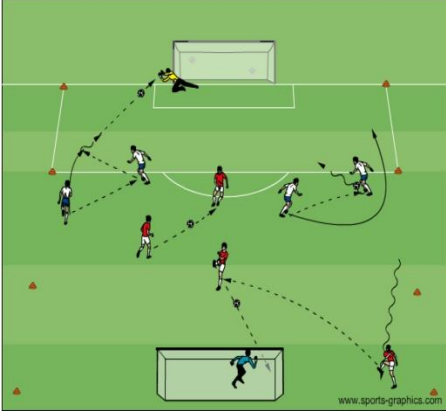
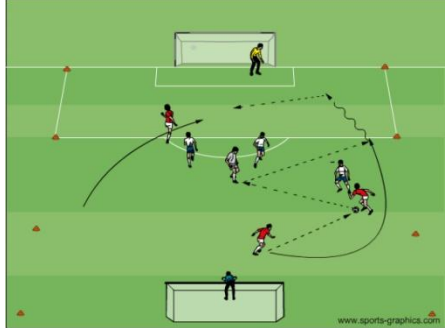
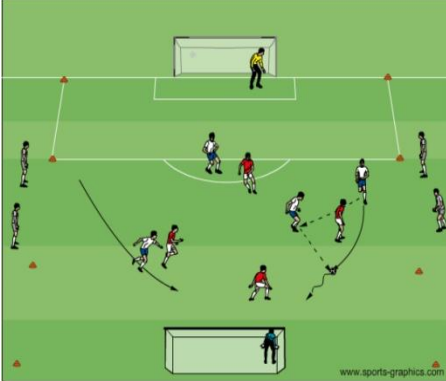


U12 - Lesson Plan - Week 7

Topic: Finishing from Combination Play

Objective: To improve the ability of the players to recognize opportunities to finish from combination play

Technical Warm up	Organization	Coaching Pts.
	<p><u>Shooting Warm-up:</u> Set up two goals about 40 yards apart and the width of the box, with GK's in each. The players get in groups of two and they will pass and move throughout the area experimenting with different combinations and shooting at the GK's when he/she signals.</p> <p>Coach: Concentrate on the following combinations:</p> <ul style="list-style-type: none"> • Wall Passes • Take Overs • Overlaps 	<ul style="list-style-type: none"> • Technique of passing and receiving – First Touch • Verbal cues – such as: <ul style="list-style-type: none"> ○ “1,2 – 1, 2” ○ “Takeover” • Visual cues – such as <ul style="list-style-type: none"> ○ Body position ○ Angel of Support ○ Timing of runs • Accurate of the final pass <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p><u>3v3+1 +GK's:</u> In the same area as above, two teams of 3 players each and a neutral player helping the possession will try to score goals after penetrating with combination play for 5 points, or score without combining for 1 point.</p>	<ul style="list-style-type: none"> • Players ability to recognize visual and verbal cues <ul style="list-style-type: none"> ○ Body position, ○ Angel of Support ○ Timing of runs ○ Communication • Technical Speed • Opportunities to score <ul style="list-style-type: none"> ○ Shots vs. placement passes <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><u>4v4 +4 On-Deck:</u> In the same area as above, two teams play soccer. One team is on deck waiting outside the field. The first team to score two goals stays on the field. The losing team is replaced by the on-deck team. If the teams take a long time to score, then give each team a max of 2-3 minutes to score. The team that has been the longest on the field will be replaced by the on-deck team.</p>	<ul style="list-style-type: none"> • All of the above • Quality of 1st touch • Reinforce combo play • Help players recognize the visual cues by telling players to constantly survey the area • Quick support • Opportunities to shoot and finish <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 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>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	