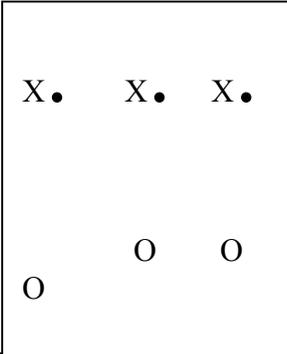
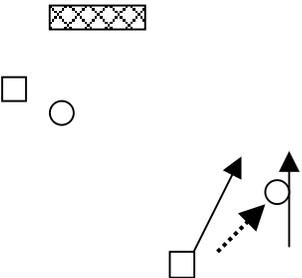
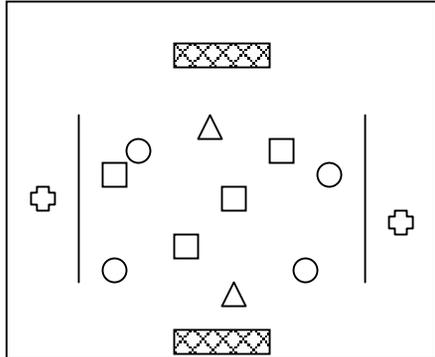


Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1. WARM-UP</b>			
<p>Players organize themselves into pairs. Everyone in a half of the field, half of the players need a ball</p>	<ul style="list-style-type: none"> <li>▪ Players jog around sporadically, players with a ball look to cross the ball to one of the players without a ball</li> <li>▪ Stretch then repeat</li> </ul> <p><b>Progressions:</b> Specify which foot they must cross with</p>		<ul style="list-style-type: none"> <li>▪ Hips turned to face target</li> <li>▪ Head looking down at ball</li> <li>▪ Angle of approach</li> <li>▪ Preparation touch before crossing                             <ul style="list-style-type: none"> <li>▪ Quality of cross – weight, accuracy, timing</li> </ul> </li> </ul>
<b>2. CROSSING TO TARGET</b>			
<p>Players organize themselves into groups of two. Two attackers. Two defenders. One ball.</p>	<ul style="list-style-type: none"> <li>▪ Square passes ball to circle</li> <li>▪ Circle plays ball with first touch towards end line and then crosses the ball</li> <li>▪ As soon as square passes the ball they pressure the crosser</li> <li>▪ One attacker and one defender by goal</li> </ul> <p><b>Progressions:</b> Switch to other side of field so crosser has to use other foot</p>		<ol style="list-style-type: none"> <li>1. Disguise your time of passing.</li> <li>2. Supporting player also needs a good touch.</li> <li>3. The closer you take the ball to the defender, the better.</li> <li>4. Angle of support has to be correct.</li> </ol>
<b>3. 5v5 ZONAL PLAY</b>			

# Lesson Plan

<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"> <li>One neutral player plays in each of the flank zones and cannot be challenged</li> <li>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</li> </ul> <p><b>Progressions:</b> Allow flank players to come into the regular field</p>		<ul style="list-style-type: none"> <li>Hips turned to face target</li> <li>Head looking down at ball</li> <li>Angle of approach</li> <li>Preparation touch before crossing</li> <li>Quality of cross – weight, accuracy, timing</li> <li>Type of cross             <ul style="list-style-type: none"> <li>Driven to near post – flicked header</li> <li>Lofted to far post – driven header or volley</li> </ul> </li> </ul>
<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>