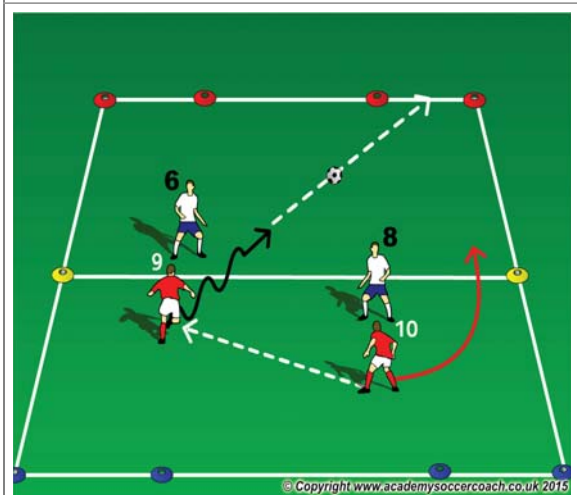
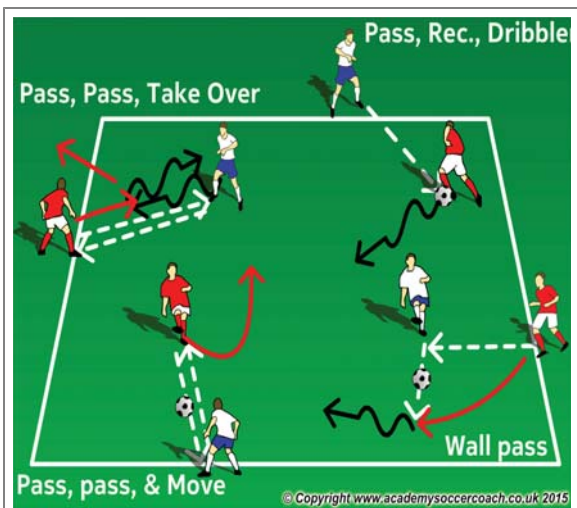


Season Fall 2015 Team/Age Group U12 Week 1

Topic Individual Attacking - When to Dribble, Pass or shoot

Objectives 5W's

To improve the ability of the team to make attacking decisions with the ball
 WHO: #2, #3, or #6, #7, #8, #9, #10, and #11 - WHAT: Technique of dribbling, Passing and shooting - WHEN: In possession of the ball - WHERE: In central and flank areas of the field - WHY: To penetrate the opponents defensive line



1. WARM UP

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

PASSING WINDOWS:

- In a 20Wx30L divide the team in 1/2 with 1 group on the outside of the square with soccer balls and the other 1/2 inside without soccer balls.
- Round 1 - Outside players pass to an inside player who passes back to same outside player (switch roles after 1.5 minutes)
- Round 2 - Outside players pass to an inside player who dribbles and passes to another outside player (switch roles after 1.5 minutes)
- Round 3 - Outside player plays the ball to an inside player and performs a give and go
- Round 4 - Players perform a take over

COACHING POINTS / KEY CONCEPTS

- Technique of Passing: Non-Kicking foot pointed to target and parallel to ball, Locked ankle with toe up (inside of the foot pass), Strike ball solid through the middle, Accuracy, Pace and Timing
- Technique of Receiving: Ankle locked with toe up and get body behind the ball, Eyes on the ball at instant of reception, Present the receiving foot back (to cushion) and redirect the ball out of trouble or into space
- Technique of Dribbling: Keep the ball close, Use the laces to go forward, use the inside/outside of the foot and the Bottom(sole) to change directions, Keep your head up, Change speed

2. SMALL SIDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

2V2 TO FOUR GOALS:

In a 20Wx30L grid, teams can score in either of their attacking goals. The player with the ball has the choice to score by dribbling or passing the ball through the goal.

COACHING POINTS / KEY CONCEPTS

- Technique - Passing: Accuracy, Pace and Timing - Receiving: Surface selection of the foot and ball, First touch, Preparation touch, Body shape - Dribbling: surface, change of pace, change of direction
- Tactical: Penetration: When? Where? Who to combine? - Support: Angles and Distance - Mobility: Where? When? Why?

3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

5V4 TO GOAL AND COUNTER GOALS:

In a 30Wx40L grid, the Red team (Target Team) will play a 2-3 and attack the big goal and the White team will play 1-2-1 and score on the 2 counter goals.

COACHING POINTS / KEY CONCEPTS

- Technique - Dribbling, Passing, Receiving, and Shooting
- Tactical - Penetration, Support, Width, Mobility, and Improvisation
- Speed of Play

4. GAME **7v7** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION

- On a 40Wx70L field, the Red team (Target Team) will play a 1-1-2-3 and the White team will play 1-2-3-1
- Coaching to encourage players to recognize when and how to attack (dribble, pass or shoot) as an individual.

COACHING POINTS / KEY CONCEPTS

Roles and responsibilities of the 2, #3, or #6, #7, #8, #9, #10, and #11. Speed of Play and execution.