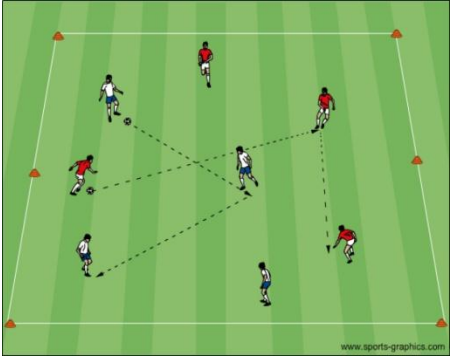
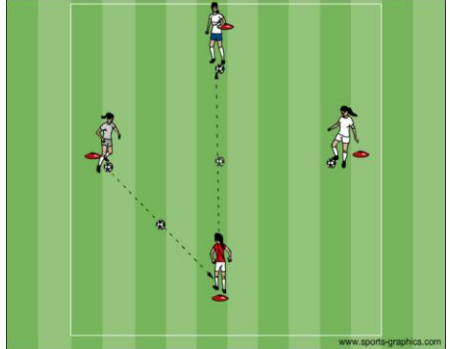
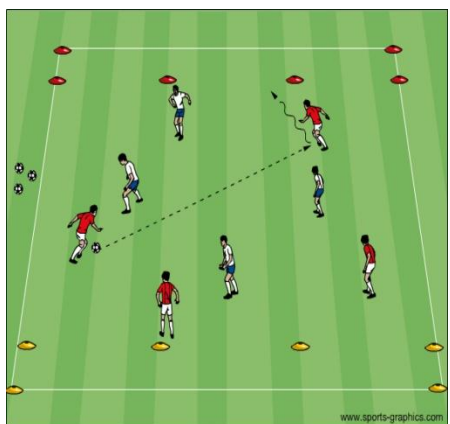


U12 --- Week 4

Topic: Attacking Shape

<p>Technical Warm up</p> 	<p>Organization</p> <p>Inter Passing in 3's or 4's: Players are in teams with different colors. Each team has one ball and passes and moves freely in the 30x 40 yard grid. Coach: Concentrate on polishing the mechanics of passing and receiving as well as player's technical speed and individual/group shape.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Strike the ball with the proper weight and surface • Take 1st touch toward a passing option • Keep body position open to the field • Develop rhythm of play in traffic • Communication <p><i>Time: 15 minutes</i></p>
<p>Activity</p> 	<p>Organization</p> <p>Baseball Passing: Set up small baseball diamonds with cones. 4-5 players per diamond with 2 balls. The players at 1st and 3rd base start with the ball with the player at home plate working. 1st base player starts by passing the ball to the player at home plate. Home plate player cannot pass it back to where it came from and must find the open player. 3rd base player now passes and the drill continues. Run for 2 minute and rotate around the diamond.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Look up before receiving the pass to see where you need to pass • Keep body position open to the field • Passes on the ground • Restrict to one touch • Communication • Compete against other groups # of passes in certain time <p><i>Time: 20 minutes</i></p>
<p>Exp. Small Sided Game</p> 	<p>Organization</p> <p>4v4 or 5v5 to End Zones: Two teams of 4 or 5 players each play in a 30x40 area with a 2-3 yard end zone on the 30 yard lines Each team defends one end zone and attacks the other. If a team successfully plays the soccer ball into the opposite end zone, they receive a goal. In order to score, the player receiving the soccer ball must arrive into the end zone when the ball is arriving. Waiting for the soccer ball in the end zone will be off-sides. The defenders cannot enter the end zone.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Recognize visual cues such as: <ul style="list-style-type: none"> ○ Teammates body shape ○ Supporting positions ○ Defending pressure ○ Runs • Rhythm of play based on what the game gives you by increasing speed of play at the right time • Adjust team shape as other players move <p><i>Time: 20 minutes</i></p>
<p>Game</p> <p>6v6 to 8v8 Scrimmage</p>	<p>Organization</p> <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • All of the above <p><i>Time: 30 minutes</i></p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5 Minutes</p>	