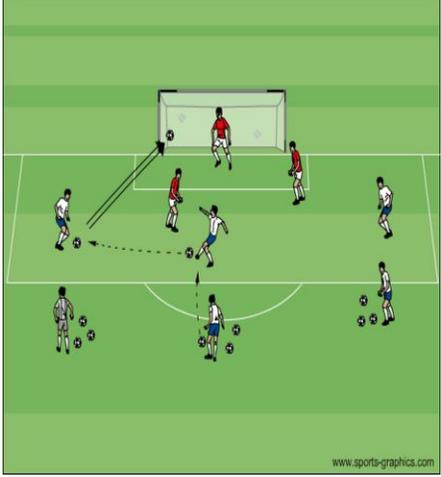
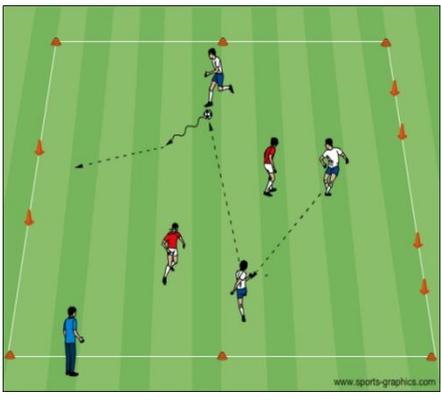
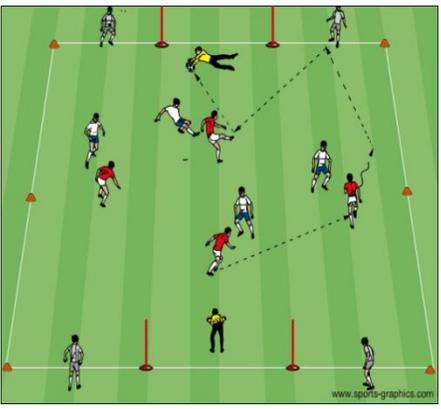


U12 --- Week 8

Topic: Penetration by Dribbling, Passing and/or Shooting

Activity	Organization	Coaching Pts.
	<p>Penalty box battle : Divide your team into 3 groups-passing, attacking & defending. Attacking & defending start inside the penalty area and the passing group is at the top of the box each player with a few balls. There must be one extra offensive player vs. defenders. Coach calls a name of passing player who plays the ball to an attacking player. They must pass or shoot as quickly as possible. The object is to score as many goals in 2 minutes as possible. Groups change roles after 2 minutes.</p>	<ul style="list-style-type: none"> • Each group keep score of their goals • Receive the ball and <ul style="list-style-type: none"> ○ Shoot ○ Pass ○ Dribble for a shot or pass • Keep your head up and use peripheral vision • Change of direction and speed, explode into space if defender does not commit • Decide to pass or dribble to score depending of the defenders pressure Time: 15 minutes
Small Sided Game	Organization	Coaching Pts.
	<p>3v2 Game: In a 25x30 yard grid two teams are trying to score. The team of two is trying to penetrate quickly by passing through the goals as soon as they can get possession in any of the two cone goals defended by the team of three. The team of three is trying to penetrate the team of two by dribbling and passing.</p>	<ul style="list-style-type: none"> • Reinforce passing and receiving technique • Use support players to making attacking decisions: <ul style="list-style-type: none"> ○ When to dribble ○ When to pass <ul style="list-style-type: none"> ▪ To connect ▪ To combine • Encourage players to be creative • Work together to score • Verbal & visual communication Time: 15 minutes
Exp. Small Sided Game	Organization	Coaching Pts.
	<p>4v4 or 5v5 with 4 Targets and GK's: Two groups of 4 players are trying to score goals after receiving a ball from the target players. Coach: start the game by the players connecting with the targets to score. After a while allow the players to make the decision to use them or not. Switch targets and field players every so often.</p>	<ul style="list-style-type: none"> • All of the above • Shooting technique • Visual cues should determine how to penetrate • Encourage finding the goal as quickly as possible • Stress that first look is always to penetrate <p style="text-align: right;">Time; 20 minutes</p>
Game	Organization	Coaching Pts.
6v6 to 8v8 Scrimmage	Play a game with Goalkeepers.	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes	