



Woods Soccer Club :: U12 Practice Plan :: WEEK 4

Module 2: Passing and Receiving

Topic: Build Up out of the Back

Objective: To improve the team's ability to possess the soccer ball in the back third

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<p><u>5v0 Warm up:</u> All 4 defenders and 1 midfielder must touch the ball. The pattern will be 3 defenders play the ball across the field, into the midfielder, out to the outside defender and dribble through the gate. Dribbling outside defender now plays back to a central defender. Repeat until the group is efficient with the pattern. Coach can change the pattern but the final ball and dribble should be through 1 of the outside defenders. 2 touches maximum to increase the speed of play. Multiple groups can be working in different areas of the field.</p>		<ul style="list-style-type: none"> • What surface should we use to strike and receive the pass? • Where should the pass go? • Where should the first touch be? • How should the receiver's body shape be? • What verbal cues should the players be telling each other?
Stage II Small Sided Activity	<p><u>6v3 to a Goal and Counter Goals:</u> GK, 4 defenders & 1 midfielder attack any of the 3 flag goals at midfield. The coach will set up a line of cones 10 yards away from the flag goals. The team of 6 can only score from inside of the 10 yard zone line. If the team of 3 wins the ball, they can try to score on the big goal with the GK in it. All restarts come from the GK.</p>		<ul style="list-style-type: none"> • How should players support each other? • When, how and why should we change the passing pattern? • When should we skip a pass and hit a longer one? • When can the FB run with the ball or connect with team-mates? • When, where and what can the CDF and MF do to support the FB'?
Stage III Expanded Small Sided Activity	<p><u>7v5 to 2 Big Goals:</u> Coach sets up a field with a big goal at each end and two gates at midfield by the sidelines. Coach will make a team of 7 and a team of 5. Both teams will have a GK and will defend a big goal. The team of 7 will play GK, 4 Defenders, 1 midfielder & 1 forward. The team of 5 will play GK, 3 Defenders & a midfielder. In the beginning, the team of 7 must play through a gate before they can attack a big goal. After 5-7 minutes, remove the gates.</p>		<ul style="list-style-type: none"> • How do you determine whether to play direct or build up wide? • How is the passing quality? • How is the receiving quality? • How is the speed of play? • When to move forward? • When to penetrate? • When to possess?
Stage IV Conditioned Game	<p><u>6v6 or 7v7:</u></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 circulate the ball in the back field 		