



U12 Session Plan

Season Spring 2016 **Topic** Dribbling for the #7 & #11

Objectives (5 W's)
Where: In the flanks of the attacking half
What: Dribbling & Running with the ball to Penetrate
When: When in possession of the ball & there is space to attack behind the defense
Why: Create more scoring chances when close to goal

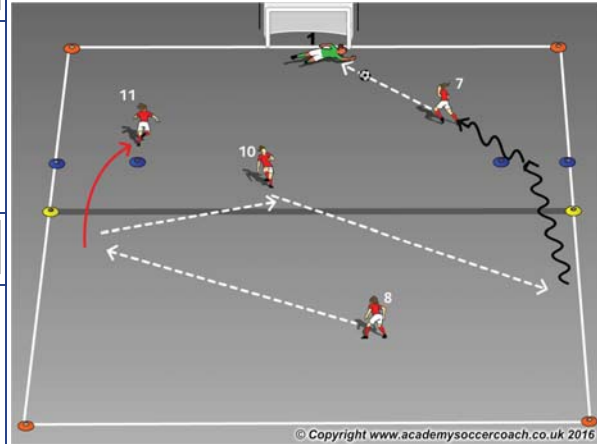
Organization Duration Intensity

Area: 40Wx50L yard field, a 4 yard gate by each sideline in the attacking half, 1 big goal. Target team (Red): #'s 7, 8, 10, 11 – Opposition team (White): #1. Everyone on the red team needs at least 1 touch on the ball. The #7 or #11 have to be the final player to receive the ball. Once he/she receives it, they dribble through their gate toward the goal and strike the ball into the gk's (#1) hands.

Coaching Points Activity Time Rest Intervals

What? Technique: Dribbling/Running with the ball. Get in line with the flight of the ball. Head Still and eyes on the ball. Receiving. Surface of the foot and the ball to move forward. Preparation touch to play forward (distance). Change of pace.

Stage 1 4v1 to Goal (Pattern Play)



Stage 2 4v4 to Goal & Counters



Organization Duration Intensity

Area: 40Wx50L yard field with 1 big goal and 2 counters. Target team (Red): #'s 7, 8, 10 & 11 – Opposition team (White): #'s 1, 2, 3 & 6. Red scores in the big goal & White in either counter goal. If a goal is scored or assisted by #'s 7 or 11, the goal is worth 5 points, all other goals, 1 point. Challenge the Red to score 10 points before White scores 5 points.

Coaching Points Activity Time Rest Intervals

What? Technique - Dribbling to beat an opponent: Different moves to get around an opponent. Accelerate once past the opponent. Receiving: surface of the foot and the ball to move forward. Turning and preparation touch to play forward. Attacking Principles - Penetration What? Where? When? Width: Who? Where? Support: Who? When? Where?

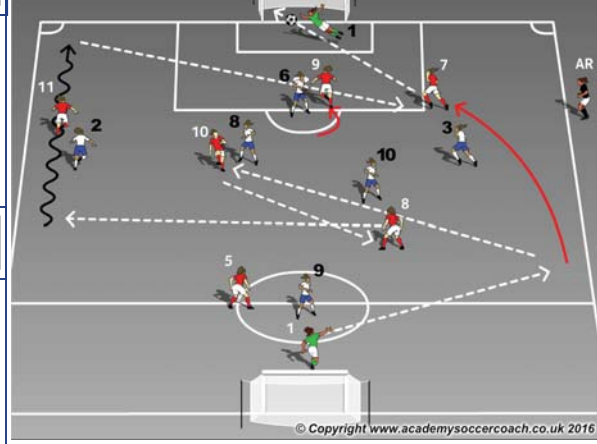
Organization Duration Intensity

Area: 47Wx60L yard field, big goal both ends. Target team (Red): #'s 1, 5, 7, 8, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 6, 8, 9, 10. Both teams attack and defend 1 big goal. All rules of soccer apply. Goals or assists by #7 or #11, add bonus (coaches choice).

Coaching Points Activity Time Rest Intervals

What? Technique - Dribbling. Passing. Receiving. Shooting. Attacking Principles - Penetration: Where? When?, Width: Who? Where? Support: Who? When? Where? Mobility: Who? Where? When? Why? Improvisation: When? Why?

Stage 3 7v7 to Goal



Stage 4 - 9v9 Duration Formation Activity Time Rest Intervals

Organization In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points Technical execution, Attacking Principles (5 W's), Speed of play