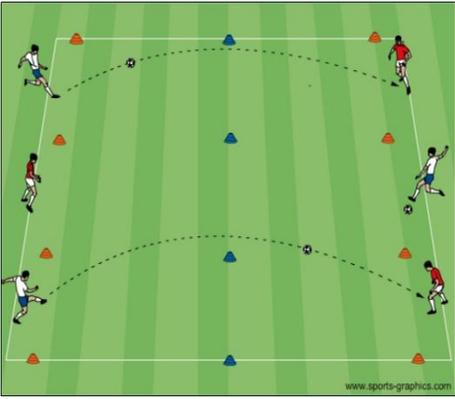
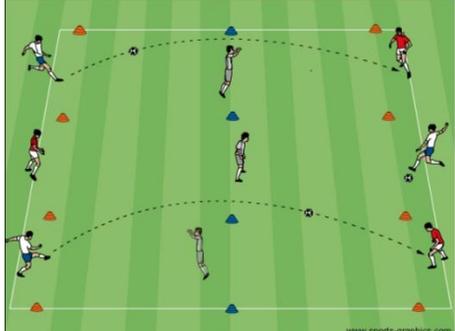
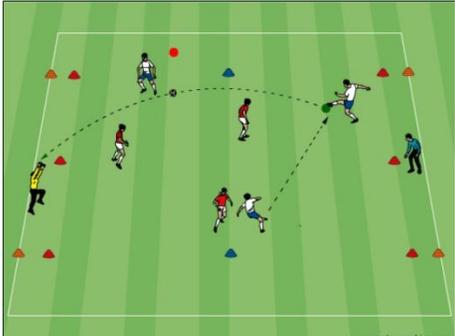


# ***U12 - Lesson Plan - Week 2***

## **Topic: Striking Lofted and Driven Balls (Long Balls)**

**Objective: To introduce the players to the technique of striking lofted and driven long balls**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>High &amp; Long:</u></b> 2 players are at opposite ends behind a goal in a 10x20 yard grid, and try to score points by striking the soccer ball through the two goals without the soccer ball bouncing and/or rolling before crossing the goals. A player scores 3 points for every lofted/driven ball he/she strikes successfully. Receiving players can catch the ball.</p> <p><b>Version 2:</b> The player taps the ball forward to strike it long</p> <p><b>Version 3:</b> Use the other foot</p>	<ul style="list-style-type: none"> <li>• Body position and balance</li> <li>• Eye on the ball at moment of contact</li> <li>• Strike ball with ankle locked and hard bone on top of foot</li> <li>• Non-kicking foot directed at target</li> <li>• Lean the body back when striking the ball</li> <li>• Strike the lower part of the ball and follow through towards target landing on shooting foot</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b><u>Over the Middle:</u></b> 2 players at the ends of a 15x30 yard grid are trying to hit soccer balls over the player in the middle. When the player in the middle intercepts or catches the soccer ball, he/she will change positions with the last player who struck the ball.</p> <p><b>Version 2:</b> The middle player serves the ball to the kicking player</p>	<ul style="list-style-type: none"> <li>• Technique of striking a ball served to you</li> <li>• Hitting the ball with the inside of the foot to curve it</li> <li>• Hitting the ball straight</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b><u>3v3 +Targets - Go Long:</u></b> In a 20x40 yard grid with targets, two teams are trying to score by striking long balls to the target. If the target catches the ball without bouncing before entering his/her zone, the attacking team scores a point.</p>	<ul style="list-style-type: none"> <li>• Technique of striking a long ball</li> <li>• When             <ul style="list-style-type: none"> <li>○ When you have no pressure</li> <li>○ On the run</li> <li>○ To get behind defenders</li> </ul> </li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
6v6 to 8v8 Scrimmage	<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;"><b>Time: 30 minutes</b></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min.</b>	