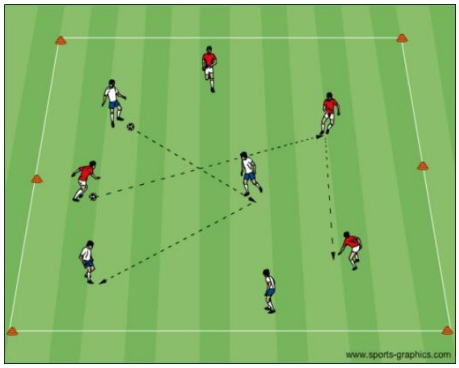
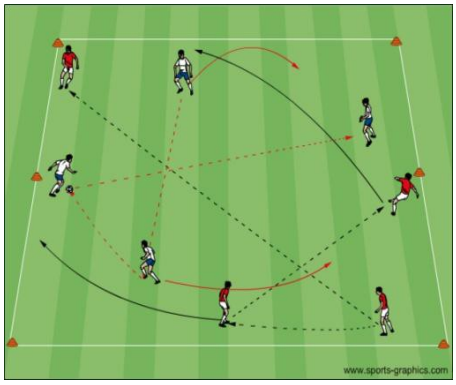
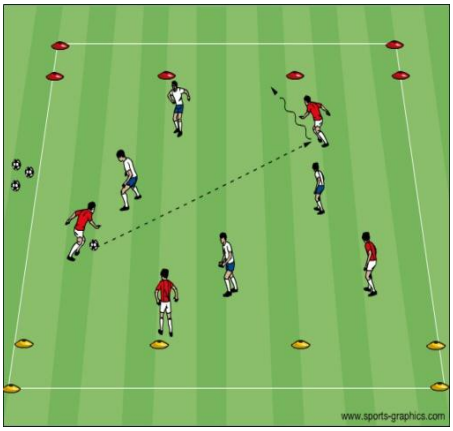
U12 - Lesson Plan - Week 4

Topic: Attacking Shape

Objective: To help the players understand the importance of individual, group, and team shape when in possession of the ball

Technical Warm up	Organization	Coaching Pts.
	**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.	• 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 ***Time: 15 minutes***
Small Sided Game	**Organization**	**Coaching Pts.**
	**4v0 + 4v0**: Two groups of 4 players each with one ball per group. Play through each other in the ~~same 30x~~40 yard grid. Each group focuses on their ball, individual/group shape, and speed of play. **Coach**: Encourage players to keep a diamond/kite shape with players always being in good supportive positions.	• Survey the area at all times. This way players can anticipate what to do next with and without the ball • Keep body position open to the field • Increase speed of play in traffic • Keep the width and the depth • Communication ***Time: 20 minutes***
Exp. Small Sided Game	**Organization**	**Coaching Pts.**
	**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 de~~fends 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.	• Recognize visual cues such as: o Teammates body shape o Supporting positions o Defending pressure o 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 ***Time: 20 minutes***
Game	**Organization**	**Coaching Pts.**
6v6 to 8v8 Scrimmage	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.	• All of the above **Time:** ***30 minutes***
COOL DOWN	Activities to reduce heart rate, static stretching & review session. **Time: 5 Minutes**	