



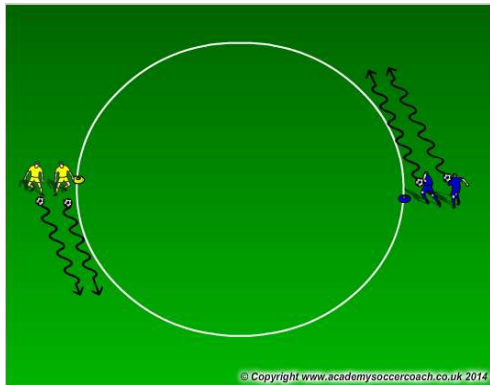

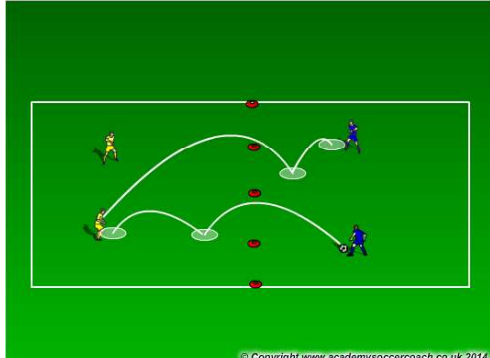

South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U12s

Theme: Session 1: Ball Control

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> BIG CIRCLE DRIBBLE: Use center circle or create circle about same size. Two teams. Teams start at opposite points of the circle. On go kids dribble in the same direction trying to catch someone from other team. They can't go into the circle</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Quick turn -Change of pace -Ball control <p>Progression: -Specify type of dribbling allowed -When you say turn kids need to do a cutback and go opposite direction.</p>	<ul style="list-style-type: none"> -Don't panic -Knees bent helps to change direction -Keep looking ahead <p>Discovery Question: -How did you turn the other direction? -How did you feel when the other team was close behind you? When you were close behind them?</p>
<p><u>Activity 2</u> GRID RUN OUT Half kids in grid & half outside. Various cones in the grid. Kids w/ball inside grid dribble around (complete circle) 1 cone & then pass ball to someone outside grid. Passer goes outside of grid and receiver dribbles ball in and goes around a cone then passes to someone outside grid.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Dribbling -Moves -Space and body awareness <p>Progression: -Need to dribble around 2 cones -Make a move when approaching cone.</p>	<ul style="list-style-type: none"> -Keep head up -Proper touch on ball -All parts of the foot -Quick first step <p>Discovery Question: -How did you choose a cone to go around -How did you dribbling change as you got closer to the cone</p>
<p><u>Activity 3</u> SOCCER TENNIS Group of 4 w/ 2 on either side of "net" (net made with cones). One team chips or punts ball into other teams court. Team can let ball bounce once and then they play it back into other teams court.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Touch -Reading flight of ball -Communication & Teamwork <p>Progression: -Server needs to throw the ball in -If the time can play ball in the air to their own teammate and then put the ball over they get a point -Make the net 2-3 yards wide.</p>	<ul style="list-style-type: none"> -Move to get behind the ball -Talk with you teammate, us words such as "I got it" -Play the ball don't let the ball play you (attack it) -Use inside of foot to pass back over -Stay on toes <p>Discovery Question: -What part of your body worked well to get the ball over the net? -How did you position yourself when the ball was coming over?</p>
<p><u>Final Game</u> 9v9 w/ a goalkeeper</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Principles of defense are: 1)Pressure on the ball 2)Cover 3)Balance 4)Compactness</p> <p>Use these terms in practice</p>



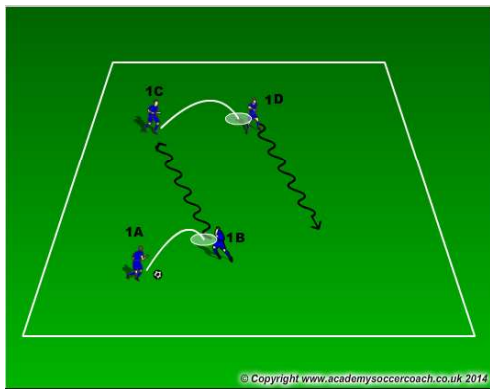
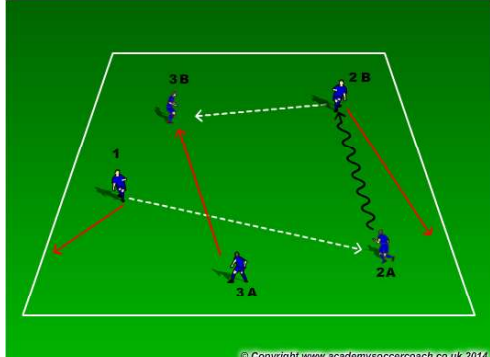
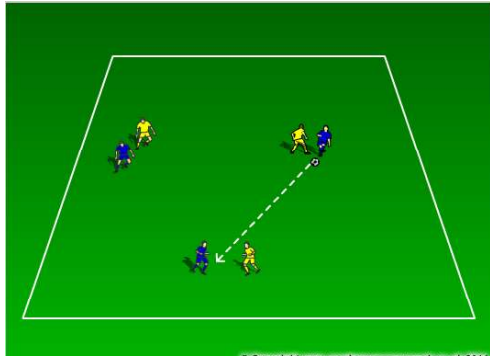

South East Soccer Club



Lesson Plan Form

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Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u></p> <p>BALL UP Each player must kick his ball into the air, receive it and change direction with a dribble.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Coordination -Touch -Spatial awareness <p>Progression:</p> <ul style="list-style-type: none"> -Place cones around and have kids dribble to cone (or a line) then kick in the air -Throw in the air at the same time -On coaches count everyone throws in the air but they must get another persons' ball 	<ul style="list-style-type: none"> -Use the inside and outside of feet -Touch the ball just as it's hitting the ground -Direct the ball to one side or another -Look around and see where there is open space to direct the ball into <p>Discovery Question:</p> <ul style="list-style-type: none"> -What did you need to do when watching the ball in the air -How did your upper body need to move
<p><u>Activity 2</u></p> <p>GROUP OF 3 PASSING: Large grid about 30x30. Groups of 3 w/ each group having a ball. Players pass to one another in their group of 3. After passing they need to move to get open. Player who receives ball can pass to either player.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Movement -Creativity -Awareness of players -First touch <p>Progression</p> <ul style="list-style-type: none"> -Limit touches -After receiving player needs to make a move -Passing player needs to touch a line before being available to receive again. 	<ul style="list-style-type: none"> -Quick first step when receiving and after passing ball. -Keep moving, no standing -Build triangles -Talk: Call for the ball if you are open <p>Discovery Questions:</p> <ul style="list-style-type: none"> -What did you need to do to find an open player? -What did you need to do to get open?
<p><u>Activity 3</u></p> <p>3v3 KEEP AWAY 3 Players on a team in a grid pass to one another and keep it away from other team. Every "X" amount of passes team gets a point</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Moving to open space -Passes that can be easily received -Passes to where players are going not to where they are. -First touch on receiving <p>Progression</p> <ul style="list-style-type: none"> -Limit touches 	<ul style="list-style-type: none"> -Triangles: Key to creating options -Move after pass to create option for receiving player -Try not to stop the ball dead when receiving, direct it to a space you want to go -If there is an open space pass to it so player can run onto ball <p>Discover Question:</p> <ul style="list-style-type: none"> -What did you have to do when you were without the ball? -How did you decide when to pass
<p><u>Final Game</u></p> <p>9v9 w/ a goalkeeper</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER:</p> <p>Principles of offence:</p> <ol style="list-style-type: none"> 1)Penetration 2)Support 3)Mobility 4)Width and Length



Lesson Plan Form

Coach: Session date: Team/Age: U12s

Theme: Session 3: Possession

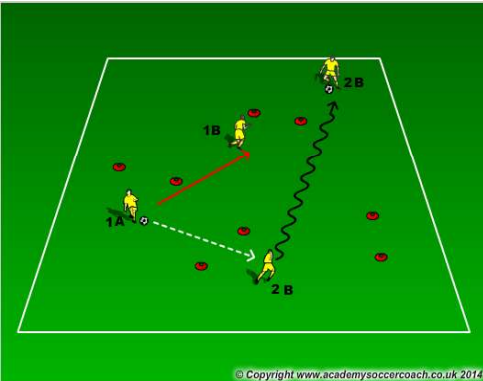
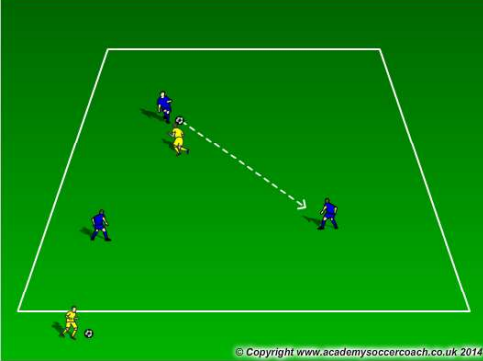
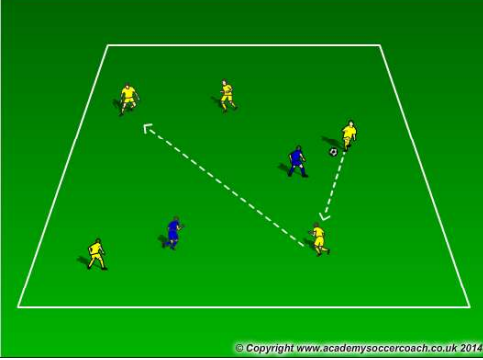

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> Cones in various spots inside a grid. About 1/3 of players with the ball. Players pass to any open player without hitting a cone or without hitting another ball. Passing player then looks to receive pass from an outside person with the ball</p>		<ul style="list-style-type: none"> -Movement -Space and Player awareness -Communication <p>Progression: -Limit to 2 touch</p>	<ul style="list-style-type: none"> -Keep ball moving -Keep yourself moving -Look for open space -Talk and call for ball when open -Call name of person when passing <p>Discovery Question: -How did you use communication to keep the ball from hitting a cone or another ball? -What did you need to think about when you were about to get a pass? Make a pass?</p>
<p><u>Activity 2</u> OUTSIDE GRID PLAYERS Make a grid with 4 players inside and 2 players outside. Inside plays 2v2 keep away. They can pass the ball to outside players who can only pass back to the same team they got the ball from.</p>		<ul style="list-style-type: none"> -Movement -Check in check out -Decision making <p>Progression -Every other pass must go to outside player -Outside player gets 2 touch</p>	<ul style="list-style-type: none"> -Look for your options -Quick steps after passing -Pass to space so player can run onto ball -Let the ball come across your body and continue in the direction of ball <p>Discovery Questions: -When was it best to continue in the direction of the ball vs change its' direction? -When was it a good time to pass?</p>
<p><u>Activity 3</u> BALL KEEPERS VS BALL SCORERS 2 teams Ball keepers have 1 or 2 additional players. Inside a grid the ball keepers try and make "X" passes for a goal. Ball scorers try and score at a Pugg goal at either end of field.</p>		<ul style="list-style-type: none"> -Change direction -Find passing window -Timing and pace <p>Progression -Limit ball keepers touches</p>	<ul style="list-style-type: none"> -When you see open space to it -Keep spread out -Check in check out, movement off ball -Use visual and verbal cues <p>Discovery Question: -What do supporting players do? -What happens if you are open and you don't get the ball?</p>
<p><u>Final Game</u> 9v9 w/ a goalkeeper</p>		<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Principles of the game are the framework for all teaching and coaching (Principles see sessions 1 and 2).</p>



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Theme:



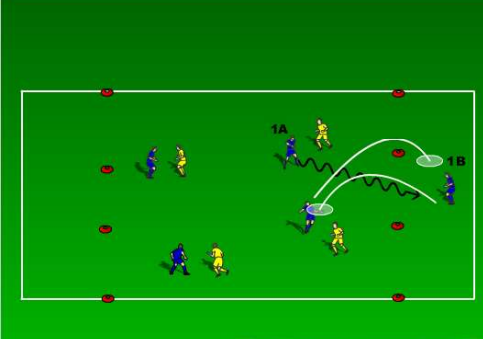

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> GATE PASSING: Set up numerous small goal with cones about 1-2 yards apart. Kids partner up and have one ball between them. They dribble around and then pass to their partner through a gate. Then dribble and pass into another gate.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Technique while moving (Just this light running will be a challenge to keep technique correct) -Preparing ball for pass -Make sure your partner can receive the pass <p>Progression: -See how many they can get in 30 seconds -Only inside foot, only outside, only left, etc...</p>	<ul style="list-style-type: none"> -Non-kicking foot is key in this activity -Keeping the ball on the ground makes it easier to receive -Proper pace to get through the gate <p>Discover Question: -What did you have to do after making a pass? After receiving a pass? -What were the easiest balls to control?</p>
<p><u>Activity 2</u> 3v1 WITH 5 PLAYERS Play 3 v1 within a grid. When the ball is kicked out by the defender that gets the ball and the waiting player passes a ball into the 3 offensive players and then proceeds to try and win it from them.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Movement -Over lap and crossing runs -Turning -Use of space <p>Progression -Limit touches</p>	<ul style="list-style-type: none"> -Create triangles for best options. -Don't stop the ball dead, let it run -Take a dribble to open space -Check in check out <p>Discovery Question: -Why is it good to move away from the ball sometimes? -What can you do to help a teammate get open?</p>
<p><u>Activity 3</u> 5v2 KEEP AWAY 5 players around 2 defenders. Players pass the ball until a defender touches or controls ball. Then the defender and last person to touch the ball switch.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Using best option -Proper passing pace and location -Quick pass vs hold and pass <p>Progression -Outside players have 2 touch -Outside players get a point for spitting defenders</p>	<ul style="list-style-type: none"> -There is always 3 options (left, right, middle) use the best option -Keep the ball in front of you -Hold the ball if there is no pressure -Keep on your toes -Keep passes on the ground and proper pace <p>Discover Questions: -What fakes or fints worked? -When could you split the defenders? Why is this good?</p>
<p><u>Final Game</u> 9v9 w/ a goalkeeper</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Have kids choose a key coaching point to work on. During the session ask them what they choose.</p>



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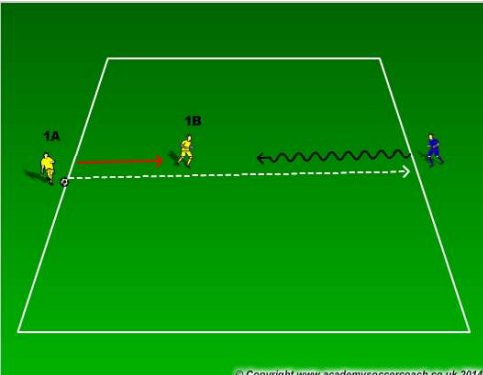



Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> 2 PERSON HEADING Start by having 1 kid hold ball in hands while the other kid steps and heads it. After several times have the kids underhand serve to one another and head back</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Technique -Coordination <p>Progression: -Moving, have server jog backwards while heading kid runs forward and heads.</p>	<ul style="list-style-type: none"> -Keep eyes open and mouth shut -Ball hits your head at the hair line -Attack the ball, drive head through -Hands out for balance <p>Discovery Question: -Did it hurt at all to head? If so where did the ball hit you when it hurt?</p>
<p><u>Activity 2</u> 3 PERSON HEADING 1 person serves. 2nd person heads over the top of 1st player to 3rd player who receives an air ball and passes back to 2nd player</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Heading to clear -Heading to shoot -Technique <p>Progression -Instead of heading over 1st player the header tries to get the ball to hit as close to the left or right of player 1's foot -Have player 3 stand at a right angle and player 2 does directional heading.</p>	<ul style="list-style-type: none"> -Head to clear is keeping the ball high. Get underneath ball and drive with legs -Heading to shoot is trying to get the ball to hit the goal line. Get over the ball and drive it down. -Use entire body to attack the ball <p>Discover Questions: -Why do you want to keep the ball low when shooting? -How do your arms help you head?</p>
<p><u>Activity 3</u> END ZONE HEAD Play 4v4 and players have to pass or dribble into the end zone. Then player picks up the ball and has 5 seconds to serve it to a teammate who has to head it back to them for a point.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Movement -Accuracy -Technique 	<ul style="list-style-type: none"> -Control the heading by controlling body -Get feet pointed to where ball needs to go -Follow through <p>Discovery Question: -Was it hard to head after playing with feet? Why?</p>
<p><u>Final Game</u> 9v9 w/ a goalkeeper</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Use water breaks to review tactics, technique or principles of the game</p>



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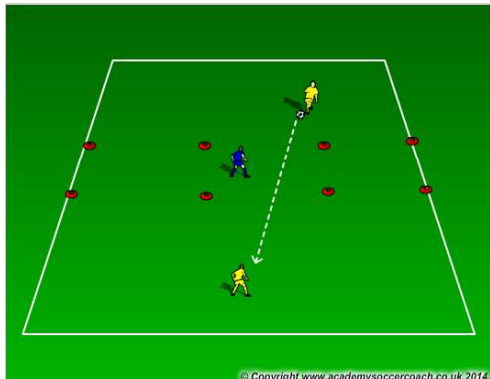
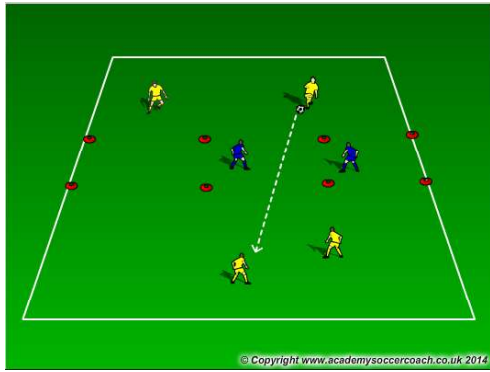


Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> DEFENDING FOOTWORK The server will pass the soccer ball to the attacker and the defender will press the ball. The receiver will dribble the ball and the defenders will back up keeping a good defending posture</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Body shape -Foot position -Foot work <p>Progression:</p> <ul style="list-style-type: none"> -Use cones or lines to create a lane so dribble does not go all over -First few times have defender just get used to moving backwards -Try without a ball -Dribbler go half speed 	<ul style="list-style-type: none"> -Body shape-knees bent, on balls of your feet, one foot slightly angled in front of other foot -Slow down as you get closer to the player -Watch the ball not the player <p>Discovery Question:</p> <ul style="list-style-type: none"> -Why do we keep one foot in front of the other? -Why do we watch the ball?
<p><u>Activity 2</u> DEFENDING FROM SIDE As soon as server passes the soccer ball the defender will press the attacker. Score by passing or dribbling through the goal. Focus on speed and angle of approach body position etc. If defender wins the ball he/she can score</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Proper position -Body shape -Timing on when to win the ball <p>Progression</p> <ul style="list-style-type: none"> -Defender goes half speed at first -Change location of defender and/or offense and/or server 	<ul style="list-style-type: none"> -Body shape changes when going from sprinting (getting into dribbler's path) to defending -Don't have hips and shoulders square to dribbler -Be patient, wait for bad touch -Small steps with your feet when backing up <p>Discovery Question:</p> <ul style="list-style-type: none"> -Why don't we stay square to the dribbler?
<p><u>Activity 3</u> DEFENDING RECOVERY The server will serve to the attacker and as soon as the soccer ball is served, the defender needs to get in between the ball and the goal to cut the path of the attacker with good speed and angle of approach. If defender wins the ball he/she can score</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Recognize when and how to attack the ball -Getting in front of defender -Timing <p>Progression</p> <ul style="list-style-type: none"> -Dribbler starts of walking or going half speed. -Change location of defender and/or offense and/or server 	<ul style="list-style-type: none"> -Get your entire body in front of dribbler then turn to defend -Must sprint hard to get in front of defender -Slow dribbler down, don't go right at them to win the ball <p>Discovery Question</p> <ul style="list-style-type: none"> -What are you thinking about when trying to get in front of the dribbler?
<p><u>Final Game</u> 9v9 w/ a goalkeeper</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Keep building athletes first and soccer players second</p>



Lesson Plan Form

Coach: Session date: Team/Age: U12s

Theme: Session 7: Defending 2

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> INTERCEPTOR 1 10 x 15 grid 1 player on each end line & 1 in the middle of the grid in a 1 yrd zone. The 2 on end lines try to connect passes. Score a point for every pass. Interceptor tries to either intercept or deflect pass. Passers can not go into center zone. Defender can move out of center zone.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Reading of player -Pushing player to sides -Defensive shape <p>Progression: -Time limit for passers to pass the ball -Player can pass or dribble. If the player dribbles to other zone they get a point and player in that zone has to switch over</p>	<ul style="list-style-type: none"> -Get in front of ball and player -Stay on toes, feet staggered, leaning forward -Be patient and wait for bad touch or other opportunity to win ball <p>Discovery Question: -What did you have to watch in order to decide when the player would pass</p>
<p><u>Activity 2</u> INTERCEPTOR 2 Same as above but with 2 players in each zone and 2 defenders</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Communication -Pressure and cover -2nd defender proper position <p>Progression -Have kids play with hands and move at half speed.</p>	<ul style="list-style-type: none"> Stagger position -Push to one side or the other -Second defender talk to first defender <p>Discovery Question: -What did you say to your partner when defending? What kinds of words would be helpful</p>
<p><u>Activity 3</u> 5v4+1 2 grids and 2 teams of 5 players. One grid has 5v4 and the 5 play possession while the 4 defend. Once the 4 win the ball they play to their player in their grid and all move into that grid except for 1 player of the team that lost possession.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Communication -Transition - Vision -Tactical awareness 	<ul style="list-style-type: none"> -When you loose the ball immediate pressure on the ball -First defender pressure ball -Other defender close down passing lanes -Keep adjusting as ball and attackers move <p>Discovery Person: -When did it work to double team?</p>
<p><u>Final Game</u> 9v9 w/ a goalkeeper</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Beware of "Creeping Professionalization." (Winning comes first, Think kids will play like adults, Not having fun...)</p>



Lesson Plan Form

Coach: Session date: Team/Age: U12s

Theme: Session 8: Shooting 1

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> CROSS SHOOTING 2 goals about 20-25 yds apart and 2 other goals 20-25 yds apart so the path between the goals crosses each other. Put a grid in the middle about 10 yds square. Players divide equally behind each goal. Dribble at goal across from them and then shoot when they get into the center grid.</p>		<ul style="list-style-type: none"> -Shooting moving ball -Shots on goal -Technique -Shooting in traffic <p>Progression: -Have a player play between legs of the shooter who runs on to receive it and then dribbles into grid. -Have player toss ball up and then control and dribble into grid</p>	<ul style="list-style-type: none"> -Shoot for accuracy before power -Keep the ball moving -Find shooting window -Shoot even if your not in perfect spot. <p>Discovery Question: -How did you get a good shot off in the grid with all the traffic? -What did you need to do to shoot for accuracy?</p>
<p><u>Activity 2</u> CHECK IN CHECK OUT Use same set up as above. Players check into center grid and then check out toward goal they came from. Server passes ball and they one touch into goal</p>		<ul style="list-style-type: none"> -Vision -Quick steps -Technique <p>Progression: -Have servers serve ball underhand so it bounces -Players check into grid but then check out to goal to the right or left of them -Have kids do a faint in the grid</p>	<ul style="list-style-type: none"> -Keep your eyes up -Go into grid and change speed coming out of grid -Keep body over the ball, keep ball low, and follow shot -Get foot off the ground and hit ball and center or just above <p>Discovery Question -How did you keep the ball low? -When did you use the inside of your foot verses the laces?</p>
<p><u>Activity 3</u> 3v3+1 in the middle 2 goals in a grid about 40 x40. In the center there is a 4x40 yrd grid going across the field. Play 3v3 with 1 player in middle grid. This player is always offence and can't get the ball stolen from them they also must stay in center grid.</p>		<ul style="list-style-type: none"> -Drop pass -Use of supporting players -Finding shooting window -Quick shots <p>Progression -Change to 2v2 or 4v4 to increase shots or create different scenarios.</p>	<ul style="list-style-type: none"> -Use check in check out -Shoot when there is a little window -Shoot on first or second touch -Communicate when you are open <p>Discovery Question: -When/How did you use the person in the middle? -What did you have to do after passing to middle person?</p>
<p><u>Final Game</u> 9v9 w/ a goalkeeper</p>		<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Encourage kids to take risky shots and make risky moves</p>



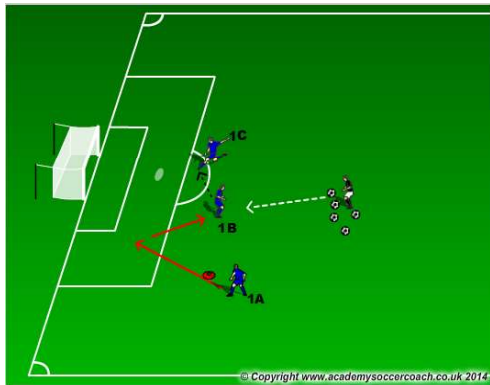

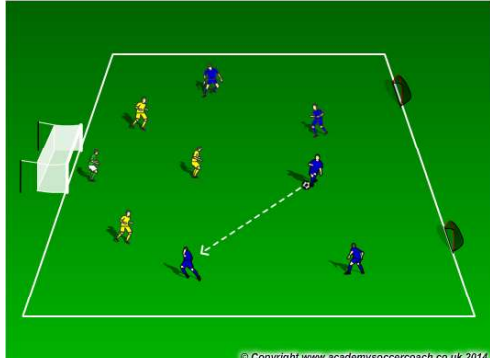

South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U12s

Theme: Session 9: Shooting 2

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> CHECK IN CHECK OUT FROM VARIOUS SPOTS Have several areas set up around the penalty area. Player runs about 10 yards away (check out) then checks back in toward ball. They receive a pass and shoot.</p>		<ul style="list-style-type: none"> -Movement -Timing and shooting -Communication <p>Progression</p> <ul style="list-style-type: none"> -Server can serve air balls -Add a defender who plays 50% 	<ul style="list-style-type: none"> -Call for the ball when receiving -Shield the ball and make quick turns to the left or right to shoot -Sometime let the ball keep rolling and one touch shoot it -Keep shots on goal <p>Discovery Question: -When did you let the ball roll and when did you touch it before shooting? What is the advantage and disadvantage of each?</p>
<p><u>Activity 2</u> FLYING CHANGES 2 goals about 30 yards apart. Team divided & behind each goal. 2 players from one goal start with ball and come out. 2 players from other goal defend. Once shot is taken or ball is out of play the 2 defenders immediately attack and 2 new players come in to defend</p>		<ul style="list-style-type: none"> -Quick shots -Shot choice -Movement to get open to shoot <p>Progression</p> <ul style="list-style-type: none"> -Can play 3 offence and 2 defenders 	<ul style="list-style-type: none"> -First option is look for shot -Penetrate and keep moving forward if possible -Movement off the ball: cross over, overlap, give and go <p>Discovery Question: -What did you do when you were offence but without the ball</p>
<p><u>Activity 3</u> BIG GOAL AND FLANK GOALS Use about half the field with 1 big goal and 2 small goals near the flanks at midfield. Play 5v3 plus a keeper. 5 Try and score on big goal and 3 try to score on flank goals.</p>		<ul style="list-style-type: none"> -Communication -Use of space -Tactical decision making -Shot accuracy <p>Progression:</p> <ul style="list-style-type: none"> -Change to 5v4 or 4v3 -Limit touches 	<ul style="list-style-type: none"> -Offense stay wide -Remember triangles -Look for throw balls -Offense immediate pressure if you loose the ball -Every one follow shot <p>Discovery Question: -What did you do to get open? -How did your shots change depending upon situation?</p>
<p><u>Final Game</u> 9v9 w/ a goalkeeper</p>		<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Using phrases like: "You're not the kind of person who would..." can help kids be self motivated while you are directing and encouraging</p>




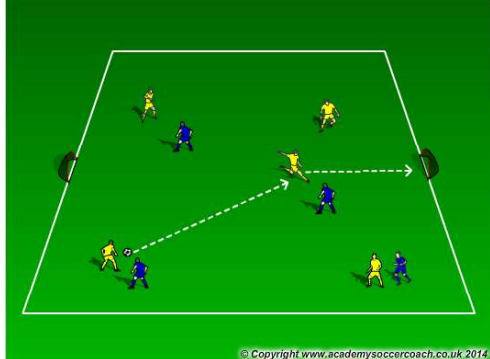


South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U12s

Theme: Session 10: Final Third

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u></p> <p>2v1 Divide into groups of 3 and have kids make a goal a yard or so wide. Kids play 2v1. After about 1-2 min have the kids switch defenders. Continue switching ever minute or so</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Teamwork -Decision making -Shot vs. pass choice <p>Progression: -Can only make 3 passes before there must be a shot</p>	<ul style="list-style-type: none"> -When the goal is open have a shot -Try and beat the defender once in awhile -Second offensive person needs to keep moving to get open -After a pass make an immediate run <p>Discovery Question: -What did you do to keep your shots on goal?</p>
<p><u>Activity 2</u></p> <p>BALL KEEPERS VS BALL SCORERS 2 teams Ball keepers have 1 or 2 additional players. Inside a grid the ball keepers try and make "X" amount of passes for a goal. Ball scorers try and score at goals at either end of field (make a goal about 4-6 yards wide)</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Shot choice -Turing and shooting -Technique -Use of space -Decision making 	<ul style="list-style-type: none"> -When turning to shoot either let the ball roll and one touch or give it a slight re-direct to one side or another -Don't wait for perfect shot -Head down, body over ball, lock ankle -Movement off the ball -Use wide players to create shooting chances <p>Discovery Question: -When did you pass? shoot? dribble?</p>
<p><u>Activity 3</u></p> <p>FLYING CHANGES 2 goals about 30 yards apart. Team divided & behind each goal. 2 players from one goal start with ball and come out. 2 players from other goal defend. Once shot is taken or ball is out of play the 2 defenders immediately attack and 2 new players come in to defend</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> Quick shots -Shot choice -Movement to get open to shoot <p>Progression -Can play 3 offence and 2 defenders</p>	<ul style="list-style-type: none"> -First option is look for shot -Penetrate and keep moving forward if possible -Movement off the ball: cross over, overlap, give and go <p>Discover Question: -What did you do when you were offence but without the ball</p>
<p><u>Final Game</u></p> <p>9v9 w/ a goalkeeper</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Sometimes stopping when kids do it right is more effective than stopping when it's done wrong.</p>