list-style-type: none"> <li>• The 2 neutral players play for the attacking team to create a diamond shape.</li> <li>• 1 point for each regular goal. 5 points for every goal scored after a combination.</li> <li>• Play to 15 or 20.</li> </ul> </p>		<ul style="list-style-type: none"> <li>• When should you pass?</li> <li>• When should you dribble?</li> <li>• When do we penetrate quickly?</li> <li>• When and how should we combine with our teammates to get a scoring chance?</li> <li>• How can we quickly move the ball, or combine to find space and positive #s?</li> </ul>
<p style="text-align: center;"><b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>5v5(GK+4v4+GK):</u></b> In a 50Lx40W area divided into thirds, split players into 2 teams with 4 players and a GK, place one attacker and one defender in the attacking zones, remaining players are in the middle zone (1v1+GK / 2v2 / 1v1+GK). Teams are trying to score in the opponent's goal. Players can only advance out of their zone by combining with a teammate in another zone  <ul style="list-style-type: none"> <li>• Goal scored after a combination play, 100 points</li> <li>• Goal scored any other way, 10 points</li> </ul>           Game is to 200 points         </p>		<ul style="list-style-type: none"> <li>• How can you receive the ball into space and away from defenders?</li> <li>• What should be the angle of support?</li> <li>• How can you attack quickly and catch the defending team numbers down?</li> </ul>
<p style="text-align: center;"><b>Stage IV</b> <b>Conditioned</b> <b>Game</b></p>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to combine in the final third</li> </ul>		





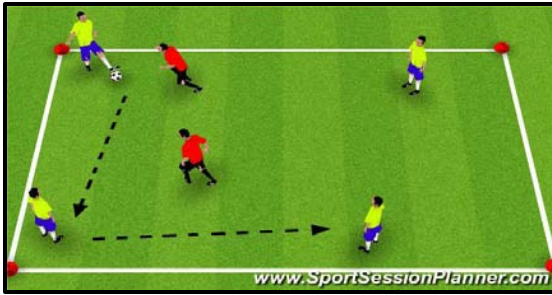


# 2014 - U12 - Spring Lesson Plan - Week 7



## Module 3: Defending

## Topic: Small Group Defending

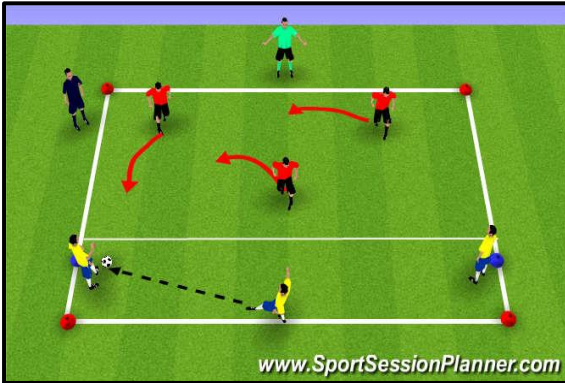


Objective: To improve the team's ability to work together to regain defensively the ball

Stage	Organization	Diagram	Guided Questions
<p><b>Stage I</b> <b>Technical Warm up</b></p>	<p><b><u>4v2 Press and Coverage</u></b> In a 12x12 yard grid, play 4v2 keep-away. The first pass is free. Any player who makes a mistake becomes a defender. Whichever defender has been in the middle the longest is the next one out.</p>		<ul style="list-style-type: none"> <li>• Who applies pressure?</li> <li>• Who provides cover? Where?</li> <li>• Who is providing balance? Where?</li> <li>• When to drop?</li> <li>• When to step up?</li> <li>• What should be the angle of approach?</li> <li>• How fast to approach?</li> <li>• What is the distance of approach?</li> <li>• What is the angle of recovery?</li> <li>• How to get compact when the ball is wide?</li> <li>• How to get compact when the ball is central?</li> </ul>
<p><b>Stage II</b> <b>Small Sided Activity</b></p>	<p><b><u>3v3+1 To 4 Goals:</u></b> In a 35Lx30W yard grid with 2 goals on each end line place two teams of four players each with a Neutral player to play with the attacking team. Both teams will try to prevent the opponent to score in any of defending team goals.</p>		
<p><b>Stage III</b> <b>Expanded Small Sided Activity</b></p>	<p><b><u>5v5+ To 6 Goals:</u></b> In a 45Lx35W yard grid with 3 goals on each end line place two teams of four players each. Both teams will try to prevent the opponent to score in any of defending team goals.</p>		
<p><b>Stage IV</b> <b>Conditioned Game</b></p>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to organize defensively to regain the soccer ball</li> </ul>		

## Module 4: Defending

## Topic: Defending as a Team

**Objective: To improve the team's ability to defend in a block and regain the ball**

Stage	Organization	Diagram	Guided Questions
<b>Stage I</b> <b>Technical</b> <b>Warm up</b>	<p><b><u>Moving as a Defensive Unit:</u></b>            In a 35x35 yard grid divided in two sections one being 5Lx35W as show in the diagram.            Place 3 defenders in the larger section and 3 passers in the other section. The passers will connect and the defenders will move as unit to press the ball.            Defenders will tell each other "Shift right, Shift left, Drop, Press Step up" etc.            The players will drop when the central player receives the ball and fakes a long pass.            If you have a GK, he or she can be behind the organizing the players.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• Who applies pressure?</li> <li>• Who provides cover? Where?</li> <li>• Who is providing balance? Where?</li> <li>• When to drop?</li> <li>• When to step up?</li> <li>• What should be the angle of approach?</li> <li>• How fast to approach?</li> <li>• What is the distance of approach?</li> <li>• What is the angle of recovery?</li> <li>• How to get compact when the ball is wide?</li> <li>• How to get compact when the ball is central?</li> </ul>
<b>Stage II</b> <b>Small Sided</b> <b>Activity</b>	<p><b><u>5v5 (GK+4v4+GK) to 4 Goals</u></b>            In a 40Lx35W area play to score in the opponents goals.            The team that losses possession needs to get behind the ball as fast as possible and organize a defensive block in order to prevent the attacking team from scoring.            When attacking play 1-2-1 When defending play 2 -2.  <b>Play with Off-side</b></p> <p><b>Note if you have more players you can add them</b></p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	
<b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b>	<p><b><u>6v6 (GK+5V5+GK) to Goal:</u></b>            In a 50Lx 40W area play to score in the opponents goal.            The team that losses possession needs to get behind the ball as fast as possible and organize a defensive block in order to prevent the attacking team to score.            One team will play 3-2 the other will play 2-1-2.  <b>Play with Off-side</b></p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	
<b>Stage IV</b> <b>Conditioned</b> <b>Game</b>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to organize a defensive block.</li> </ul>		



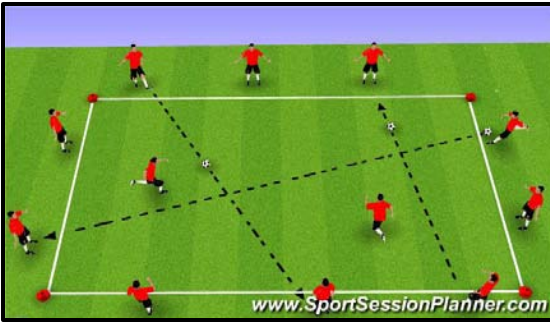


# 2014 - U12 - Spring Lesson Plan - Week 9



## Module 4: Attacking

## Topic: Creating Scoring Opportunities from Wide Positions

**Objective:** To improve the player's and team's ability to create and finish scoring opportunities from wide positions

Stage	Organization	Diagram	Guided Questions
<p><b>Stage I</b> <b>Technical</b> <b>Warm up</b></p>	<p><b><u>Passing Across:</u></b> All players around a 25Lx20W yard grid. All players must play 2 touches. Begin by passing to any player then follow your pass. Every 90 seconds change the pattern. <b>Round 2</b>, you cannot pass to anyone directly across from you. <b>Round 3</b>, after your pass, you do not follow your pass but you must move to a new side of the field. <b>Round 4</b>, coach may introduce a combination into the pattern. Use as many balls as the players can manage successfully.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How can you receive the ball to change directions?</li> <li>• Why is it important to get your first touch away from your body?</li> <li>• What is the advantage of playing the ball on the ground?</li> <li>• When would playing the ball through the air make sense?</li> </ul>
<p><b>Stage II</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>6v4 to a Big Goal and Counter Goals:</u></b> Coach sets up 1/2 of a soccer field with a big goal at one end and 2 counter goals at the other. There are 2 gates at midfield by the sidelines and a 20x16 scoring zone in front of the big goal. 6 attackers must play through either midfield gate and serve the ball into the scoring zone. A teammate has 1 touch to score from within the zone. No attacker is allowed inside the zone before the ball has been played (consider the zone to be the offside line). The defense will have a GK and 3 defenders. If they win the ball, they can score in either counter goal at midfield.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• Why would you play wide instead of direct to goal?</li> <li>• What is an early cross/late cross?</li> <li>• How does your teammate know you are ready to play the ball into the scoring zone?</li> </ul>
<p><b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>7v5 to 2 Big Goals:</u></b> Coach sets up a field 70Lx65W with a big goal at each end. 2 gates will be at midfield by the sidelines. 7 attackers (6 field players + GK) must play wide, cross the ball in and score. An attacking player must either dribble through a gate or run through the gate to receive the ball prior to crossing the ball. The player who receives the cross should try to score with his 1st or 2nd touch. The defense will have 5 players (4 field player + GK) who will try to stop the attack and score in the opposite goal.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How will playing the ball wide help to penetrate the defense? (Width &amp; Penetration)</li> <li>• Where can a forward run to freeze a defender? (Mobility)</li> <li>• When would a central Midfielder want to move closer to one of the gates? (Support)</li> </ul>
<p><b>Stage IV</b> <b>Conditioned</b> <b>Game</b></p>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to combine and penetrate in wide positions.</li> </ul>		