



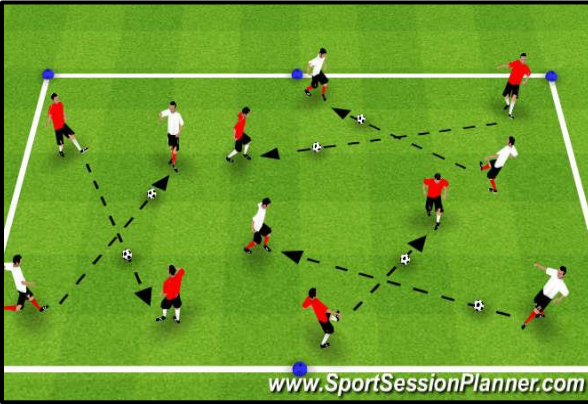
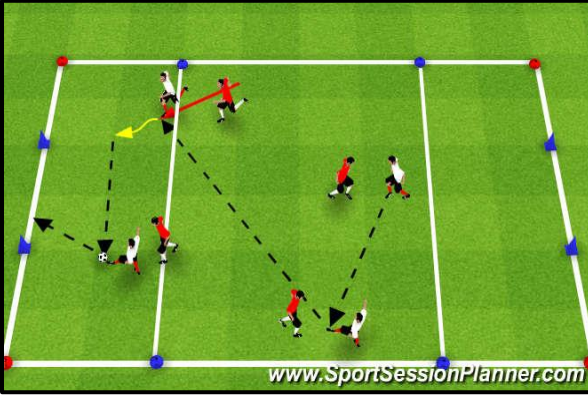
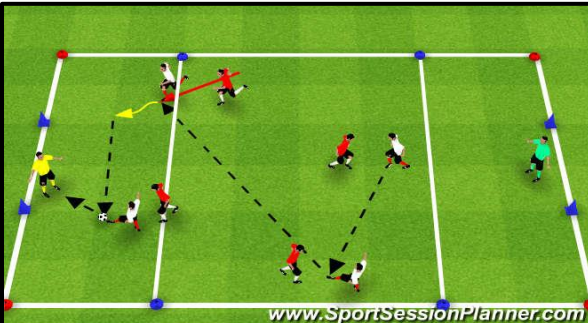
2013 - U12 - Spring Lesson Plan - Week Four



Module 2: Passing and Receiving

Topic: Passing for Penetration

Objective: To improve the team's ability to pass between and through defenders to provide the final pass

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p><u>Passing and Move in Two's</u></p> <ul style="list-style-type: none"> • Area: 30Lx20L yard grid • Divide the players into groups of 2's. • All groups must play with a minimum of 3 touches (Receive, Dribble and Pass) • The players will perform the following tasks: <ul style="list-style-type: none"> ○ Complete ten passes ○ Complete 6 passes, 3 of them are splits ○ Complete 5 passes with 4 different partners each ○ Get in groups of 3's and complete 9 passes ○ Get as many split passes as your groups can in 2 minutes 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Technique of Passing and Receiving <ul style="list-style-type: none"> ○ Surface of the foot ○ Surface of the ball • Directional first touch • Vision to split defenders with a pass • Angle and distance of support • Supporting body position • Mobility to get in good positions or to open passing lanes • Demanding the ball • Play the way you face • Possession vs. Penetration
<p>Stage II Small Sided Activity</p>	<p><u>4v4 to Finishing Zones:</u></p> <ul style="list-style-type: none"> • Area: 30Lx25W yard grid with two Finishing Zones of 3 yards each • Two teams play to score in the opponent's goal • To score, the attacking team must pass to a teammate in the finishing zone. The attacker must time his/her run to receive the ball inside the zone. Players cannot be in the zone before the ball enters it. Scoring: <ul style="list-style-type: none"> ○ Receive a timed pass after a split and score: 100 points ○ Receive a split pass and score: 5 points • Dribbling into the end zone and score: 1 point 	 <p>www.SportSessionPlanner.com</p>	
<p>Stage III Expanded Small Sided Activity</p>	<p><u>5v5(Gk+4v4+GK) to Finishing Zone:</u></p> <ul style="list-style-type: none"> • Area: 35Lx30W yard grid with two Finishing Zones of 5 yards each • Two teams to score in the opponent's goal • Any goal resulting from a timed pass in the end zone is 1000 points • Any other goal is just 1 point 	 <p>www.SportSessionPlanner.com</p>	
<p>Stage IV Conditioned Game</p>	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation <p>Play the game and encourage the players to recognize the moments to possess or to penetrate</p>		