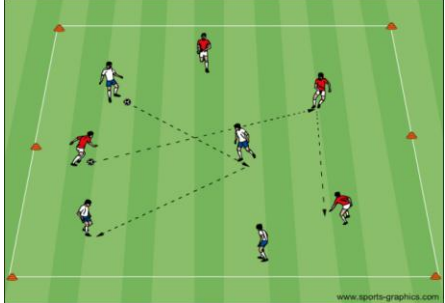
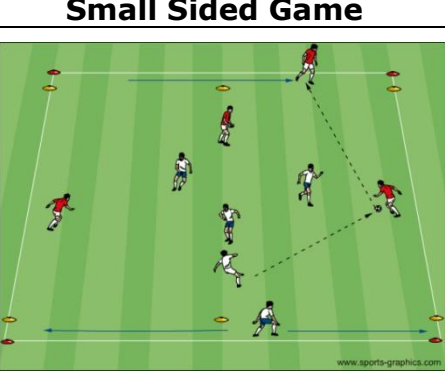
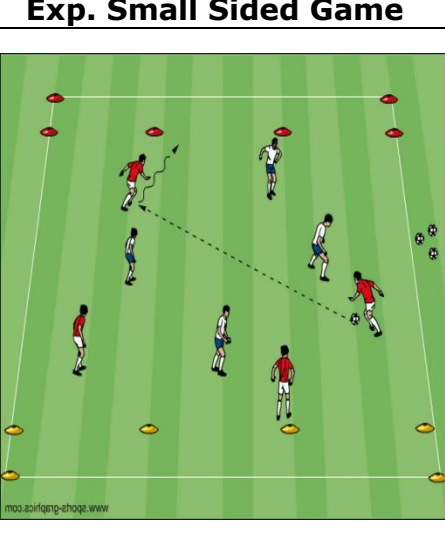


U12 - Lesson Plan - Week 3

Topic: Passing for Penetration

Objective: To improve decision making in possession and the ability of the players to beat defenders with a pass

Technical Warm up	Organization	Coaching Pts.
	<p>Pass and Move: Split players into groups of 3 or 4 (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid)</p>	<ul style="list-style-type: none"> • 1st touch - Directional • Technique and type of pass • Technique of receiving • Communication: Verbal and Non Verbal • Supportive body position • Visual cues <p style="text-align: right;"><i>Time: 15 Minutes</i></p>
	<p>3v3+1 to Targets: Two teams of 3 players each with a neutral player in a 30x35 yard grid will try to connect passes and score by connecting with the target player. Coach: Stress when and how to split defenders with passes.</p>	<ul style="list-style-type: none"> • Proper weight, accuracy and timing of passes • Vision to split defenders with a pass • Possession vs. penetration • Proper angle and distance of support off the ball <p style="text-align: right;"><i>Time: 15 minutes</i></p>
	<p>4v4 or 5v5 to End Zones: Set up a 35 x 40 yard grid with end-zones behind the 40 yd. lines. Teams comprised of 4 players, depending on numbers and space. The attacking team needs to pass into the end zone and a player must time his/her run to receive the ball inside the end zone and score. Coach: Help the players to time their runs into the end zone to receive the ball.</p> <ul style="list-style-type: none"> • Start with passing and receiving in the end zone. • Players can dribble into the end zone for 1 point. 	<ul style="list-style-type: none"> • Starting position of players • Shape, width, and depth • Body position open to field • Possession vs. penetration • Dribbling vs. passing <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<p style="text-align: center;">Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
<p style="text-align: center;">6v6 to 8v8 Scrimmage</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"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p style="text-align: center;">COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	