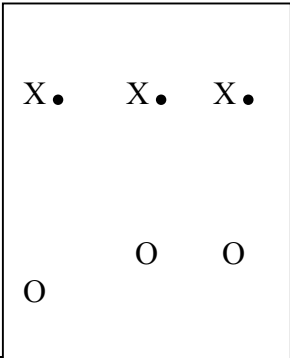
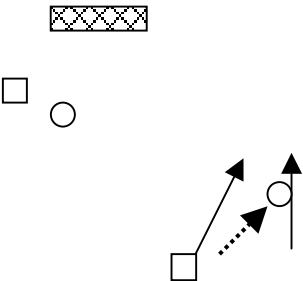
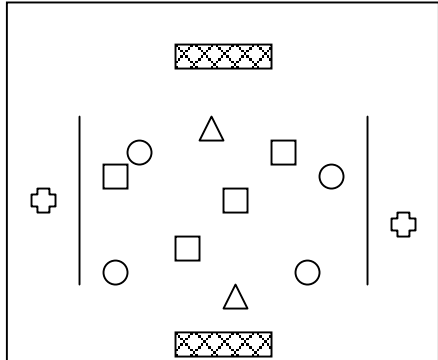


| Activity Name | Description | Diagram | Purpose/Coaching Points |
|---|--|--|--|
| 1. WARM-UP | | | |
| <p>Players organize themselves into pairs. Everyone in a half of the field, half of the players need a ball</p> | <ul style="list-style-type: none"> Players jog around sporadically, players with a ball look to cross the ball to one of the players without a ball Stretch then repeat <p>Progressions: Specify which foot they must cross with</p> |  | <ul style="list-style-type: none"> Hips turned to face target Head looking down at ball Angle of approach Preparation touch before crossing <ul style="list-style-type: none"> Quality of cross – weight, accuracy, timing |
| 2. CROSSING TO TARGET | | | |
| <p>Players organize themselves into groups of two. Two attackers. Two defenders. One ball.</p> | <ul style="list-style-type: none"> Square passes ball to circle Circle plays ball with first touch towards end line and then crosses the ball As soon as square passes the ball they pressure the crosser One attacker and one defender by goal <p>Progressions: Switch to other side of field so crosser has to use other foot</p> |  | <ol style="list-style-type: none"> Disguise your time of passing. Supporting player also needs a good touch. The closer you take the ball to the defender, the better. Angle of support has to be correct. |
| 3. 5v5 ZONAL PLAY | | | |

| | | | |
|--|---|--|---|
| <p>Now the players organize themselves Play 5v5 (4 field players and a GK) in a 50-x-74 yard area with 15 yard wide flank zones on each side</p> | <ul style="list-style-type: none"> One neutral player plays in each of the flank zones and cannot be challenged A premium is placed on players timing runs into the box (as to get free from a marker) and receiving a cross from the flank player <p>Progressions: Allow flank players to come into the regular field</p> |  | <ul style="list-style-type: none"> Hips turned to face target Head looking down at ball Angle of approach Preparation touch before crossing Quality of cross – weight, accuracy, timing Type of cross <ul style="list-style-type: none"> Driven to near post – flicked header Lofted to far post – driven header or volley |
| <p>4. SCRIMMAGE 8 VS. 8</p> | | | |
| <p>The players organize themselves into two teams of eight, including a goalkeeper on each team.</p> | <p>Play an 8 vs. 8 match according to US Youth Soccer modified rules for U12.</p> | <p>Play on a regulation U12 field with goals in accordance with US Youth Soccer rules.</p> | <p>Driven to near post – Lofted to far post – driven ball to target</p> |
| <p>5. COOL-DOWN</p> | | | |
| <p>Juggle in pairs.</p> | <p>50 touches between partners and then stretch. Finish with individual juggling. Try to beat your personal record. Stretch and replenish fluids.</p> | <p>X . X</p> | <p>Recap the key points of executing wall passes and double passes.</p> |