



Interactive Lesson Plan



Season: Fall 2014 Age Group: U12 Week: 1

Topic: Individual Attack – When to dribble, pass, or shoot

Objective: To improve the player's ability to make attacking decisions with the ball

Stage	Organization	Diagram	U12/U14: Guided Questions
Stage 1 Technical Warm-up	Passing Windows In a 20x20 square, divide the team in 1/2 with 1 group on the outside the square with a ball and the other 1/2 inside without a ball (if your team is bigger than 12, make a second square.) Round 1- The outside players will pass to the inside players who pass back to a different outside player (switch roles after 1 minute) Round 2 - Inside players start with the ball. They pass it to an outside player, get it back then perform a takeover with that same player and they switch roles. The player with the ball now finds a new outside player, plays out, gets back, take over & repeat (1 minute rounds.)		Coach (C) - What part of your foot do you use to run with the ball? Player (P) - Laces, by pointing my toe to the ground. C - What part of your foot do you use to pass? P - The inside of my foot. C - Where should your non kicking foot be when you make a pass? P - Next to the ball with my toe pointed toward my target. C - Where should the ball be after your first touch has been taken? P - Away from my body and in the direction I want to go to next.
Stage 2 Small Sided Activity	3v2 to 4 Goals In a 20Wx30L grid 3 attackers try to score in one of the two goals they are going towards, against 2 defenders. If the 2 defenders win it, they can try to attack either of the 2 goals on the opposite end line.		C - What do you see on the field that tells you to run with the ball or dribble past a defender? P - I should dribble when I have space in front me or when there is only 1 defender to beat with space behind them. C - When should you pass instead of dribble? P - When there are more than 2 defenders in front of me or if I do not have a good chance to score. C - Why do you need pace on your pass? P - So my pass is less likely to get intercepted.
Stage 3 Expanded Small Sided Activity	4v4 to 4 Goals In a 30Wx40L have the two teams play and score in either of the opponents two goals		C - What are the different ways for you to create a shot? P - I can create a shot off the dribble or immediately after I receive a pass. C - What is your cue to take a shot? P - Anytime I see an opening to goal or if there is only 1 defender in front of me; I can go around them and shoot. C - Why do you need to get the ball out in front of you when you are ready to shoot? P - So I can step into my shot in order to strike it properly and add power.
Stage 4 Conditioned Game	6v6 or 7v7: <ul style="list-style-type: none"> • Two teams, each with a specific formation • Play the game encouraging players to recognize when and how to attack as an individual. 	Reinforce all the coaching points from the activities above.	



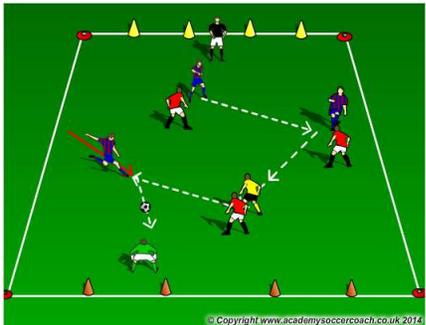
Interactive Lesson Plan



Season: Fall 2014 Age Group: U12 Week: 2

Topic: Goalkeeping - Collecting the Ball

Objective: To improve the Goalkeeper's ability to use the proper technique when collecting the ball

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>Goal Keeper (GK) & Field Player Warm Up: In a 30Wx20L grid, half the players with a ball, half without (including your GK.) Round 1: Everyone, including GK's are passing and moving to anyone. If no one is immediately available, dribble to find a pass. Round 2: All players still passing; the GK's will call out a player's name and the ball must be played on the ground and to the GK for a "scooping" save. After the scoop, the GK will roll the ball to a new player without a ball. Round 3: On the GK's command, the players will strike a ball waist high to the GK who will then roll the ball out to a new player without a ball. Round 4: Follows the same format but now balls are played in above the waist.</p>		<p>Coach (C) - What shape are your hands when "Scooping" the ball off the ground? Player (P) - My little fingers are touching and I make my hands as big as I can.</p> <p>C - Where should your body be positioned for all 3 shots? P - I should position myself behind the ball with my hips and shoulders facing the direction of the shot.</p> <p>C - Why do you need your body behind every shot? P - In case I drop the ball, my body will help keep it out of the goal.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 +1 to 4 Goals (Goals are 3 yards wide & 3 yards apart.) In a 30Wx40L, 2 Teams play against each other, each attacking two goals. The goalkeeper must protect both goals, utilizing proper footwork and handling to do so. The plus player remains neutral and is only on the team who is in possession of the ball and is allowed to shoot.</p> <p>Variation: If you have multiple GK and not enough field players for a second game, the 4 goals can have a GK in each.</p>		<p>C - What does it mean to be on your ball line? P - If I draw a line from the center of the ball to the center of the goal I should be standing on that line.</p> <p>C - Why should you shuffle your feet between goals instead of cross them over? P - So I can have my hips and shoulders facing any shots as often as possible.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to 4 Goals: In a 40Wx60L grid play 5v5 to 4 goals. Each team attacks 2 goals, defends two goals. GK must still defend both goals (Goals can be as big as 4 yards wide but should still be only 3 yards apart.)</p>		<p>C - When should you be on your goal line? P - Almost never; I should always try to take a step or two in front of my goal line.</p> <p>C - Why would you parry the ball instead of catch it? P - If the shot is too hard, I can get my hands behind it to block it close enough that I can immediately collect it again.</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6 or 7v7: • Two teams with a specific formation • Play the game encouraging goalkeepers to use the proper technique in collecting the ball</p>		<p>Reinforce all the coaching points from all the activities.</p>



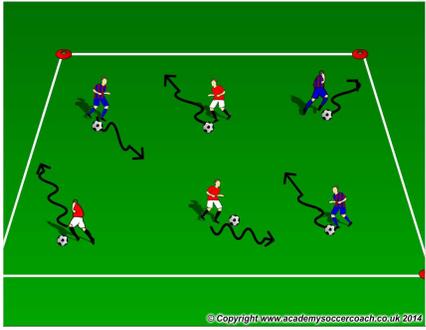
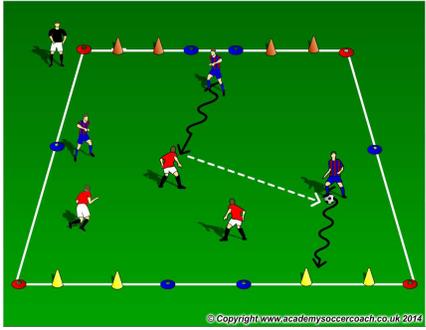
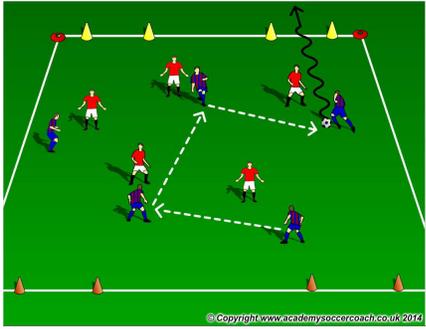
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Season: Fall 2014 Age Group: U12 Week: 3

Topic: Dribbling to Penetrate - Running with the ball / Beating an Opponent

Objective: To improve a player's ability to penetrate the defense by dribbling

Stage	Organization	Diagram	U12/U14: Guided Questions
Stage 1 Technical Warm-up	Free Dribble In a 20Wx30L yard grid. Have all players with a soccer ball each dribbling. Coach is calling out or showing moves for the players to perform. Attacking moves: scissors (circle/take,) Matthews (inside/outside,) fake and take, Turning moves: inside cut, outside hook, pull back, Cruyff (inside cut behind standing leg) Variation: On the coach's command, players speed dribble around any corner cone and get back into the middle.		Coach (C) - What part of the foot do you use to dribble forward quickly? Player (P) - My laces. C - What part of the foot do you use to change direction? P - The inside or outside of my foot. C - Why is it important to dribble with your head up? P - So I can find open space and avoid anyone in front of me.
Stage 2 Small Sided Activity	3v3 to 6 Goals In a 20Wx30L yard grid and 3 goals on each end line; 2 teams of 3 players will defend 3 goals on their end line and attack the opponent's 3 goals. 100 points = Dribble through the goal 10 points = For a pass through the goal to a teammate 1 point = Shot through one of the goals		C - What should you also change immediately after you change direction? P - My speed, to accelerate away with the ball. C - What move can you use to beat the defender? P - Any move that puts can put the defender off balance; such as a Scissors, Matthew or Fake and take.
Stage 3 Expanded Small Sided Activity	5v5 to 4 Goals In a 40Wx60L yard grid with 2 goals on each end line; play 2 teams of 5 players each (no goal keepers.) Each team defends 2 goals and scores on the opponent's 2 goals. 100 points = Dribble through the goal 10 points = For a pass through the goal to a teammate 1 point = Shot through one of the goals		C - Where on the field should you be most aggressive when dribbling? A - In the attacking 3rd. Q - Where on the field should you be least aggressive? A - Close to our own goal/In our defensive 3rd. C - When should you try and dribble forward quickly? A - When I have time and space, or only 1 defender in front of me.
Stage 4 Conditioned Game	6v6 or 7v7: <ul style="list-style-type: none"> Two teams with a specific formation Play the game encouraging players to recognize when and how to attack as an individual. 		Reinforce all the coaching points from all the activities.



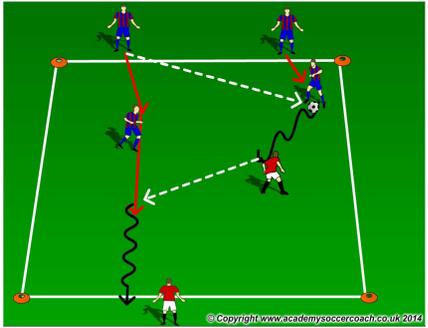
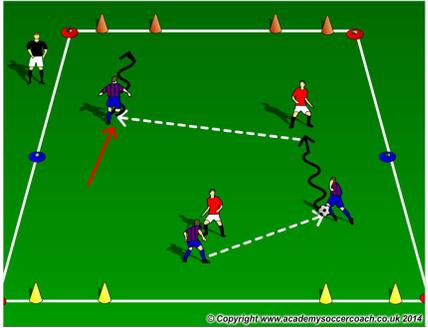
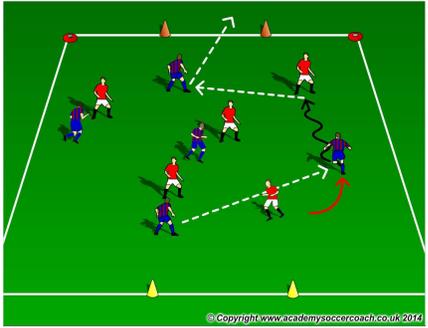
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Season: Fall 2014 Age Group: U12 Week: 4

Topic: Dribbling to Set up a Pass

Objective: To improve a player's ability of recognizing when to dribble to set up the pass

Stage	Organization	Diagram	U12/U14: Guided Questions
Stage 1 Technical Warm-up	2v1 to an end line In a 15W x 20L grid, 2 Attackers try to score on 1 defender by dribbling over an end line. If the defender gets it, they can attack the opposite end line.		Coach (C) - What part of your foot do you use to run with the ball? Player (P) - The laces. C - What part of your foot do you use to pass? P - The inside or the outside of my foot.. C - Where should your non kicking foot be? P - Next to the ball, facing my target.
Stage 2 Small Sided Activity	3v2 to 4 Goals In a 20Lx30W grid 3 attackers try to score in one of the 2 goals they are going towards, against 2 defenders. If the 2 defenders win it, they can try to attack either of the 2 goals on the opposite end line.		C - What should you do before you make a pass? P - Call the person's name that I am passing to, make eye contact and watch the ball off my foot. C - Where should your first touch go? P - Towards the defender to engage them and attract them to the ball. C - When should you pass? P - Once the defender has committed to me, I can pass the ball to a teammate to continue our attack.
Stage 3 Expanded Small Sided Activity	5v5 to Goal In a 40Wx60L grid and 1 goal on each end line, play 5v5 to goal. A goal after getting a defender to commit to the ball and a successful pass is made = 10 points. Any other goal is worth 1.		C - Who makes the final decision whether to pass or to dribble? P - If I have the ball, I have to make the best decision based on what I see on the field. C - What do you do to get a defender to commit to you? P - I can dribble the ball straight at them to force them to commit.
Stage 4 Conditioned Game	6v6 or 7v7: <ul style="list-style-type: none"> Two teams with a specific formation Play the game encouraging players to recognize when to dribble to set up the pass. 		Reinforce all the coaching points from all the activities.



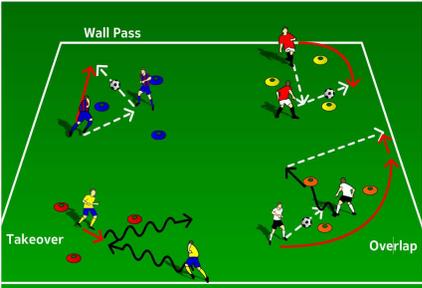
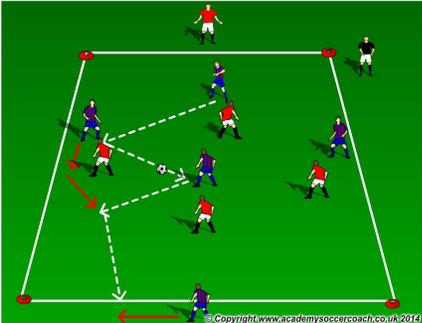
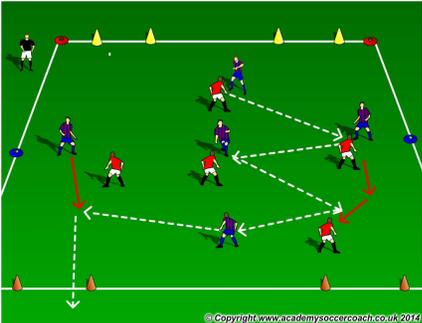
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Season: Fall 2014 Age Group: U12 Week: 5

Topic: Passing and Combining

Objective: To improve the ability of the team to use combination play to penetrate the defense

Stage	Organization	Diagram	U12/U14: Guided Questions
<p>Stage 1 Technical Warm-up</p>	<p>Triangle Combining In a 30Wx40L grid with several triangles in it, players will be divided into groups of 4 players working on different combinations. Round 1: Play through the triangles with passes. Round 2: Play to a player standing in the middle of the triangle, for a wall pass back (out a different side of triangle) Round 3: Play to a player standing in the middle of the triangle to hold for an overlap around (must play out a different side of the triangle then received from) Round 4: Takeover inside the triangle.</p>		<p>Coach (C) - What part of your foot should you use to pass? Player (P) - The inside or outside of my foot. C - Where should your non kicking foot be when making a pass? P - Next to the ball, facing my target. C - What should do before you make a pass? P - Call the person's name that I am passing to, make eye Contact with them and watch the ball off my foot. C - What do you do before receiving a pass? P - Make eye contact with the passer, open my body to receive the ball and watch the ball onto my foot.</p>
<p>Stage 2 Small Sided Activity</p>	<p>4v4 to Targets In a 30Wx40L grid play 4v4 with a target on each end line. The target at the defensive end of the field can help the attacking team with possession but the target on the attacking side is the goal. 1 point is awarded for passing the ball into target. 10 points are awarded for passing the ball into the target after a combination play.</p>		<p>C - Who should you provide support to the player with the ball? P - When I am the either the closest person to the ball or one of the closest people to the ball. C - Where do you provide support? P - Close enough to to receive a quick pass but still far enough away to allow room to dribble. C - Where should you go after combining with a teammate and receiving the ball back? P - I should use my first touch to accelerate away from the defender.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to 4 Goals In a 40Wx60L grid play 5v5 to 4 goals. Each team attacks 2 goals at one end and defends the other two goals. 1 point is awarded for passing the ball into a goal. 10 points are awarded for any goal that is scored directly after a combination play.</p>		<p>C - When should you try to possess rather than penetrate? P - If there is no space to play into the defense or behind the defense I should look for support to possess. C - Why should you play a combination quickly? P - So the defender does not have time recover into a better position.</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6 or 7v7: • Two teams with a specific formation • Play the game encouraging players to recognize when and how to combine with teammates.</p>		<p>Reinforce all the coaching points from all the activities.</p>



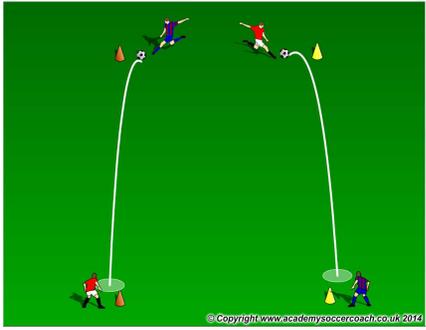
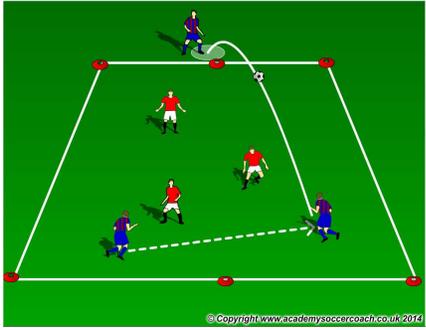
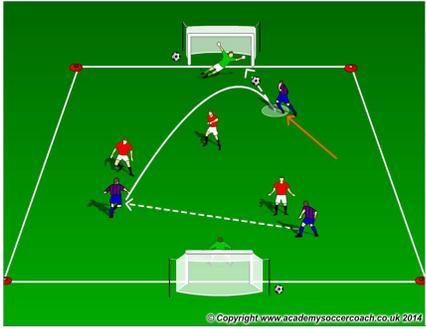
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Season: Fall 2014 Age Group: U12 Week: 6

Topic: Passing Aerial Serves

Objective: Improve your team's ability to pass the ball through the air

Stage	Organization	Diagram	U12/U14: Guided Questions
Stage 1 Technical Warm-up	Golf In a 20Wx30L grid, within the grid will be several 10Wx20L Golf areas. two teams of 2 alternate playing the ball in the air to their teammate. The player receiving the ball tries to control the ball out of the air as close as they can to the 'golf pin.' Whichever team controls the ball closest to the 'pin' wins 1 point. If the ball bounces before it reaches its target, no mark for their team.		Coach (C) - What part of the ball do you make contact with to get it into the air? Player (P) - The bottom half. C - What part of the foot should make contact with the ball to get it into the air? P - The laces. C - Where should your non-kicking foot be when serving a ball through the air? P - To the side and slightly behind the ball with your toe pointed toward your target.
Stage 2 Small Sided Activity	3v3 to End lines In a 20Wx30L grid, two teams of 3 players attack the opponents end line. Scoring: The ball must be played over the end line, in the air and to a teammate. If the ball is not controlled within 2 touches; no goal.		C - What should you do before you play a ball through the air? P - I should make eye contact with my teammate, call their name and make sure my first touch prepares the ball in front of me and slightly to the side of my kicking foot. C - When should you make a pass through the air? P - When there are players in front of me and I cannot get the ball to my teammate on the ground.
Stage 3 Expanded Small Sided Activity	4v4 to 2 Goals In a 30Wx40L grid Any goal scored on the ground is 1 point. Any goal scored from the air is 50. Any goal scored first touch from a service through the air is 100 points. Play to 100		C - When should you serve the ball into the box? P - When I see my teammate is making a run into the box and we have made eye contact. C - Why should you play an early ball into the box vs. playing a late ball into the box? A - If my team has made their runs early and the defense is running back toward their goal, play it early; if not, take the ball to the end line and cross it.
Stage 4 Conditioned Game	5v5 or 6v6 Play a formation Coach your team to try and get the ball into the air to eliminate defenders		Reinforce chipping and driven ball technique



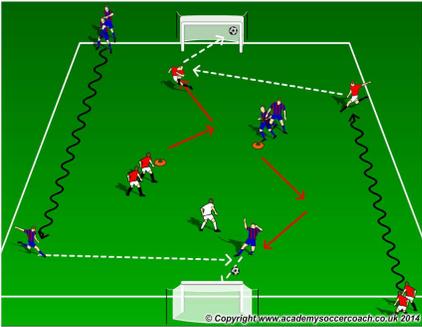
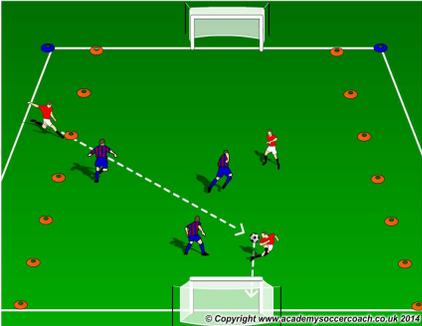
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Season: Fall 2014 Age Group: U12 Week: 7

Topic: Passing from wide areas

Objective: Improve your team's ability to pass and cross from wide areas

Stage	Organization	Diagram	Coach Interventions**
<p>Stage 1 Technical Warm-up</p>	<p>Crossing Patterns In a 45Wx30L yard grid. Player dribbles down a sideline and serve the ball into the box Player in the middle times run and finishes cross. Crosses can be on the ground or through the air. Different sides of the field go at the same time. Variation: add GK</p>		<p>Coach (C) - What part of the ball should you strike to get it into the air? Player (P) - The bottom half. C - What should you do before you make a pass? P - Call the person's name that I am passing to, make eye contact with that player, make sure the ball is out in front of me & watch the ball off my foot. C - Where should your hips be facing when you are about to serve the ball? P - Toward the middle of the field. C - What should you do before receiving a pass? P - Make eye contact with the passer, get in line with the ball & watch it all the way on to your foot.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 to Goal In a 45Wx30L yard grid and a 7 yard wide channel down each sideline, play 3v3 to goal. If a goal is scored after the ball has been played wide into a channel then served back in front of the attacking goal, it is worth 50 points. All other goals are worth 1 point. First team to 101 points wins.</p>		<p>C - When should you try to get the ball wide? P - When the middle is too crowded, I can play it wide. C - When can you play the ball from wide areas on the ground? P - When I can play the ball behind the defense with an early serve, or when there is no one between me and my teammate.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to goal In a 45Wx60L yard grid and a 7 yard wide channel down each sideline, play 5v5 to goal. If a goal is scored after the ball has been played wide into a channel then served back in front of the attacking goal, it is worth 10 points. Any goal scored from an aerial ball is worth 50 Any goal scored from a wide serve (either through the air or on the ground) and finished with one touch is worth 100.</p>		<p>C - What should you do if your teammates are not ready for your service into the box? P - I should find another teammate who is closer and keep possession. C - What should you do after you cross a ball into the box? P - Immediately move into a better position so I can help possess the ball in the attacking part of the field.</p>
<p>Stage 4 Conditioned Game</p>	<p>5v5 or 6v6 Play a formation Coach your team to emphasize getting the ball wide</p>	<p>Reinforce techniques associated with passing and crossing.</p>	



Interactive Lesson Plan



Season: Fall 2014 Age Group: U12 Week: 8

Topic: Individual defending

Objective: To improve your players ability to defend well individually

Stage	Organization	Diagram	Coach Interventions**
Stage 1 Technical Warm-up	1v1 Knock the Ball Off the Cone Within a 20Wx30L grid, set up several 5Wx10L mini fields. Each mini field has a ball on top of a cone on each end line; these are the goals. Player 1 serves a ball into player 2 and the game is on. Player 2 will try to knock player 1's ball off the cone. If player 1 steals the ball, He can try to score by knocking player 2's ball down. Once a goal is scored or the ball is knock off the field, the game is over and the next ball is served. No more than 6 players rotate on 1 mini field but multiple mini fields can be used.		Coach (C) - What should your angle of approach be when pressuring? Player (P) - Slightly curved, cutting off one side. C - What should your feet look like once you have gotten close to the player with the ball? P - Staggered, with my heels off the ground. C - When can you run fast at the attacker? P - When they have not received the ball yet or do not have it under control.
Stage 2 Small Sided Activity	3v3 to four Goals In a 20Wx30L grid, play 3v3. Each team defends 2 goals on one end and attacks their opponent's 2 goals. Any goal scored immediately after a tackle is worth 5 points. Any other goal worth 1 point.		C - When should you tackle the ball? A - When the ball gets away from the attacker or I am positive I can safely challenge for the ball. C - Why should you delay the ball instead of trying to win it? A - The attacker has controlled the ball and I want to try to force them into my teammates
Stage 3 Expanded Small Sided Activity	4v4 Game In a 30Wx40L grid, play a game to goal. Scoring: Any goal scored by an individual who has just stolen the ball is worth 10 points. All other goal worth 1 point.		C - Why should you use restraint when tackling? P - The attacker has good control of the ball and his head's up, I should be more cautious. C - Where should you recover to if you get beat? P - Behind the ball in line with the ball and near post.
Stage 4 Conditioned Game	5v5 or 6v6 Play a formation Coaching to emphasize defending by the pressuring defender		Reinforce defending techniques: speed of approach, angle of approach, body shape, footwork, delaying technique (jockeying,) tackling techniques.



Interactive Lesson Plan



Season: Fall 2014 Age Group: U12 Week: 9

Topic: Shooting - Striking on Goal

Objective: To improve your players ability to strike the ball on goal

Stage	Organization	Diagram	Coach Interventions**
<p>Stage 1 Technical Warm-up</p>	<p>Shooting Technique Within a 20Wx30L grid, set up several mini grids 5Wx15L. Each player has a partner and 1 ball to share. The ball starts in 1 player's hands. He/she should lean over holding the ball about knee height. Drop it and try to strike it with their laces before the ball hits the ground. Try to aim for your partner's hands. Now your partner does the same. Volleys: On partner stands sideways on to their partner with their kicking foot furthest away from their partner. Now drop the ball to your foot and try to strike your back foot through the ball and finish facing your partner. From the Ground: With the ball on the ground, try to strike the ball into your partners hands. See how many times in a row they can get the ball to their hands.</p>		<p>Coach (C) - Where should your toe be pointing if you want to use your laces? Player (P) - Down so my laces face my partner. C - Where should my non-kicking foot be when striking the ball? P - Along side the ball with my toe pointed toward my partner. C - When should I pick my head back up? P - After I have watched the ball off my foot, now I can pick my head back up.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 to four Goals In a 20Wx30L grid, play 3v3. Each team defends 2 goals on one end and attacks their opponent's 2 goals. Any goal scored with the laces is worth 10 points. Any other surface of your foot used, except your toe, to score a goal is worth 1 point. If you shoot and score with your toe, the other team is awarded 10 points.</p>		<p>C - What part of the field can you shoot from? A - Any part of the field is my shooting range as long as i can see the goal. C - Why should you get your knee over the ball when striking it? A - My knee over the ball tells me that I am leaning forward and that will help me keep my shot lower.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>4v4 Game In a 30Wx40L grid, play a game to goal with goal keepers. Scoring: Any goal scored from behind the center line (blue cones,) and with your laces is worth 50 points. 10 points for goals scored with your laces inside your attacking 1/2 of the field. Any other surface of your foot used, except your toe, to score a goal is worth 1 point. If you shoot and score with your toe, the other team is still awarded 10 points</p>		<p>C - When should you try to shoot from further away? P - If I see an opportunity to score and I think I can put my shot on goal, I should take my shot. C - Why should I keep the ball low? P - A low driven ball away from the goalkeeper is difficult to save.</p>
<p>Stage 4 Conditioned Game</p>	<p>5v5 or 6v6 Play a formation Coaching to emphasize shooting technique and opportunities to shoot.</p>		<p>Reinforce shooting techniques: body shape, footwork, surface of the foot shooting and placement of the non-kicking foot.</p>



Season: Fall 2014

Age Group: U12

Week: 10

Topic: Fantastic 3's or 4

Stage	Activity Description Field #1	Activity Description Field #2	Field Set Up
<p>Round 1</p>	<p>One Touch Goals: Goals can only be scored from a first touch shot which means the pass must come from a teammate.</p>	<p>Number of Passes = the Value of the Goal: However many consecutive passes a team makes prior to scoring is how many points the goal is worth (5 passes + a goal = 6 points, 2 passes + a goal is worth 3 points.) A goal is always worth 1 point.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p>Round 2</p>	<p>Gone in 60 Seconds: If a team scores a goal, they must protect their lead for 60 seconds. If the other team scores within the 60 seconds, the first goal does not count. If you score a second goal without giving up a goal, your first goal is yours to keep.</p>	<p>Can't Be Winning By More Than 1 Goal: If you are winning by 1 goal, you cannot score again unless the other team scores. Your team can never be up by more than 1 goal (you can't put goals into a bank to use later.)</p>	
<p>Round 3</p>	<p>Everyone Must Touch the ball in Order for a Goal to Count: Everyone on the attacking team must touch the ball consecutively in order for a goal to count. If an opponent touches the ball, the attacking team must start counting over.</p>	<p>Everyone Across the Halfway line: All players on the attacking team must be across the halfway line in order for a goal to count. If any players do not make it across, the goal is not good.</p>	
<p>Round 4</p>	<p>Everyone Must Score Once Before Anyone can Score a Second Goal: If you score a goal, you cannot score a second goal until all your teammates have scored their first.</p>	<p>Play the Game: Play a 4v4 soccer game with no additional conditions; only use the rules of soccer.</p>	