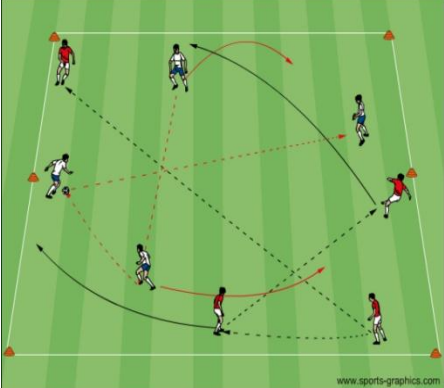
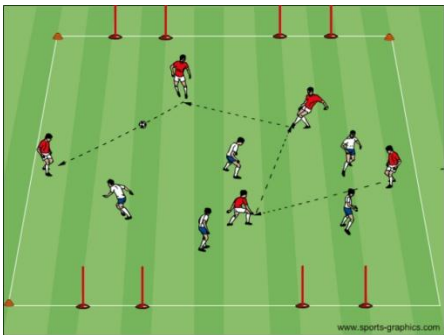
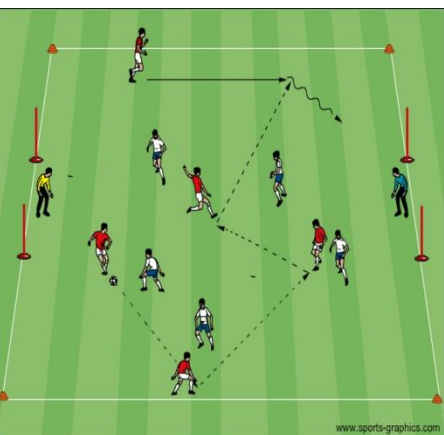


U12 - Lesson Plan - Week 4

Topic: Support and Team Shape on the Attack

Objective: This session will help players to recognize how support and team shape will impact the quality of the attack

Technical Warm up	Organization	Coaching Pts.
	<p>4v0 + 4v0: Two groups of 4 players each with one ball per group. Play through each other in the same 30x40 yard grid. Each group focuses on their ball, individual/group shape, and speed of play. Coach: Encourage players to keep a diamond/kite shape, with players always being in good supportive positions.</p>	<ul style="list-style-type: none"> • Keep body position open to the field • Strike the ball with the proper weight and surface • Take 1st touch toward a passing option • Develop rhythm of play in traffic • Communication <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>5v5 to 4 Goals: In a 40 x 50 yd. grid, two teams are trying to score in any of the two goals on each of the end lines. Players will try to get in good angles of support while maintaining good width and depth on the attack.</p>	<ul style="list-style-type: none"> • Survey the area at all times. This way players can anticipate what to do next with and without the ball • Keep body position open to the field • Increase speed of play in traffic • Keep the width and the depth • Communication <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p>Exp. Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>5v5 or 6v6 with GK's: In a 50x60 yard area with goals, two teams of 5 or 6 players with goalkeepers will try to keep the integrity of their attacking shape by creating good angles and effective angles of support, staying wide and making penetrating runs while in possession of the soccer ball. Version 2: A goal only counts if all players are over the mid line.</p>	<ul style="list-style-type: none"> • Recognize visual cues such as: <ul style="list-style-type: none"> ○ Teammates body shape ○ Supporting positions ○ Defending pressure ○ Runs • Rhythm of play based on what the game gives you by increasing speed of play at the right time • Adjust team shape as other players move <p style="text-align: right;"><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 45x 60 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>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	