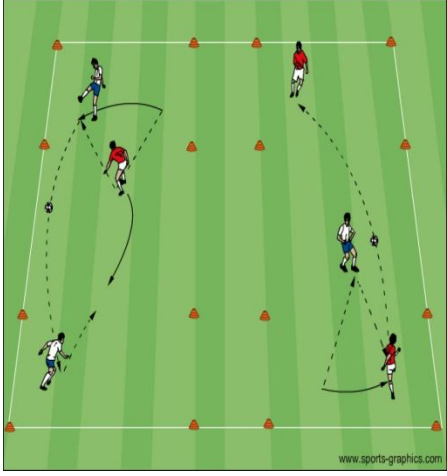
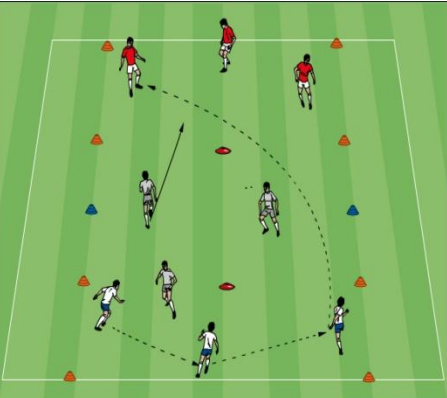



U12 - Lesson Plan - Week 2

Topic: Striking Long Ball II

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

Technical Warm up	Organization	Coaching Pts.
	<p><u>Long Passing – Up, Back, and Long:</u> One player at each end of a 15x40 yard grid with a player in the central zone (the setter) to receive and pass the soccer ball back to the long passer.</p> <p>The procedure is as follows: The kicker passes to the setter in the middle zone and he returns the soccer ball back to the kicker for him/her to strike a long ball to the other side.</p>	<ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Lean the body back when striking the ball • Strike the lower part of the ball and follow through towards target, landing on shooting foot <p>Setter</p> <ul style="list-style-type: none"> • Pass to the Kicker – proper angle • Quality of the pass <p style="text-align: right;">Time: 15 minutes</p>
	<p><u>3v1+3v1 Over the Top:</u> In a 30x40 grid, a team will play 3v1 and will try to strike a long pass over the two defenders in the central area. If the player failed and gets the pass intercepted, then the group will change with the defending group. If the pass is successful, another defender enters and tries to intercept the pass.</p>	<ul style="list-style-type: none"> • Technique of striking a long ball • Visual cues <ul style="list-style-type: none"> ○ No opponents in front ○ No pressure in front • Type of long ball <ul style="list-style-type: none"> ○ Hitting the ball with the inside of the foot to curve it ○ Hitting the ball straight • Quick rotation of the ball to find the open man to strike the long pass <p style="text-align: right;">Time: 15 minutes</p>
	<p><u>3v3/4v4/5v5 +Targets - Go Long:</u> In a 30x40 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"> • Technique of striking a long ball • When <ul style="list-style-type: none"> ○ When you have no pressure ○ On the run ○ To get behind defenders <p style="text-align: right;">Time: 25 minutes</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;">Time: 30 minutes</p>
<p style="text-align: center;">COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	