



Woods Soccer Club :: U12 Practice Plan :: WEEK 10

Objective: To improve the player's and team's ability to create and finish scoring opportunities from central positions

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p>Scoring Patterns: 3 cones 15 yards apart. 1 player at each cone. Player 1 passes to player 2 who checks away at an angle to the cone. Player 2 completes the wall pass around to cone to player 1. Player 1 then passes to player 3 who lays the ball off to player 2 to shoot on goal.</p> <p>Variation:</p> <ul style="list-style-type: none"> • Up back and through • Wall pass. 		<ul style="list-style-type: none"> • What surface of the foot should the Striker/Midfielder receive the pass • Where the pass should be made? • What surface should we use to strike the ball? • Where and when should we support? • When and with who should we combine?
<p>Stage II Small Sided Activity</p>	<p>3vGK+2): In a 20 x 25 yard Grid Play 3 attackers v 2 defenders and a goalkeeper. Score after completing a combination play. Combination Example: Player 1 to 2 (checking to the ball). Player 2 to 3. Player 3 splits the defense with a pass. Player 2 runs around one of the defenders to receive the pass and finish with a shot on goal. If the defenders win the ball they dribble out of the area to end the attack. Variation: Allow dribble penetrations also.</p>		<ul style="list-style-type: none"> • What determines the type of pass you will utilize? What part of your foot? • What do players do before receiving a ball? • How should a player's body be when receiving? Where is their first touch? • When do players off the ball make their run/check to the ball? • When to combine, finish? Where?
<p>Stage III Expanded Small Sided Activity</p>	<p>5v5+1: Play 6v5 to goal. Goals scored from within the shaded area are worth 5 points every other goal is worth 1 point. Play until 1 team reaches 15 points.</p>		<ul style="list-style-type: none"> • What determines the type of pass you will utilize? What part of your foot? • How do you commit a defender towards the ball? • How should a player's body be when receiving? Where is their first touch? • When do players off the ball make their run/check to the ball?
<p>Stage IV Conditioned Game</p>	<p>6v6 or 7v7:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to combine and penetrate with passes in central positions. 		<ul style="list-style-type: none"> • Does the attacking team recognize when to go central? • When to combine, finish? Where? • When and how to finish?