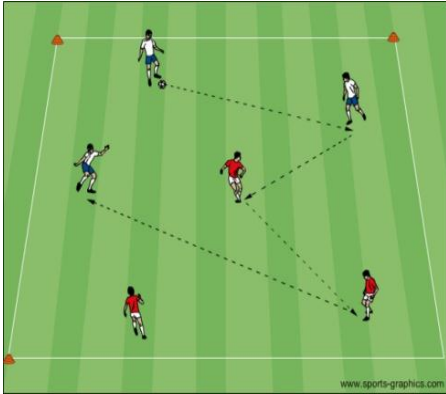
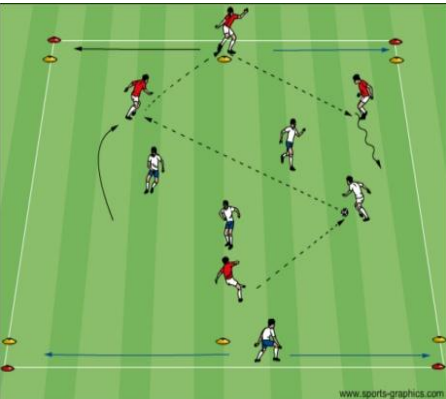
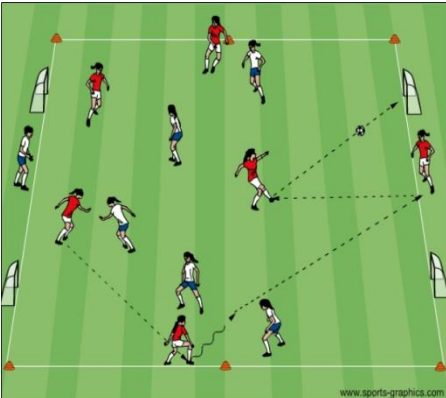


U12 - Lesson Plan - Week 3

Topic: Possession for Penetration

Objective: To improve the player's ability to recognize when and how to penetrate with a pass or to keep possession

Technical Warm up	Organization	Coaching Pts.
	<p>Colored Passing: In a 30x40 yard grid, divide the players in half and play on a defined field. Players pass in sequence: blue, blue, red, red, blue, blue, red, red, etc.</p> <p>Version 2: Coach can limit touches</p> <p>Version 3: Coach can tell his players to pass as follows: control right-pass left, control left-pass right, one touch, etc.</p>	<p>Passing:</p> <ul style="list-style-type: none"> • Toe up (inside) or down & turned in (outside) • Placement of non-kicking foot and good balance <p>Receiving:</p> <ul style="list-style-type: none"> • Keep feet moving before ball arrives and go to it • Keep ankle of receiving foot locked and body behind ball • Eye on ball at instant of reception <p><i>Time: 15 minutes</i></p>
	<p>3v3 +1 + 2 Bumpers: In a 40 x 50 yd. grid, two teams and a neutral player look to play to a bumper player on opposite sides of the grid. If they play to the bumper and receive the ball back, they look to penetrate in the other direction and connect with the other bumper.</p> <p>Method of Scoring:</p> <ul style="list-style-type: none"> ➢ 1 Point for connecting with one bumper ➢ 3 Points for maintaining possession and connecting with the second bumper 	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Tech of passing and receiving • Pace of the pass • First Touch – Directional • Clear communication (demand the ball) • Supporting Shape <p><i>Time: 15 minutes</i></p>
	<p>5v5 +Targets and 4 Goals: Two teams play to score by passing the ball into the small goals. The teams can only score after passing to the Target and any player of the same team receiving the ball back and passing the ball into one of the small goals.</p> <p>Coach: Change the targets every so often. After a while, allow players to score without using the target if the opportunity is on.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Shape, width, and depth • Support to targets • When and how to split defenders • Possession vs. penetration • Visual and verbal cues • Target movement for support • Communication <p><i>Time: 20 minutes</i></p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>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><i>Time: 30 minutes</i></p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	