



Season: Spring 2015

Age Group: U12

Week: 10

Topic: Fantastic 5 Games

Objective: To have the plyers adapt and comply to different game demands

Stage	Activity Description	Diagram	Coaching Points For All Games
<p>Technical Warm Up</p>	<p>4v0 + 4v0: (10 minutes) Two groups of 4 players each with one ball per group. Play through each other in the same 30x40 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.</p> <ul style="list-style-type: none"> Play 4 rounds of 2 minutes each with 30 seconds rest in between rounds 	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<p>Coach (C): What surface of the foot should you use to pass? Player (P): The inside, the laces or the outside of my foot? C - What should you do before making the pass? P – Make eye contact and call the receiver’s name C – What do you do before receiving the pass? P – Make eye contact with the passer, open my body to receive the ball and watch the ball onto my foot</p>
<p>Game 1</p>	<p>Number of Passes = The Value of the Goal: However many consecutive passes a team makes prior to scoring is how many points the goal is worth (5 passes + a goal = 6 points, 2 passes + a goal is worth 3 points.) A goal is always worth 1 point.</p> <ul style="list-style-type: none"> Play 2 rounds of 11 minutes each with 3 seconds rest in between rounds 	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<p>C - When should you try to possess rather than penetrate? P - If there is no space to play into the defense or behind the defense I should look for support to possess. C - Who should you provide support to the player with the ball? P - When I am the either the closest person to the ball or one of the closest people to the ball. C- When should you make a penetrating pass? P – When we have a supporting player in an advance position with a chance to split the defenders with a pass.</p>

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<p>Game 2</p>	<p>Top Gun Divided the playing area into 3 zones - two end zones of 8 yards and a central zone of 14 yards long</p> <ul style="list-style-type: none"> • Scoring: <ul style="list-style-type: none"> ○ Directly from the middle zone: 100 pts. ○ Rebound goal: 50pts ○ Inside the zone shot: 1pt • Play 2 rounds of 11 minutes each with 3 seconds rest in between rounds 		<p>C - What part of the field can you shoot from? A - Any part of the field is my shooting range as long as i can see the goal.</p> <p>C - Why should you get your knee over the ball when striking it? A - My knee over the ball tells me that I am leaning forward and that will help me keep my shot lower.</p> <p>C - Why should I keep the ball low? P - A low driven ball away from the Goalkeeper is difficult to save.</p>
<p>Game 3</p>	<p>Play the Game: Play a 5v5 soccer game with no additional conditions; only use the rules of soccer.</p> <ul style="list-style-type: none"> • Play 2 rounds of 11 minutes each with 3 seconds rest in between rounds 		<p>C - When and how should we penetrate? P - On the dribble when we have space in front of us or when we have 1 defender to beat. With a pass when we can connect with a player in advance position by splitting the defense.</p> <p>C - When should we support the player with the ball? P - Every time the ball moves we need to get in a new supporting position. W#E should be to the right, left if front and behind the player with the ball.</p> <p>C- Why should you be moving during the game instead of standing around? P – To create new passing and dribbling lanes.</p>