

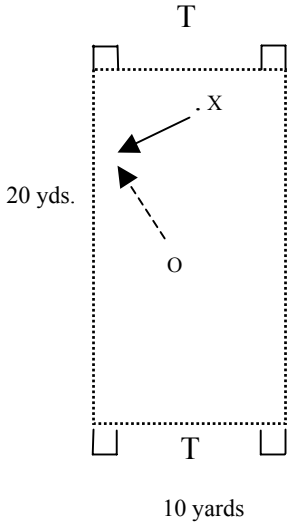
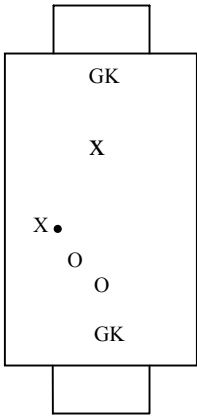


Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1. SHORT-SHORT-LONG			
<p>The players organize themselves into groups of four.</p>	<p>The two short passes should be on the ground over a 10-yard distance and the third pass is long.</p> <p>PROGRESSION:</p> <ul style="list-style-type: none"> • Play two touch. • End players switch with the middle players in the group. • Move onto one touch passing. • The long pass is now aerial over 30 yards. • The competition is the group that can make the most number of successful passes. 		<ol style="list-style-type: none"> 1. Quality 1st touch. 2. Look forward. 3. Accuracy of pass. 4. Pace of pass forward. 5. Rhythm, speed.

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<p>2. 1 VS. 1 TO GOALS OR TARGETS</p>			
<p>Four players go into each 20 yards long by 10 yards wide grid.</p>	<p>Play 1vs1 in the center of the grid and try to complete a penetrating shot, pass or dribble to the target player or small goals at the end of the grid. Switch roles every two turns.</p>		<ol style="list-style-type: none"> 1. Create space. 2. Angle the checking run back 3. Take a peek forward during checking run. 4. Touch and turn. 5. Look forward. 6. Shoot, pass or dribble forward.
<p>3. 2 VS. 2 TO GOALS</p>			
<p>Six players go into each 20 Yards long by 15 yards wide grid. Two players are designated goalkeepers.</p>	<p>The coach acts as the 'Boss of the Balls' and is the only one allowed to put a ball into play. Have assistant coaches or parents manage the other grids. A U12 regulation goal should be at each end of the grid.</p>		<ol style="list-style-type: none"> 1. Reinforce all previous coaching points. 2. Positive attitude. 3. Shoot, pass or dribble. 4. 'Can I score?' 5. Pass to teammate?



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4. SCRIMMAGE 4 VS. 4			
<p>Ten players go into each 40 yards long by 20 yards wide grid. Two players are designated goalkeepers.</p>	<ul style="list-style-type: none"> • The coach acts as the ‘Boss of the Balls.’ • Add two counter attack goals at one end of the grid. • Then go to two goals. 		<ol style="list-style-type: none"> 1. ◇ Team shape. 2. Create space. 3. Open body. 4. 1st touch. 5. Vision. 6. Selections: Shoot, pass or dribble?
5. COOL-DOWN			
<p>Partnernastics</p>	<p>Draw, fundominals, head or catch, etc.</p>		<ol style="list-style-type: none"> 1. Balance. 2. Agility. 3. Strength 4. Eye/foot coordination 5. mental focus 6. FUN