



2013 - U12 - Spring Lesson Plan - Week Ten



Module 4: Conditioned Games

Topic: Games for Understanding

| Warm Up | 6 Surface Dribble: Players will dribble the soccer. Start with one foot: perform the 6 surfaces - Outside of the foot touch - Inside of the foot touch - Laces (instep) to push ball away - Bottom (sole) to drag ball back - Toe to push the ball away - Heel to bring the ball back behind you to turn and - Pass Use both feet do the 6 surfaces and pass | | |
|---------------------------|---|---------|--|
| Stage | Organization | Diagram | Key Coaching Points |
| Conditioned Game 1 | <p>4v4 to End Zones: Set up a 30Wx40L yard grid. Play 4v4 with 2 yard end-zones behind the 35 yd. line. To score, the attacking team needs to pass to a teammate in the end zone. The attacking player must time his/her run to receive the ball inside the end zone and score. A player cannot enter the end zone before the soccer ball. Coach: Help the players to time their runs into the end zone to receive the ball. Scoring:</p> <ul style="list-style-type: none"> Receiving a timed pass into the end zone: 10 points Dribbling into the end zone: 1 point | | <ul style="list-style-type: none"> When to dribble, when to pass Identification of visual cues <ul style="list-style-type: none"> 1v1 space behind the defender Free space in front of dribbler Near the attacking area Good team shape & body position open to field First Touch – Directional Penetration vs. Possession Communication |
| Conditioned Game 2 | <p>4v4 Hit the Ball Off the Cone: In a 30Wx40L yard grid with a 3 yard end zone, place 3 soccer balls on top of three cones. Two cones are about 5 yards from the corners and one is central. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone. Scoring:</p> <ul style="list-style-type: none"> Hit the ball on the cone: 10 points Put the soccer ball between the cones: 1point <p>No players are allowed in the end zone.</p> | | <ul style="list-style-type: none"> Possess the ball to look for an opportunity to hit the ball on the cone Weight and accuracy of the pass First touch (To prepare the ball) Players in good supporting positions Decision making: safety versus risk <ul style="list-style-type: none"> Possession vs. Penetration Communication Good team shape |
| Conditioned Game 3 | <p>Everyone Gets Back 4v4: In a 30Wx35L grid, two teams of 4 players each will try to defend by getting behind the ball ASAP. The defensive team should get organized behind their own Midline. As soon as the defending team regains possession, the attacking team will try to set up a defensive block. Scoring: If the attacking team scores, they will get an extra point for every defensive player not in their defensive half.</p> | | <p>Working as a Unit</p> <ul style="list-style-type: none"> Working together as a unit When and how to pressure and cover Learning to stay in a defensive block Transition & Angles of recovery |
| Conditioned Game 4 | <p>GK's + 4v4 "THE LAST GOAL": In a 30Wx35L yard grid, two teams of 4 players each with a Gk will play to score the last goal. Play 5 minute bouts. The team with the last goal wins</p> | | <ul style="list-style-type: none"> Proper technique and body control Quality preparation touch Proper selection of contact surface Type of shot Timing and shape of attacking runs Creativity and deception Rebounding |