

Name:

Paul Shaw @vysaced

Lesson Plan Theme:
Switching the Pt of Attack

Date:

June 23, 2013

Age Group:

U12



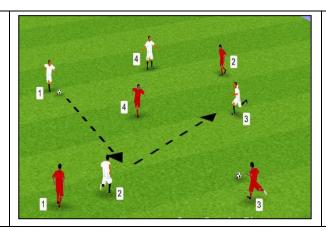
Purpose/Coaching Points

Activity Name Description

1st (Warm Up)

Groups of 4/5 (2 soccer balls):

- Passing and moving
- -progression "thinking" tasks
- \rightarrow Number passing (1-2-3-4-1)
- →Number 1; 3-2 touch, 2;4-unlimted



Diagram

Passing/Receiving technical points Establishing width, height, depth (team attacking shape)

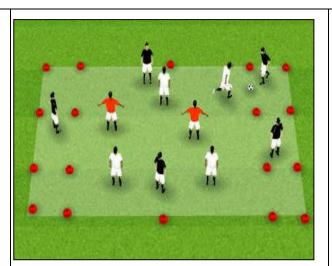
Guided Discovery:

- -Show me good attacking shape.
- -What kind of pass do I give my teammate to open up, shield, penetrate?

2nd Activity

4 Box Game:

- 5 v. 5 +2N: (If possession is too easy, take away 2N
- -teams try to score by dribbling or passing into the corner square (maintain possession) -progress:
- →can only score on a diagonal goal



See above for technical points Cues to NOT attack (no space in behind, numbers down, moment in game)

Guided Discovery:

- -Is there space to get in? How do we communicate that?
- -What are the different ways we can switch play?
- -Switch on dribble vs combination vs lofted pass



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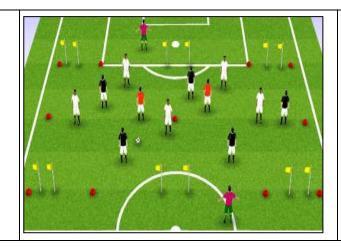
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3rd Activity

6 v 6 to 6 Goals:

-each team defends 3 goals with GK involved



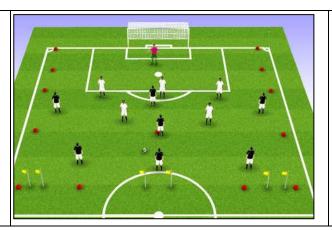
See above for technical points See above for tactical/decision points *Guided Discovery:*

- -What are the different ways we can switch play?
- -ADD: Around the back, skipping a player around back, through mid, off of #9

4th Activity

7 v 5 to Goal:

-play 7 v 5, 5 can counter to 3 goals



See above for technical points See above for tactical/decision points *Guided Discovery:*

-When should we slow the game down?

5th (The Game)

6 v 6 + GK