



Name: Paul Shaw @vysaced
Lesson Plan Theme: Switching the Pt of Attack

Date: June 23, 2013
Age Group: U12



Activity Name Description	Diagram	Purpose/Coaching Points
<p>1<sup>st</sup> (Warm Up)</p> <p>Groups of 4/5 (2 soccer balls):</p> <ul style="list-style-type: none"> <li>• Passing and moving</li> </ul> <p>-progression “thinking” tasks</p> <p>→Number passing (1-2-3-4-1)</p> <p>→Number 1; 3-2 touch, 2;4-unlimited</p>		<p>Passing/Receiving technical points</p> <p>Establishing width, height, depth (team attacking shape)</p> <p><i>Guided Discovery:</i></p> <ul style="list-style-type: none"> <li>-Show me good attacking shape.</li> <li>-What kind of pass do I give my teammate to open up, shield, penetrate?</li> </ul>
<p>2<sup>nd</sup> Activity</p> <p>4 Box Game:</p> <ul style="list-style-type: none"> <li>• 5 v. 5 +2N: (If possession is too easy, take away 2N)</li> </ul> <p>-teams try to score by dribbling or passing into the corner square (maintain possession)</p> <p>-progress:</p> <p>→can only score on a diagonal goal</p>		<p>See above for technical points</p> <p>Cues to NOT attack (no space in behind, numbers down, moment in game)</p> <p><i>Guided Discovery:</i></p> <ul style="list-style-type: none"> <li>-Is there space to get in? How do we communicate that?</li> <li>-What are the different ways we can switch play?</li> <li>-Switch on dribble vs combination vs lofted pass</li> </ul>



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### 3<sup>rd</sup> 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

### 4<sup>th</sup> 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?

5<sup>th</sup> (The Game)  
6 v 6 + GK