



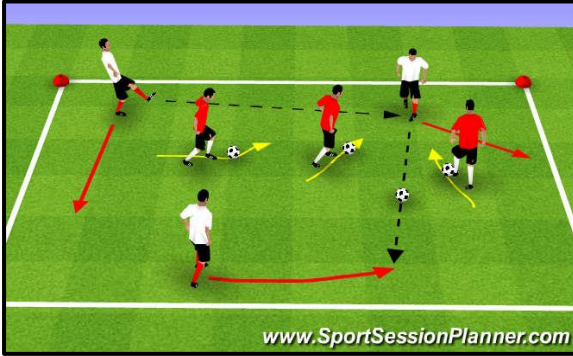
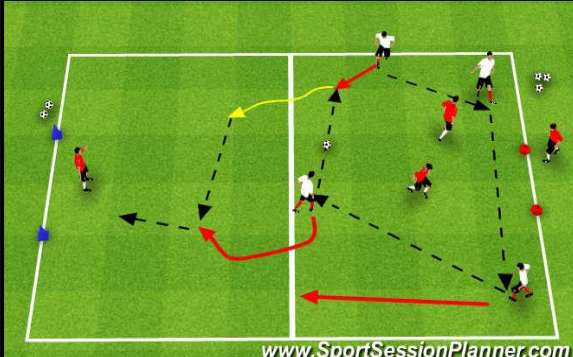
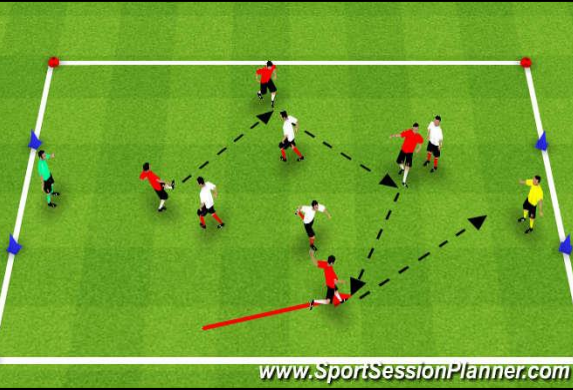
2013 - U12 - Spring Lesson Plan - Week Three



Module 2: Passing and Receiving

Topic: Passing to keep Possession

Objective: To improve the player's ability keep possession

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p><u>3 Passers and 3 Dribblers:</u></p> <ul style="list-style-type: none"> • Area: 15x15 yard grid • Start the activity with 3 players passing the ball and one dribbler trying to get in their way as the players are connecting passes • Add dribblers as the players continue to connect passes <ul style="list-style-type: none"> ○ 1-5 passes: 10 points – 1 dribbler ○ 6-10 passes: 10 points - 2 dribblers ○ 8+ passes: 10 points – 3 dribblers • If the passers lose possession 3 times, switch roles 	 <p>www.SportSessionPlanner.com</p>	<p>Passing</p> <ul style="list-style-type: none"> • Toe up (inside) or down and turned in (outside) • Placement of the non-kicking foot and good balance • Surface of the foot and Surface of the ball to strike <p>Receiving</p> <ul style="list-style-type: none"> • Keep your feet moving before the ball arrives and go to it • Keep ankle of receiving foot locked and body behind ball • Eyes on the ball at instant of reception • First touch is directional
<p>Stage II Small Sided Activity</p>	<p><u>3v1(2) to One Goal and Small Goal:</u></p> <ul style="list-style-type: none"> • Area: 35Lx35W yard grid – Big Goal 6 yards – Small Goal 2 yards • 3 players are keeping possession of the ball and need 4 passes to go to goal; meanwhile, a defender is trying to get the ball and score in the small goal. After the attacking team makes 3 passes, a second defender comes in • When the defenders get the ball, they need to complete two passes before scoring • The attacking team will switch after three attempts 	 <p>www.SportSessionPlanner.com</p>	<p>Support</p> <ul style="list-style-type: none"> • Before and after the pass, move and create new passing lanes for your teammates • Do not stand behind a defender • Get in good supporting positions • Ask for the ball – Do not say HERE! • Play the way you face
<p>Stage III Expanded Small Sided Activity</p>	<p><u>5v5(GK+4v4+GK) Everyone Touches the Ball:</u></p> <ul style="list-style-type: none"> • Area: 35Lx30W yard grid with two 6 yard goals • Two teams playing to score in the opponent's goal • All the players on the possession team must touch the ball before scoring. If they lose possession, they need to start the rally again 	 <p>www.SportSessionPlanner.com</p>	
<p>Stage IV Conditioned Game</p>	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to possess and when and how to pass 		