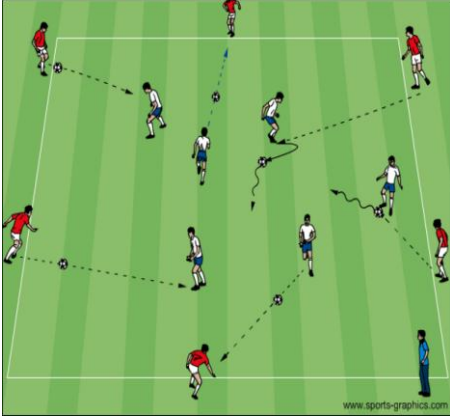
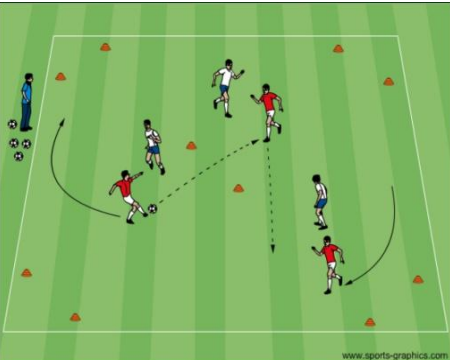
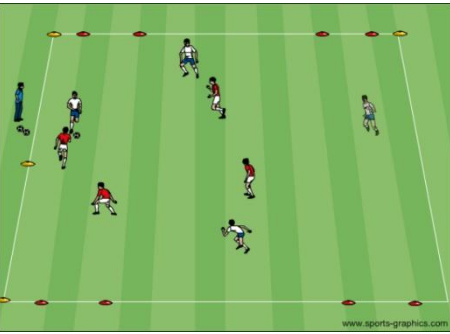


# **U12 - Lesson Plan - Week 1**

## **Topic: Passing and Receiving for Possession**

**Objective: To improve the players' ability to pass, receive, and possess the soccer ball when in the attack**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Dutch Square:</u></b> Half of the players on the inside of the square (with soccer balls), half on the outside. The insiders will pass the soccer ball to the outsiders. The outsiders will pass the ball back with one or two touches to the insiders. The insiders will receive the soccer ball and look for another outsider to pass to. After a few minutes, switch insiders with outsiders. <b>Coach:</b> have players pass and receive with the right and left foot.</p>	<p><b>Passing:</b></p> <ul style="list-style-type: none"> <li>• Toe up (inside) or down &amp; turned in (outside)</li> <li>• Placement of non-kicking foot and good balance</li> </ul> <p><b>Receiving:</b></p> <ul style="list-style-type: none"> <li>• Keep feet moving before ball arrives and go to it</li> <li>• Keep ankle of receiving foot locked and body behind ball</li> <li>• Eye on ball at instant of reception</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>
	<p><b><u>3v3 5 Goal Game:</u></b> In a 20x30 yard grid, five 2 yard goals are spread out throughout the grid. The teams score by passing and receiving through any of the goals to a teammate. <b>Coach:</b> Emphasize the importance of being in good supporting positions and good attacking shape. 3 Players need to be in a triangle.</p>	<ul style="list-style-type: none"> <li>• Tech of passing and receiving</li> <li>• Players in good supporting positions</li> <li>• Pace and accuracy of the pass</li> <li>• Finding the open gate or goal</li> <li>• First Touch – Directional</li> <li>• Clear communication (demand the ball)</li> <li>• Good team shape</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>
	<p><b><u>4v4 or 5v5 to Four Small Goals:</u></b> In a 30x35 yd. grid with two small 3 feet cone goals on each of the 35 yard lines, near each corner. Each team defends and attacks two goals. If playing with 4 players, the attacking shape should be a diamond. If attacking with five players, the attacking shape should be a 3-2 or 2-1-2.</p>	<ul style="list-style-type: none"> <li>• Possess the ball to look for an opportunity to score</li> <li>• Players in good supporting positions</li> <li>• Decision making: safety versus risk</li> <li>• Communication</li> <li>• Good team shape</li> </ul> <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<b>Game</b>	<b>Organization</b>	<b>Coaching Pts.</b>
<p style="text-align: center;"><b>6v6 to 8v8 Scrimmage</b></p>	<p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<b>COOL DOWN</b>	Activities to reduce heart rate, static stretching & review session. <b>Time: 5-10 Minutes</b>	