



Lesson Plan

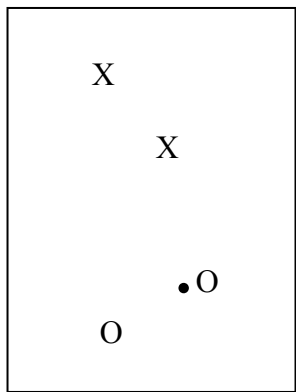


Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP			
<p>Players organize themselves into pairs. One to each pair. 10 yard X 15 yard grid.</p>	<p>In their grid each pair passes the ball back and forth on the move.</p> <ul style="list-style-type: none"> ▪ Play combinations together...wall passes at various angles...double passes. ▪ Next play two touch. ▪ Finish with one touch. <p>In between each progression stretch. Each round should last one to two minutes.</p>		<ol style="list-style-type: none"> 1. Keeping the ball on the ground is a must. 2. Having a good touch when running with the ball is important.
2. WALL PASS 2 VS. 1			
<p>Players organize themselves into groups of three in each grid. One ball per grid.</p>	<p>Play 2v1 with the two attackers trying to get the ball over the opposite end line under control. The defender tries to gain possession of the ball. The players switch roles after two rounds until all have been the defender. 1st attacker takes the ball to the defender and passes to supportive player who should be in an advance position of the defender. The support player tries to play back to the 1st attacker beyond the defender.</p>		<ol style="list-style-type: none"> 1. Disguise your time of passing. 2. Supporting player also needs a good touch. 3. The closer you take the ball to the defender, the better. 4. Angle of support has to be correct.



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3. WALL PASS 2 VS. 2			
<p>Now the players organize four players to each grid. One ball per grid. Increase the size of the grid to 20 yards long X 15 yards wide.</p>	<p>As in activity number two, but now play 2 vs. 2.</p>	<p>20 yds.</p>  <p>15 yds.</p>	<ol style="list-style-type: none"> 2v2 is a little more challenging but the angles, the touch, and the correct support stay the same. The support player needs to stay strong when receiving the ball.
4. SCRIMMAGE 8 VS. 8			
<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>	<ol style="list-style-type: none"> Watch for the players' recognition of combination passing opportunities. Observe the players' technical abilities in these combination situations.
5. COOL-DOWN			
<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>