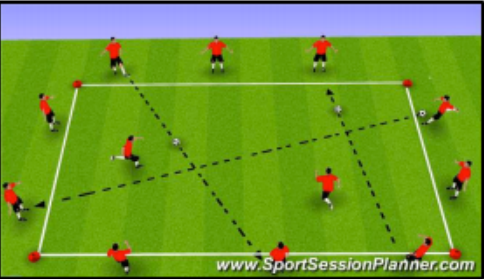






Woods Soccer Club :: U12 Practice Plan :: WEEK 9

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

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>Passing Across:</u> All players around a 25Lx20W yard grid. All players must play 2 touches. Begin by passing to any player then follow your pass. Every 90 seconds change the pattern. Round 2, you cannot pass to anyone directly across from you. Round 3, after your pass, you do not follow your pass but you must move to a new side of the field. Round 4, coach may introduce a combination into the pattern. Use as many balls as the players can manage successfully.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How can you receive the ball to change directions? • Why is it important to get your first touch away from your body? • What is the advantage of playing the ball on the ground? • When would playing the ball through the air make sense?
<p>Stage II Small Sided Activity</p>	<p><u>6v4 to a Big Goal and Counter Goals:</u> Coach sets up 1/2 of a soccer field with a big goal at one end and 2 counter goals at the other. There are 2 gates at midfield by the sidelines and a 20x16 scoring zone in front of the big goal. 6 attackers must play through either midfield gate and serve the ball into the scoring zone. A teammate has 1 touch to score from within the zone. No attacker is allowed inside the zone before the ball has been played (consider the zone to be the offside line). The defense will have a GK and 3 defenders. If they win the ball, they can score in either counter goal at midfield.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Why would you play wide instead of direct to goal? • What is an early cross/late cross? • How does your teammate know you are ready to play the ball into the scoring zone?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>7v5 to 2 Big Goals:</u> Coach sets up a field 70Lx65W with a big goal at each end. 2 gates will be at midfield by the sidelines. 7 attackers (6 field players + GK) must play wide, cross the ball in and score. An attacking player must either dribble through a gate or run through the gate to receive the ball prior to crossing the ball. The player who receives the cross should try to score with his 1st or 2nd touch. The defense will have 5 players (4 field player + GK) who will try to stop the attack and score in the opposite goal.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How will playing the ball wide help to penetrate the defense? (Width & Penetration) • Where can a forward run to freeze a defender? (Mobility) • When would a central Midfielder want to move closer to one of the gates? (Support)
<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 • Play the game and encourage the players to recognize when and how to combine and penetrate in wide positions. 		