



MASSACHUSETTS YOUTH SOCCER

Season **Spring 2016** Topic **Dribbling for Penetration**

Objectives (5 W's)
Who: #8, #9, #10 **Where:** In the attacking half of the field
What: Dribbling, Receiving, Penetration, Improvisation
When: In possession of the ball with space to attack behind the defense
Why: To penetrate the opponent's defense and create goal scoring opportunities

Organization

Duration Intensity

Area: 30Wx 40L yard grid divided into 2 x 15 yard wide channels.
 Part 1. A player from each end-line dribbles towards each other in the channel, performs a move to the right side and accelerates past the approaching player and passes to next player (repeat). Same as before now perform a move to the left side.
 Part 2. Play a 1v1 game in the channel to the end-lines.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling, running w/the ball, head up, surface of foot to touch ball forward, distance of dribble touch, acceleration into space behind defender, change of direction and pace, use of turns, moves, feints.
 Attacking Principles - Penetration: Where? When? Why? Improvisation: Where? When? Why?

Stage 1 Dribbling Lanes



Stage 2 4 v 3 to Goal w/Counter Goals



Organization

Duration Intensity

Area: 47Wx40L yard area with a big goal and 2 counter goals
 Target Team (Red): #'s 6, 8, 9, 10 - Opposition Team (White): #'s 1, 4, 5
 Red players alternate dribbling the ball onto the field to start play. Red plays to score on big goal. If White wins the ball they score in the counter goals.
 Goals scored after dribbling by an opponent is 10pts, all other goals are 1pt.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling to penetrate, surface of foot, distance of dribble touch. Receiving the ball to go forward, change of direction and pace, use of turns, moves, feints, acceleration past defender.
 Attacking Principles - Penetration: Who? When? Where? Improvisation: When? Why? Width: Who? Why?

Organization

Duration Intensity

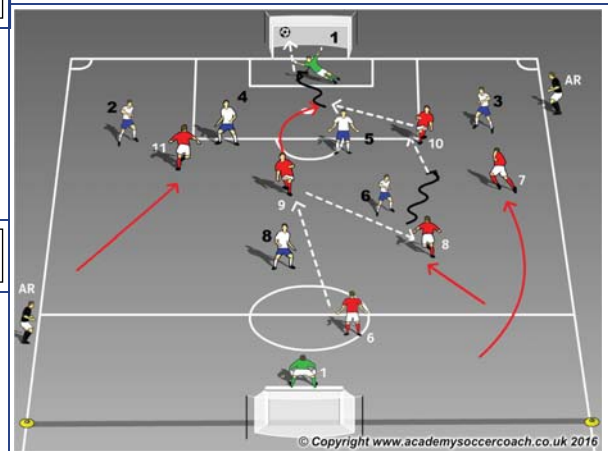
Area: 47Wx60L yard with 2 big goals
 Target Team (Red): #'s 1, 6, 7, 8, 9, 10, 11
 Opposition Team (White): #'s 1, 2, 3, 4, 5, 6, 8
 Each team is trying to score in opponent's goal. All rules apply. Goals scored after dribbling to penetrate by an opponent is 10pts, all other goals are 1pt.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling to penetrate. Receiving to go forward.
 Attacking Principles - Penetration: Who? Where? When? Improvisation: When? Why? Width: Who? Where? Why?

Stage 3 7 v 7 to Goal



Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution of Dribbling to Penetrate a defense, Attacking Principles, 5W's, Speed of Play



U12 Session Plan

MASSACHUSETTS YOUTH SOCCER

Season Spring 2016 **Topic** Dribbling for the #7 & #11

Objectives
(5 W's)

Who: #7 & #11 **Where:** In the flanks of the attacking half
What: Dribbling & Running with the ball to Penetrate
When: When in possession of the ball & there is space to attack behind the defense
Why: Create more scoring chances when close to goal

Organization

Duration Intensity

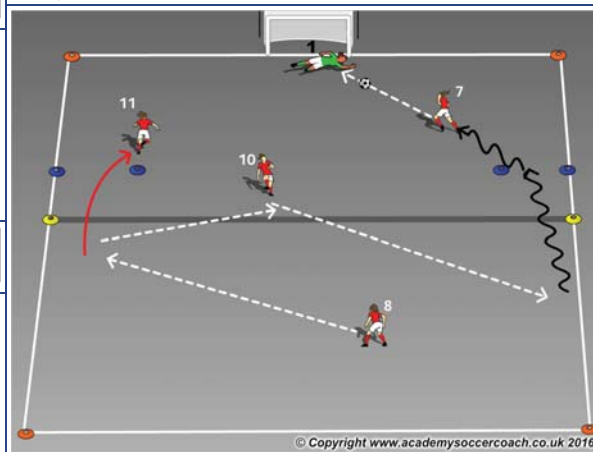
Area: 40Wx50L yard field, a 4 yard gate by each sideline in the attacking half, 1 big goal. Target team (Red): #'s 7, 8, 10, 11 – Opposition team (White): #1. Everyone on the red team needs at least 1 touch on the ball. The #7 or #11 have to be the final player to receive the ball. Once he/she receives it, they dribble through their gate toward the goal and strike the ball into the gk's (#1) hands.

Coaching Points

Activity Time Rest Intervals

What? Technique: Dribbling/Running with the ball. Get in line with the flight of the ball. Head Still and eyes on the ball. Receiving. Surface of the foot and the ball to move forward. Preparation touch to play forward (distance). Change of pace.

Stage 1 4v1 to Goal (Pattern Play)



Stage 2 4v4 to Goal & Counters



Organization

Duration Intensity

Area: 40Wx50L yard field with 1 big goal and 2 counters. Target team (Red): #'s 7, 8, 10 & 11 – Opposition team (White): #'s 1, 2, 3 & 6. Red scores in the big goal & White in either counter goal. If a goal is scored or assisted by #'s 7 or 11, the goal is worth 5 points, all other goals, 1 point. Challenge the Red to score 10 points before White scores 5 points.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling to beat an opponent: Different moves to get around an opponent. Accelerate once past the opponent. Receiving: surface of the foot and the ball to move forward. Turning and preparation touch to play forward.
 Attacking Principles - Penetration What? Where? When? Width: Who? Where?
 Support: Who? When? Where?

Organization

Duration Intensity

Area: 47Wx60L yard field, big goal both ends. Target team (Red): #'s 1, 5, 7, 8, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 6, 8, 9, 10. Both teams attack and defend 1 big goal. All rules of soccer apply. Goals or assists by #7 or #11, add bonus (coaches choice).

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling. Passing. Receiving. Shooting.
 Attacking Principles - Penetration: Where? When?, Width: Who? Where? Support: Who? When? Where? Mobility: Who? Where? When? Why? Improvisation: When? Why?

Stage 3 7v7 to Goal



Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution, Attacking Principles (5 W's), Speed of play



MASSACHUSETTS YOUTH SOCCER

Season

Topic

PASSING AND COMBINING

Objectives (5 W's)

Who: #7, #8, #9, #11 **Where:** In the defensive and attacking half of the field
What: Passing, receiving, shooting, penetration, support, mobility
Where: In the defensive and attacking half of the field
Why: To penetrate the opponent's defense and create scoring opportunities

U12 Session Plan

Organization

Duration Intensity

Area: in a 32Wx20L yard field with two small goals on each end-line
 Target team (Red) #'s 7, 8, 9, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups try to score as many goals as they can in either side while completing the following intervals - 1: Every one touches the ball - 2: Complete one Wall Pass through the other team - 3: Complete one Up, Back and Through.

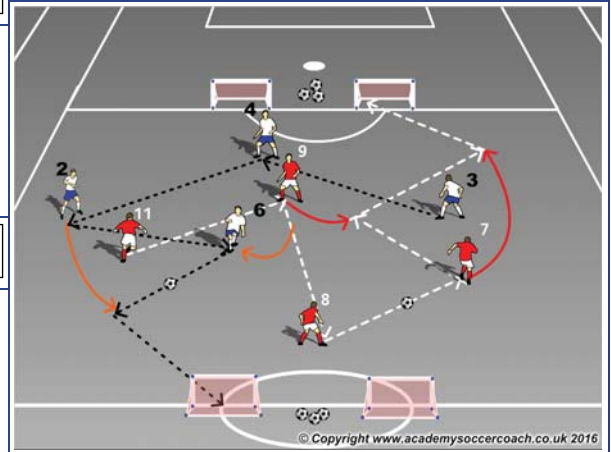
Coaching Points

Activity Time Rest Intervals

What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the center
 Receiving: Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch pushes the ball where you want to go or away from pressure

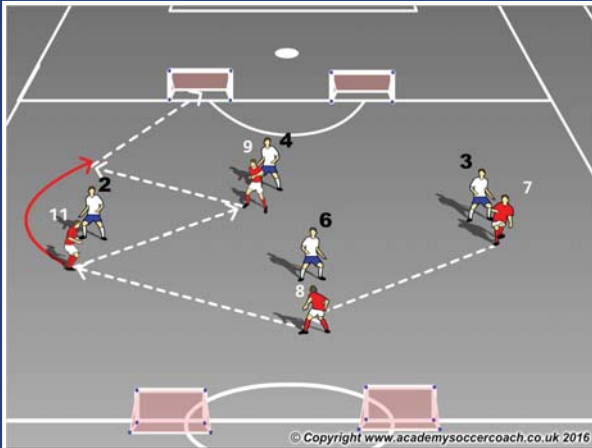
Stage 1

Wall Pass Squares



Stage 2

4v4 - 3+ Passes



Organization

Duration Intensity

Area: in a 32Wx20L yard field with two small goals on each end-line
 Target team: #'s 7, 8, 9, 11 - Opposition team: #'s 2, 3, 4, 6 - Play to score in the opponent's goal.
 When a team makes a wall pass or 3 players make consecutive passes and score the goal is worth 100 points. Play to 300 points. Any other goal is 1 point

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing: Accuracy and pace. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance

Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

Organization

Duration Intensity

Area: in a 47Wx60L yard field with goals
 Target team: #'s 1, 4, 6, 7, 8, 9, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All rules apply.

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing. Receiving. Shooting

Principles of Attack - Penetration: Who? Where? When? Why? Support: Who? Where? When? Why? Mobility: Who? When? Why? Improvisation: When? Why?

Stage 3

7v7 to Goals



Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to combine with each other

Coaching Points

Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play



MASSACHUSETTS YOUTH SOCCER

Season Spring 2016 Topic Passing from Wide Areas

Objectives (5 W's)
Who: #2, #3, #7, #11 **Where:** Attacking half of the field
What: Passing, Receiving, Shooting
When: In possession of the ball when the defense is compact centrally
Why: To penetrate the defense and create scoring opportunities

Organization

Duration 15 mins Intensity High

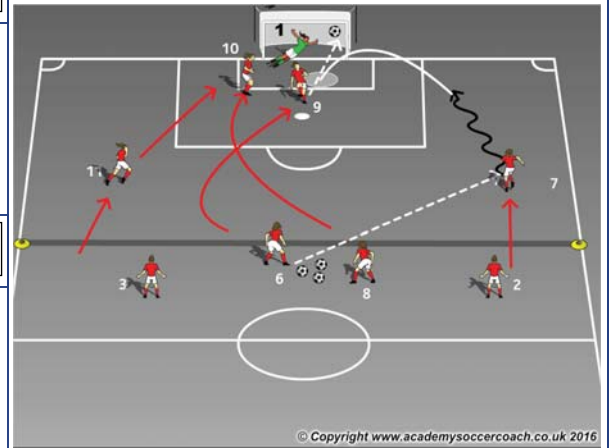
Area: 47Wx30L yard area outside the penalty area #'s 6, 8, 9, or 10, alternate serving the ball to #'s 2, 3, 7, or 11 who then dribbles down the flank and serves/crosses the ball into #'s 6, 8, 9, or 10 making runs into the box. Service should vary from aerial, to low and driven across the area. Switch sides of the service. Add a chaser to catch the flank server.

Coaching Points

Activity Time 30 sec Rest 30 sec Intervals 15+

What? Technique - Dribbling to set up a pass, prep touch, surface of foot. Passing, surfaces of the foot, types of pass, aerial, lofted, driven, bent.
 Attacking Principles - Penetration: Who? When? Width: Where? When? Support: Who? Where? Improvisation: Where? When? Why?

Stage 1 4 v 1 to Goal



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Stage 2 4 v 4 to Goal with Counter Goals



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Organization

Duration 20 mins Intensity Med-High

Area: 47Wx30L yard field with one big goal and 2 counter goals
 Target Team (Red): #'s 2, 3, 7, 11 - Opposition Team (White): #'s 1, 2, 3, 4
 Red Team plays to score on the big goal. If the White Team wins the ball they score in the counter goals. Offside is applied for the Red Team.
 Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts

Coaching Points

Activity Time 4 mins Rest 1 mins Intervals 4

What? Technique - Dribbling to set up a pass. Passing types, aerial, driven, lofted, bent. Receiving, foot/body surface based on type of service from the flank. Shooting or redirecting service to score.
 Attacking Principles - Penetration: Who? When? Width/Support: Who? When? Where? Mobility: Who? When? Improvisation: When? Why?

Organization

Duration 24 mins Intensity Medium

Area: 47Wx60L yard field, big goal on each end-line
 Target Team (Red): #'s 1, 2, 3, 4, 7, 9, 11 - Opposition Team (White): #'s 1, 2, 3, 4, 6, 8, 10
 Both teams attack and defend a big goal. All rules of the game apply.
 Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts

Coaching Points

Activity Time 9 mins Rest 3 mins Intervals 2

What? Technique - Dribbling. Passing from wide positions. Receiving flank service. Shooting.
 Attacking Principles - Penetration: Who? When? Width/Support: Who? Where? When? Mobility: Who? When? Where? Why? Improvisation: Who? Where? When? Why?

Stage 3 7 v 7 to Goal



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Stage 4 - 9v9

Duration 30 mins Formation R GK-3-2-3 v W GK-3-3-2 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution, Roles of #'s 2, 3, 7, & 11, Attacking Principles, 5W's, Speed of Play



MASSACHUSETTS YOUTH SOCCER

Season **Spring 2016** Topic **Individual Attacking of the #9**

Objectives (5 W's)
Who: #9 **Where:** In the attacking (final) third of the field
What: Dribbling, Passing, Receiving & Shooting to create scoring chances
When: When in possession of the ball and within striking range
Why: Create more scoring chances when within striking range

Organization

Duration Intensity

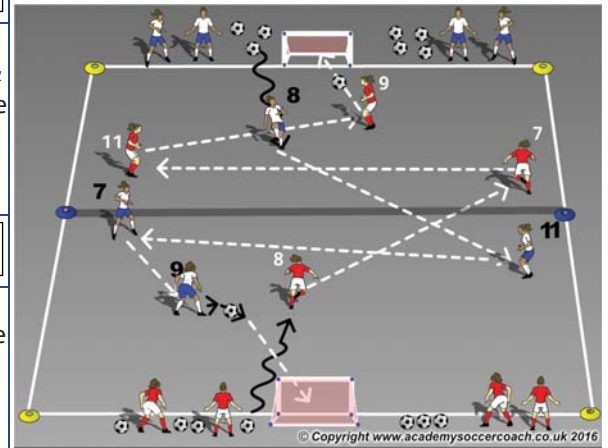
Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls by the goals. Target team (Red): #'s 7, 8, 9, 11 - Opposition team (White): #'s 7, 8, 9 & 11. Each team has 4 players on the field & 4 on deck. All the players must touch the ball then score. Once goal is scored, exit the field and team on deck enters the field. Play till 1 team scores eight goals before the other team does.

Coaching Points

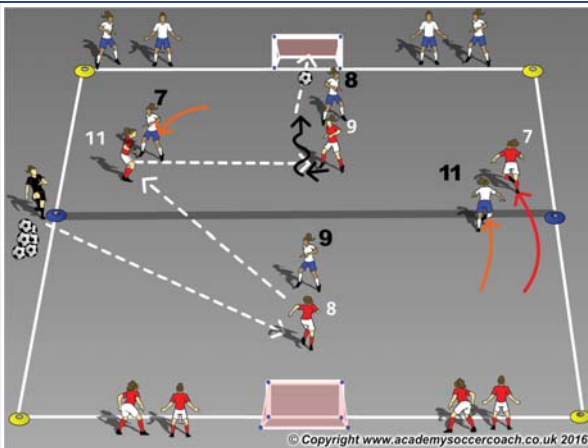
Activity Time Rest Intervals

What? Technique - Dribbling: running with the ball. Passing: Get in line with the flight of the ball. Head still & eyes on the ball. Receiving: Surface of the foot and the ball to move forward. Turning when back is to goal. Shooting: Head down to watch the ball off your foot. Preparation touch to play forward (distance from body). None kicking foot along side of the ball.

Stage 1 4v0 to Goal



Stage 2 4v4 to Goal



Organization

Duration Intensity

Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls at midfield with the coach. Target team (Red): #'s 7, 8, 9, 11 – Opposition team (White): #'s 7, 8, 9, 11. 4 players on the field and 4 on deck. Play a game for 3 minutes or 2 goals. If a goal is scored, the coach will put a new ball into play. Any goal scored by the #9 is worth 3 points and a game winner.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling: To beat an opponent. Running with the ball. Turning to beat an opponent. Passing/Receiving: Head down. Proper surface for a long/short pass. Watch the ball off your foot. Watch the ball onto your foot. Attacking Principles - Penetration: Where? When? Support: Who? Where? When? Support: Who? When? Where?

Organization

Duration Intensity

Area: 47Wx60L yard field, a big goal at 1 end and a small counter at the other. Target team (Red): 4, 6, 7, 8, 9, 10, 11 – Opposition team (White): 1, 5, 6, 7, 8, 9, 11. Red attacks the big goal. If white wins the ball, they attack the small counter goal. Any goal or assist by the Red #9 is worth 5 points.

Coaching Points

Activity Time Rest Intervals

What? Technique: Dribbling. Passing. Receiving. Shooting. Attacking Principles - Penetration: Who? Where? When? Support: Who? When? Where? Mobility-Who? Where? When? Why? Improvisation-Why?

Stage 3 7v7 to Goal and Small Counter Goal



Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution, Attacking Principles (5 W's), Speed of play



U12 Session Plan

MASSACHUSETTS YOUTH SOCCER

Season _____ **Topic** **GROUP ATTACKING - THROUGH, OVER & AROUND**

Objectives
(5 W's)

Who: #7, #8, #9, #11 **Where:** Attacking half of the field
What: Dribbling, passing, receiving, shooting, penetration, support, mobility/width
When: In possession of the ball in the attacking half
Why: To create more scoring chances around the goal area

Organization

Duration Intensity

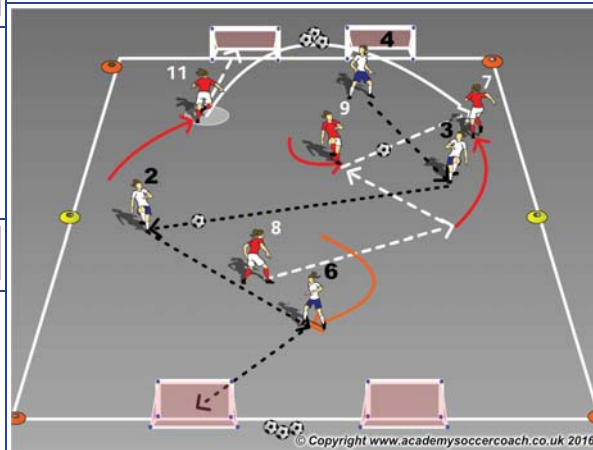
Area: in a 47Wx36L yard field with two goals on each end-line
 Target team (Red) #7, #8, #9, #11 - Opposition team (White): #2, #3, #4, #6. Groups to score as many goals as they can in either side after completing the following tasks ~ 1: Score after completing 2 split passes ~ 2: Score after completing one wall pass in the flanks ~ 3: Score from a lofted ball over the other group.

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing lofted and ground. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance. Dribbling: Running with the ball and to beat an opponent. Shooting: Preparation of the ball, surface of the foot and the ball

Stage 1 Through, Over and Around



Stage 2 4v4 - to 4 Small Goals



Organization

Duration Intensity

Area: in a 47Wx36L yard field with two goals on each end-line.
 Target team (Red): #'s 7, 8, 9, 11 - Opposition team (White): #'s 2, 3, 4, 6. Score in either of the opponent's two goals. Any goal scored after a through pass, wall pass or a pass over the defenders is worth 10 points. Play to 30 points or 5 minutes. (whichever comes first)

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing: Accuracy and pace. Receiving: Body position. surface selection of the foot and ball, first touch direction and distance. Dribbling to beat an opponent. Shooting: Surface of the foot and the ball.
 Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? ~ Mobility/Width: Who? Where? When?

Organization

Duration Intensity

Area: in a 47Wx60L yard field with big goals
 Target team: #'s 1, 4, 6, 7, 8, 9, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All rules apply.

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing. Receiving. Dribbling to beat an opponent. Shooting.
 Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Mobility/Width: Who? Where? When? Improvisation: When? Where? Why?

Stage 3 7v7 to Goals



Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to attack the goal

Coaching Points

Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play



MASSACHUSETTS YOUTH SOCCER

Season **Spring 2016** Topic **Individual Defending**

Objectives (5 W's)

Who: #4, #5, #6, #8 **Where: In the defensive half of the field**
What: Pressure: Tackling vs Delay: Pressing distance, Cover, Balance
When: When not in possession of the ball and close to your own goal
Why: Stop penetrating players from scoring or creating scoring opportunities

U12 Session Plan

Organization

Duration Intensity

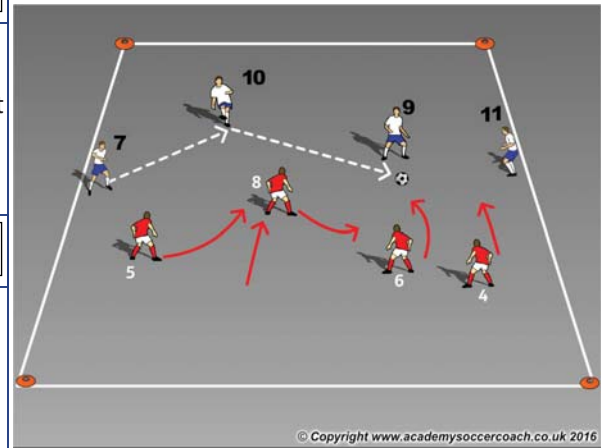
Area: 47Wx40L yard field
 Target team (Red): #'s 4, 5, 6, 8 – Opposition team (White): #'s 7, 9, 10, 11
 White team passes among themselves, max 3 touches. Red team follows movement of ball between White players & steps to pressure White player w/ the ball, cover behind, & balance. Red doesn't tackle, but can intercept bad touches or passes.

Coaching Points

Activity Time Rest Intervals

What? Technique: Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position, pressing distance,
 Defending Principles - Pressure: Who? When?

Stage 1 4v4 Shadow Play



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Stage 2 4v4 to Goal & Counters



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Organization

Duration Intensity

Area: 47Wx50L yard field, 1 big goal, 3 counters
 Target team (Red): #'s 1, 4, 5, 6 – Opposition team (White): # 7, 9, 10, 11
 Red defend the big goal and score in either counter goal. White tries to play through the Red.
 (limit touches for the White team only if needed)

Coaching Points

Activity Time Rest Intervals

What? Technique: Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position, Pressing distance, Tackle, poke or block, vs Delay,
 Defending Principles - Pressure: Who? Where? When? Delay: When? Why?

Organization

Duration Intensity

Area: 47Wx60L yard field, big goal on both ends
 Target team (Red): #'s 1, 2, 3, 4, 5, 6, 8 - Opposition team (White): #'s 1, 6, 7, 8, 9, 10, 11
 Both teams attack and defend 1 big goal. All rules of soccer apply.

Coaching Points

Activity Time Rest Intervals

What? Technique: Pressing distance, Tackling vs Delay,
 Defending Principles: Pressure: Who? Where? When? Delay: Who? Where?, When?
 Why Control & Restraint: When? Why?

Stage 3 7v7 to Goal



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Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical Execution, Roles and responsibilities of #4 #5, #6, #8. Defending Principles, 5W's, Speed of Play



MASSACHUSETTS YOUTH SOCCER

Season **Spring 2016** Topic **Small Group Defending of the #'s 4, 5 & 6**

Objectives (5 W's)

Who: #4, #5 & #6 **Where:** In the defensive half of the field
What: Work together to stop penetrating passes and shots
When: When not in possession of the ball and close to your own goal
Why: Stop the attacking team from scoring from central areas

Organization

Duration Intensity

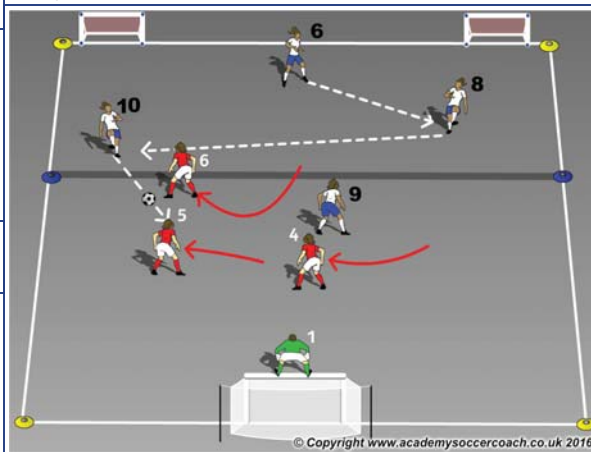
Area: 25Wx40L yard field, 1 big goal, 2 counter goals. Target team (Red): #'s 1, 4, 5, 6
 Opposition team (White): #'s 6, 8, 9, 10. The White team plays at least 2 touch but no more than 3 touch passes. They will try to play into the Red's #1. Reds can only intercept passes. If they intercept a pass, they can try to pass it into one of the counter goals. Reds cannot tackle the ball.

Coaching Points

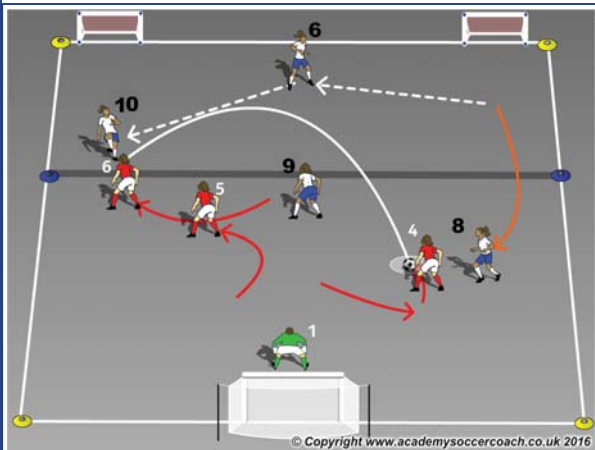
Activity Time Rest Intervals

What? Technique - Angle, speed and distance of approach. Footwork of the player closest to the ball. Keep your eyes on the ball.
 Defending Principles - Pressure: Who? Where? When? Control & Restraint: When? Why? Cover: Who? Where? When?

Stage 1 4v4 Intercepting Passes



Stage 2 4v4 to Goal & Counters



Organization

Duration Intensity

Area: 40Wx50L yard field, 1 big goal and 2 counter goals. Target team (Red): #'s 1, 4, 5, 6 – Opposition team (White): #'s 6, 8, 9, 10. Red defend the big goal and score in either counter goal. Whites try to score in the big goal. (limit touches for the White team only if needed)

Coaching Points

Activity Time Rest Intervals

What? Technique - Angle, speed and distance of approach. Footwork of the player closest to the ball. Eyes on ball. Types of Tackle: poke or block. Correct distance and angle of covering player.
 Defending Principles - Pressure: Who? Where? When? Control & Restraint: Why? Cover: Who? Where? When? Delay: When? Why? Balance: Who? Where? Why?

Organization

Duration Intensity

Area: 47Wx60L yard field with a big goal at both ends. Target team (Red): #'s 1, 4, 5, 6, 8, 9, 10 – Opposition team (White): #'s 1, 6, 7, 8, 9, 10, 11. Both teams attack and defend 1 big goal. All rules of soccer apply. How long can the Red team play without allowing a shot or a goal?

Coaching Points

Activity Time Rest Intervals

What? Technique - Angle Speed and Distance of approach. Footwork. Tackle. Distance and angle of covering player.
 Defending Principles - Pressure: Who? Where? When? Control & Restraint: Why? Cover: Who? Where? When? Delay: When? Why? Balance: Who? Where? Why? Compactness: Why? Where?

Stage 3 7v7 to Goal



Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution, Defending Principles (5 W's), Slowing the speed of play



U12 Session Plan

MASSACHUSETTS YOUTH SOCCER

Season	Topic	SHOOTING 1
Objectives (5 W's)	Who: #7, #9, #10, #11 Where: In the attacking half of the field close to the goal area What: Shooting, receiving, penetration, support, mobility, improvisation When: There is a shooting window Why: To develop an aggressive goal scoring mentality	

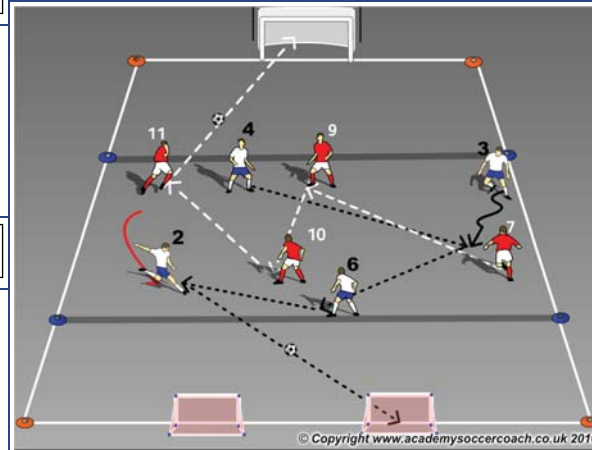
Organization	Duration	18 mins	Intensity	Med-High
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Area: In a 47Wx36L yard field with a big goal and two counter goals
 Target team (Red) #'s 7, 9, 10, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups have 4 minutes to combine and score as many goals at each end shooting from the central zone on the fly - Interval 1: How many can you score? - Interval 2: Improved by 1 - Interval 3: Which team can score the most goals in 4 minutes

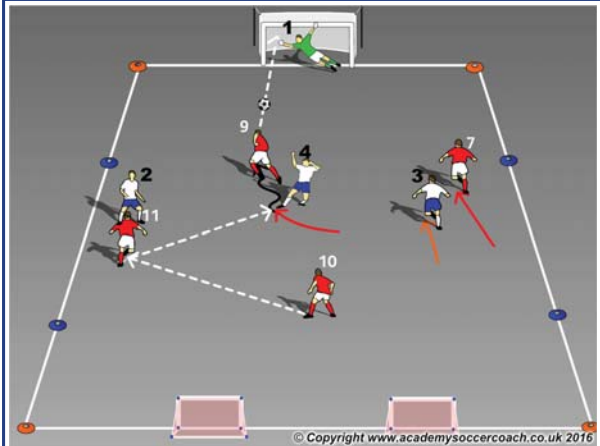
Coaching Points	Activity Time	4.5 mins	Rest	1.5 min	Intervals	3
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What? Technique of Finishing
 Knees bent, head down, hips and knee over ball, body slightly leaning over ball
 Non-kicking foot beside ball. Ankle locked, angle of approach to the ball
 Strike ball with laces at the center of the ball, follow through and land on the non-kicking foot

Stage 1 Shooting Competition



Stage 2 4v4 - Steve G - Power Shooting



Organization	Duration	20 mins	Intensity	Med-High
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Area: In a 47Wx36L yard field with a big goal and two counter goals
 Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 4. - Red team scores in the big goal, the white team scores in either of the two goals.
 Scoring: All goals score from the central zone are worth 100 points. Play to 300 points

Coaching Points	Activity Time	5 mins	Rest	1.5 min	Intervals	3
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What? Technique - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
 Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Why? Mobility: Who? When? Why? Width: Who? When? Why?

Organization	Duration	22 mins	Intensity	Medium
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Area: in a 47Wx60L field with goals
 Target team: #'s 1, 4, 7, 8, 9, 10, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9.
 Play to score in the opponent's goal. All rules apply.

Coaching Points	Activity Time	9 mins	Rest	2 mins	Intervals	2
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What? Technique - Shooting and Receiving
 Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Mobility/Width: Who? Where? When? Improvisation: When? Why?

Stage 3 7v7 to Goals



Stage 4 - 9v9	Duration	30 mins	Formation	R GK-3-3-2 v W GK-3-2-3	Activity Time	12 mins	Rest	3 mins	Intervals	2
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Organization In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to finish inside the box

Coaching Points Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play



U12 Session Plan

MASSACHUSETTS YOUTH SOCCER

Season _____ **Topic** **SHOOTING 2 - FINISHING INSIDE THE BOX**

Objectives (5 W's)

Who: #7, #9, #10, #11 **Where:** Inside the Penalty Area
What: Shooting, Receiving, Penetration, Support, Mobility, Improvisation
When: The ball has been put across the goal mouth or shooting window is available
Why: To develop an aggressive goal scoring mentality

Organization

Duration Intensity

Area: In a 47Wx36L yard field with a goal and two small goals
 Target team (Red) #'s 7, 9, 10, 11, - Opposition team (White): #'s 2, 3, 4, 6. Groups have 4 minutes to combine and score as many goals at each end shooting inside the scoring zone - Interval 1: Finish with 2 touches - Interval 2: Finish with one touch - Interval 3: Which team can score the most goals in 4 minutes?

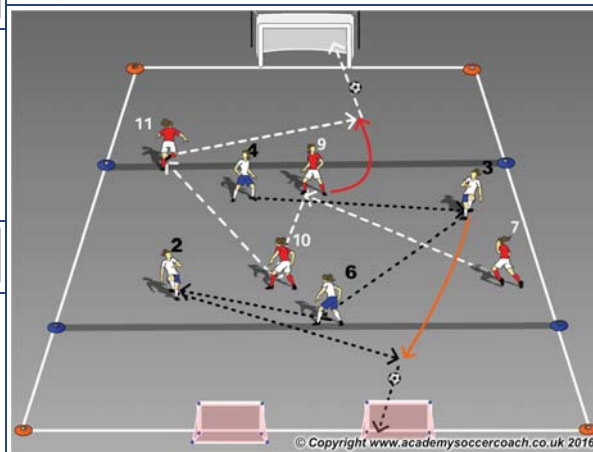
Coaching Points

Activity Time Rest Intervals

What? Technique of Finishing:

Knees bent, head down, hips and knee over ball, body slightly leaning over ball
 Non-kicking foot beside ball. Ankle locked, angled approach to ball
 Strike ball with laces or the inside of the foot at the center of the ball

Stage 1 Shooting Competition



Stage 2 4v4 - Romario Game



Organization

Duration Intensity

Area: In a 47Wx36L yard field with a big goal and two small goals
 Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 4 - Red team scores in the big goal, the White team scores in either of the two goals.
 Scoring: A goal scored by one touch is 100pts. Goal scored with 2 touches is 50 points. Any other goals is 1 point

Coaching Points

Activity Time Rest Intervals

What? Technique - Shooting: Accuracy and pace Receiving: Body position, surface selection of the foot and ball, first touch direction and distance

Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Why? Mobility: Who? When? Why? Width: Who? When? Why?

Organization

Duration Intensity

Area: in a 47Wx60L yard field with goals
 Target team: #'s 1, 4, 5, 7, 9, 10, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All rules apply.

Coaching Points

Activity Time Rest Intervals

What? Technique ~ Shooting and Receiving

Principles of Attack - Penetration: Who? Where? When? Why? Support: Who? Where? When? Mobility/Width: Who? Where? When? Improvisation: When?

Stage 3 7v7 Finesse



Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to finish inside the box

Coaching Points

Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play.