



# Woods Soccer Club :: U12 Practice Plan :: WEEK 5

## Module 2: Passing and Receiving

## Topic: Build Up through the Midfield

Objective: To improve the team's ability to possess and penetrate the soccer ball through the middle third

Stage	Organization	Diagram	Guided Questions
<b>Stage I</b> <b>Technical</b> <b>Warm up</b>	<p><b><u>Passing and Moving in 3's:</u></b>            Field is divided into thirds with 1 player in each third create passing sequences that always involve the player in the middle zone.</p> <ol style="list-style-type: none"> <li>1. Into the middle, back, across to the far player</li> <li>2. From middle to back player, middle player opens up, receives ball back while turning and distributing to other teammate.</li> </ol>		<ul style="list-style-type: none"> <li>• What makes a good pass?</li> <li>• Where should a player take their first touch?</li> <li>• What part of the foot can they receive a ball with?</li> <li>• Where on the field should combination play be utilized and with who?</li> </ul>
<b>Stage II</b> <b>Small Sided</b> <b>Activity</b>	<p><b><u>2v2 plus 1 to 4 Goals:</u></b>            2v2 plus 1 neutral player to 4 goals. Neutral player is always on the attack and must stay within the blue middle zone. The attacking team must play the neutral player before going to goal. Goal=1 point. Goal off of combination play=5 points.</p>		<ul style="list-style-type: none"> <li>• How should the neutral player know when to present themselves for the ball?</li> <li>• What attacking shape should try to be formed?</li> <li>• What types of techniques will players need to perform?</li> <li>• How are the receiving player's body positions?</li> </ul>
<b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b>	<p><b><u>4v4 to Goal:</u></b>            4v4 to central goal. When on the attack, a ball must be received by a player in the middle third of the field before advancing to go to goal. To start both teams must be in a 1-2-1 formation.</p> <p>Goal=1 point            Goal off of combination play=5 points.</p>		<ul style="list-style-type: none"> <li>• How are players off the ball creating space in the attack?</li> <li>• What attacking shape should we have?</li> <li>• What will a player on the ball take into consideration when deciding to advance the ball?</li> <li>• How are the receiving player's body positions?</li> <li>• Where should their first touch be?</li> </ul>
<b>Stage IV</b> <b>Conditioned</b> <b>Game</b>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to possess and penetrate the ball through the midfield</li> </ul>		