

## Documents

	Document Title	Category	Document Date	Document Type	Action Type
1.	U12/U13 Defending 1v1 and 2v2, Steve Crum				
2.	U12/U13 Individual Attacking, Steve Crum				
3.	U12 Penetration, Gary Williamson				
4.	U12 Shooting, Julian Owen				
5.	U12 Spatial Awareness, Sam Snow				
6.	U11 First Defender, Sam Snow				
7.	U12 GK, Near Post Play, Sam Snow				
8.	U12 Penetration, James Clarkson				
9.	U12 Penetration, Gary Williamson				
10.	U12 Crossing, John Thomas				
11.	U12 Heading to Clear, Jacob Daniel				

---





SESSION TOPIC: **Defending 1v1 & 2v2**  
 COACH: **Steve Crum** AGE GROUP: **U12 / U13**



	DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
W A R M U P		<p>Groups of 2 players, 1 ball</p> <ul style="list-style-type: none"> <li>• Players are 15 yards apart</li> <li>• 1st player plays the ball to the 2nd and then closes her down</li> <li>• 2nd player dribbles forward</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stress closing the attacker down (Pressure)</li> <li>✓ Focus on the stance of the defender</li> <li>✓ Focus on the footwork of the defender</li> <li>✓ Delaying their progress</li> <li>✓ Force them one direction</li> </ul>
P H A S E 1		<p>1 vs 1 to the endline (15x18 yd area)</p> <ul style="list-style-type: none"> <li>• Coach plays the ball to one side</li> <li>• One player comes out from each side</li> <li>• Play 1 vs 1</li> <li>• Player dribbles over the opposite endline to score</li> <li>• First team to a certain # wins</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stress closing the attacker down</li> <li>✓ Delaying their progress</li> <li>✓ Force them one direction</li> <li>✓ Win the ball</li> </ul>
P H A S E 2		<p>1 vs 1, 2 vs 2 to two goals (17x22 yd area)</p> <ul style="list-style-type: none"> <li>• Start off 1 vs 1</li> <li>• Attacker can score through either goal</li> <li>• Next player in line (2nd def) blocks one of the goals, and communicates w/ 1st player which way to push attacker</li> <li>• Move to 2 vs 2 when you feel they are ready</li> </ul>	<ul style="list-style-type: none"> <li>✓ Review of pressure and cover</li> <li>✓ Develop good communication</li> <li>✓ When to track and when to pass players along to teammate (in 2 vs 2)</li> </ul>
T H E G A M E		<p>5 vs 5 to full size goals (35x45 yd area)</p> <ul style="list-style-type: none"> <li>• Play 5 vs 5 with goalkeepers</li> <li>• Regular soccer rules</li> <li>• Make substitutions regularly</li> <li>• Let them play without interruption for the last 10-15 minutes</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stop the game and point out the 1 vs 1, 2 vs 2 situations within the game periodically</li> <li>✓ Review above when applicable</li> </ul>
	COOL DOWN	<ul style="list-style-type: none"> <li>• Jog &amp; Stretch</li> </ul>	



SESSION TOPIC: *Individual Attacking* 01.27.13  
 COACH: *Steve Crum* AGE GROUP:



	DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
W A R M U P		<p>Dribbling:</p> <ul style="list-style-type: none"> <li>• Every player with a ball</li> <li>• Work on two spin turns (back to def)</li> <li>• Work on two 1 v 1 moves (facing def)</li> <li>• Combine w/ stretching</li> <li>• Play a game of knockout</li> </ul>	<ul style="list-style-type: none"> <li>✓ Allow players to get reps</li> <li>✓ Allow players to experiment</li> <li>✓ Encourage change of direction</li> <li>✓ Encourage change of speed</li> </ul>
P H A S E 1		<p>1 vs 1 to 4 gates (15x15 yd area)</p> <ul style="list-style-type: none"> <li>• Player with the ball can score by dribbling through one of the 4 gates</li> <li>• To score they have to dribble from the inside of the circle to the outside</li> <li>• Play for 30 seconds to a 1 minute (coaches decision)</li> <li>• Two groups can play at once on the same field</li> </ul>	<ul style="list-style-type: none"> <li>✓ Encourage creativity</li> <li>✓ Everything above</li> </ul>
P H A S E 2		<p>1 vs 1 to goals (20 yds apart)</p> <ul style="list-style-type: none"> <li>• 1 vs 1 to 2 yard goals</li> <li>• Games are 30 seconds to 1 minute (coaches decision)</li> <li>• One group resting while the other group plays (allowing for a good work to rest ratio)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Emphasize attacking mentality</li> <li>✓ Same as above</li> </ul>
T H E G A M E		<p>Flying Changes</p> <ul style="list-style-type: none"> <li>• Two teams on opposite endlines</li> <li>• Coach starts the game by playing the ball in</li> <li>• One player comes out from each side and plays 1 vs 1</li> <li>• Once a ball goes across an endline (over the goal, in the goal, or wide of the goal) the player defending that side leaves and a new player quickly comes on with a ball</li> <li>• "Kick-ins" or "dribble-ins" if the ball goes out on the side</li> <li>• First team that gets to a certain # (coaches decision) of goals wins</li> </ul>	<ul style="list-style-type: none"> <li>✓ Same as above</li> </ul>
	COOL DOWN	<ul style="list-style-type: none"> <li>• Jog &amp; Stretch</li> </ul>	

Author: Gary Williamson



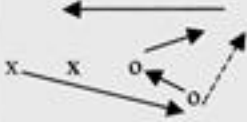
National Youth Certificate Course

## Lesson Plan



Topic: Penetration

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1. SHORT-SHORT-LONG</b>			
The players organize themselves into groups of four.	The two short passes should be on the ground over a 10-yard distance and the third pass is long. PROGRESSION: <ul style="list-style-type: none"><li>• Play two touch.</li><li>• End players switch with the middle players in the group.</li><li>• Move onto one touch passing.</li><li>• The long pass is now aerial over 30 yards.</li><li>• The competition is the group that can make the most number of successful passes.</li></ul>		<ol style="list-style-type: none"><li>1. Quality 1<sup>st</sup> touch.</li><li>2. Look forward.</li><li>3. Accuracy of pass.</li><li>4. Pace of pass forward.</li><li>5. Rhythm, speed.</li></ol>

Author: Gary Williamson



National Youth Certificate Course

## Lesson Plan

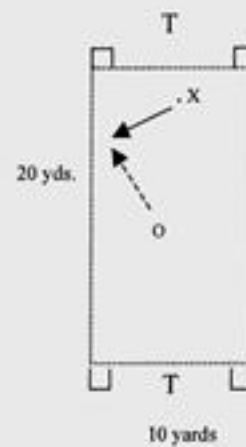
Topic: Penetration

Age: U12

### 2. 1 VS. 1 TO GOALS OR TARGETS

Four players go into each 20 yards long by 10 yards wide grid.

Play 1vs1 in the center of the grid and try to complete a penetrating shot, pass or dribble to the target player or small goals at the end of the grid. Switch roles every two turns.



1. Create space.
2. Angle the checking run back
3. Take a peek forward during checking run.
4. Touch and turn.
5. Look forward.
6. Shoot, pass or dribble forward.

### 3. 2 VS. 2 TO GOALS

Six players go into each 20 Yards long by 15 yards wide grid. Two players are designated goalkeepers.

The coach acts as the 'Boss of the Balls' and is the only one allowed to put a ball into play. Have assistant coaches or parents manage the other grids. A U12 regulation goal should be at each end of the grid.



1. Reinforce all previous coaching points.
2. Positive attitude.
3. Shoot, pass or dribble.
4. 'Can I score?'
5. Pass to teammate?

Author: Gary Williamson



National Youth Certificate Course

## Lesson Plan

Topic: Penetration

Age: U12

<b>4. SCRIMMAGE 4 VS. 4</b>			
<p>Ten players go into each 40 yards long by 20 yards wide grid. Two players are designated goalkeepers.</p>	<ul style="list-style-type: none"> <li>• The coach acts as the 'Boss of the Balls.'</li> <li>• Add two counter attack goals at one end of the grid.</li> <li>• Then go to two goals.</li> </ul>		<ol style="list-style-type: none"> <li>1. ◇ Team shape.</li> <li>2. Create space.</li> <li>3. Open body.</li> <li>4. 1<sup>st</sup> touch.</li> <li>5. Vision.</li> <li>6. Selections: Shoot, pass or dribble?</li> </ol>
<b>5. COOL-DOWN</b>			
<p>Partnersastics</p>	<p>Draw, fundominals, head or catch, etc.</p>		<ol style="list-style-type: none"> <li>1. Balance.</li> <li>2. Agility.</li> <li>3. Strength</li> <li>4. Eye/foot coordination</li> <li>5. mental focus</li> <li>6. FUN</li> </ol>



Author: Julian Owen



National Youth Certificate Course

## Lesson Plan

Topic: Shooting

Age: U12

5			
Scrimmage: Play according to US Youth Soccer rules for U12.	Play an in-squad match to allow the players opportunities to practice shooting under match pressure.	US Youth Soccer U12 regulation field and goal.	Observe the players technical and tactical decisions concerning their shots on goal.
6 COOL DOWN	Allow enough time at the end of the match for a cool-down.		

Author: Sam Snow



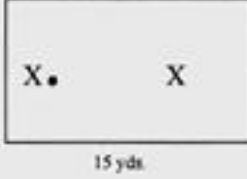
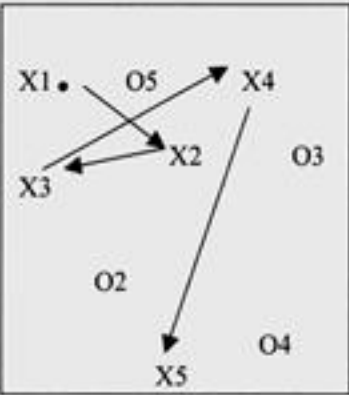
National Youth Certificate Course

**Lesson Plan**



Topic: Spatial Awareness

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1. WARM-UP: PAINT THE GRASS</b>			
<p>Pairs with one ball go into a 10-yard by 15-yard grid. Three rounds with a stretch between each round.</p>	<p>The coach has the watch and the players have thirty seconds to use the ball as a "paint brush" and "paint" (via passing) as much of the grass in the grid as they can.</p>		<p>The intent is to get the players to move, work on passing and receiving techniques, to communicate and solve problems together.</p>
<b>2. SEQUENCE PASSING</b>			
<p>The players organize themselves into groups of five to seven. Players are numbered 1-5(7) and must pass in that sequence, 1 to 2, and 2 to 3 and so on with 5(7) passing to 1.</p>	<p>All passing is done on the move, no standing allowed. Divide into two or three groups with all groups using the same field. The groups have to play through, over and around each other, which increases the demand on vision and communication and off the ball movement.</p> <p><b>VARIATIONS:</b></p> <ol style="list-style-type: none"> <li>1. Reduce the playing area to half of the original size.</li> <li>2. Each group starts with one ball and once they have the hang of it add a second ball, which increases the tempo of the session. A player should not get caught with two balls.</li> </ol>		<p>The intent is to promote vision and communication between the players without the pressure of opponents. The activity will cause the players to work on the techniques of passing and receiving. Rhythm of play and timing of support runs will improve. Off the ball players must get into the field of vision of the teammate with the ball. A dynamic run should be made to show for the ball.</p>

Author: Sam Snow



National Youth Certificate Course

## Lesson Plan

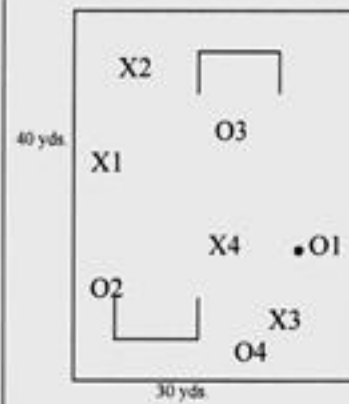
pic: Spatial Awareness

Age: U12

### 3. CROSSING GAME

The players should organize themselves into groups of four to play 4v4. The training grid is 40 yards long by 30 yards wide. Corner flags or tall cones should be used for goals and disc cones to mark the corners of the grid. The goals are set up diagonally from one another and ten yards in from the goal line.

Players can score from either side of the goal and the game doesn't stop after a goal is scored. Play a normal 4v4 match except for goals being scored from either side of the goal. Because of the angled goals there will be more crosses into areas in front of the goalmouth. Many goals can be scored under match conditions in a short time period. Teamwork in preparation of attack and defense will improve.



This activity promotes group movement (tactic) and involves transition. The techniques of dribbling, passing, receiving, shooting, heading, tackling and crossing will have the chance to emerge. As a bonus fitness will also improve in a fun and competitive fashion.

Author: Sam Snow



National Youth Certificate Course

## Lesson Plan

pic: Spatial Awareness

Age: U12

### 4. THREE TEAM GAME

The players organize themselves into three groups of five plus a goalkeeper in each goal. Use a regulation field and goals for the age group. Each group keeps track of their own score. Goalkeepers act as their own team.

Divide the field into thirds-defensive, midfield and attacking. Place each group (X, Z & O) into a third. The group Z in the midfield third has the ball. Group Z chooses one goal to attack and plays against the group X in that third. The group O at the other end is resting. Only the group in possession of the ball may enter the midfield third. If group Z scores they keep the ball, go back to the midfield third and attack the group O goal. If the defending group X wins the ball and gets it into the midfield third then group Z stays in the final third and group X now attacks against group O.



This is a complex environment and will require the highest level of concentration from the players. It will take them awhile to get the hang of it, so be patient. While this is a match related activity, it may be the most complex activity in this training session. Encourage one and two touch passing in the midfield third to change the point of attack and to get targets forward of the ball. A multitude of techniques, offensive and defensive tactics can be taught in this activity. The coach should focus in this lesson on creating space.

Author: Sam Snow



National Youth Certificate Course

## Lesson Plan

pic: Spatial Awareness

Age: U12

### 5. ALL UP & ALL BACK

Play a full field match of 8v8. Follow the US Youth Soccer rules for 8v8 U12 soccer. Use a painted/chalked line or small disc cones to mark the halfway line.

For a goal to count all field players of the attacking team *must* be over the halfway line. If any of the field players are not over the halfway line and in the opponent's half of the field then the goal does not count and a goal kick follows. Let them play under this condition until it is obvious they all understand it. Then if the coach feels they are ready the second condition can be added to the game. When a goal is scored against the defending team they *must* have all of their players in their half of the field or the goal counts double.



The intent of these conditions is to work on team communication, off the ball runs, vision, fitness and most importantly compactness.

COOL-DOWN

Author: Sam Snow




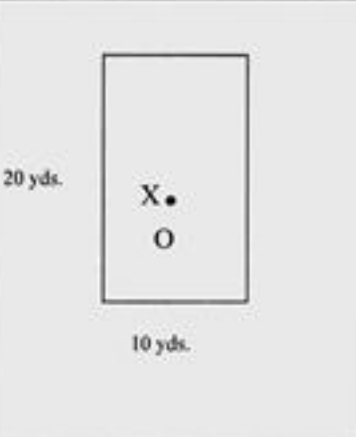
National Youth Certificate Course

Lesson Plan



Topic: U11 First Defender

Age: U11

Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1 WARM-UP SHADOW EXERCISES</b>			
<p>Players organize themselves into pairs with one ball to a pair.</p>	<p>Unlimited space. Partner with the ball faces one of the touchlines and dribbles towards his/her partner. The defending partner does a slow retreat while staying within one yard of the dribbler. Shadow the moves of the dribbler as s(he) dribbles towards the opposite touchline.</p> <p>Once the opposite line is reached the players switch roles, repeat the exercise and work back towards the original starting point.</p> <p>VARIATIONS:</p> <ul style="list-style-type: none"> <li>• Face-to-face</li> <li>• Side-to-side</li> <li>• Recovery</li> </ul>		<ul style="list-style-type: none"> <li>• Body shape (posture)</li> <li>• Footwork</li> <li>• Angles to the dribbler</li> <li>• Space (distance between the defender and attacker) &amp; (location in the playing area)</li> </ul>
<b>2 1 VS. 1 DEFENDING</b>			
<p>10 x 20 yard grid. One pair per grid and one ball per pair.</p>	<p>The players start at opposite ends of the grid with the defender having the ball. The defender passes the ball to the dribbler and then goes to defend. The dribbler tries to get to the opposite end of the grid with the ball under control.</p> <p>Switch roles after each turn.</p> <p>Encourage the defender to try to gain possession of the ball and not merely dispossess the dribbler.</p>		<ul style="list-style-type: none"> <li>• Angle of approach</li> <li>• Speed of approach</li> <li>• Long strides early to cover yardage</li> <li>• Short strides once the defender is within three yards of the dribbler</li> <li>• Physical control &amp; emotional restraint</li> <li>• Lower the center of gravity by bending the knees and leaning slightly forward at the waist.</li> </ul>

Author: Sam Snow



National Youth Certificate Course

## Lesson Plan

pic: U11 First Defender

Age: U11

<p><b>3 2 VS. 2</b></p> <p>15 x 25 yard grid. Two pairs per grid and one ball per grid. Use training bibs to designate the pairs.</p>	<p>Same set up as in activity number two above. Attackers may pass as well as dribble and try to get the ball over the opposite end line under control. The defenders try to gain possession of the ball.</p> <p>If the attackers get to one end they turn and attack the opposite end of the grid. Switch roles after two minutes.</p>		<ul style="list-style-type: none"> <li>• Tactically reading when to be the first defender.</li> <li>• Help the players recognize when they should be the first defender and when to switch roles with the other defender.</li> </ul>
<p><b>4 3 VS. 3 + 1</b></p> <p>30 x 40 yard grid with one age appropriate goal at one end and two small counterattack goals at the opposite end. Three balls at each grid, one in use and one at each end of the grid to keep the activity moving if a ball goes astray.</p>	<p>The team on the attack will always be numbers up because of the neutral player who is only on offense. The defending team will have to make quick and clear decisions on who is to pressure the ball (be the first attacker). Designate one team to be the defenders. They defend the large goal and attack the small counterattack goals. Have the two teams of three switch roles every three minutes. Switch the neutral player at that time also. Use training bibs to designate the two teams. The neutral player must be in a third color.</p>		<ul style="list-style-type: none"> <li>• Verbal and visual communication between the defenders.</li> <li>• Clear communication and understanding between the defenders on who will pressure the ball.</li> <li>• Is the first defender executing the points taught earlier in the training session?</li> <li>• Do the defenders know when to switch roles and become the first defender?</li> </ul>

Author: Sam Snow



National Youth Certificate Course

## Lesson Plan

pic: U11 First Defender

Age: U11

5 4 VS. 4 TWO GOALS			
<p>40 x 50 yard grid with an age appropriate goal at each end. Designate the two teams with training bibs.</p>	<p>No goalkeepers are used in this exercise so as to emphasize the need for proper defensive pressure on the ball. Otherwise play by the normal rules of play for the age group. The small playing area and the small number of players will give the players many opportunities to act as the first defender. Set up more grids if needed to keep all of the players active.</p>		<ul style="list-style-type: none"> <li>• Are the players beginning to execute the points taught through the session on how and when to be the first defender?</li> </ul>
6 8 VS. 8 MATCH			
<p>Set up is a regulation field and goals according to the US Youth Soccer modified rules for the U12 age group.</p>	<p>Combine the players now and include the goalkeepers. Play a regulation match for ten minutes.</p>		<ul style="list-style-type: none"> <li>• Observe the players to see the decisions they make about playing first defender.</li> <li>• Observe the players physical execution of the first defender.</li> </ul>

### COOL-DOWN

Easy jogging – forwards, backwards, sideways – stretch in between each variation of jogging. Both the players and coaches should drink plenty of water at the end of training.

Author: Sam Snow



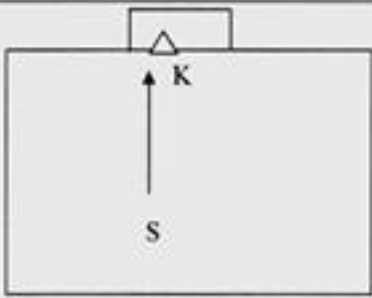


National Youth License  
**Lesson Plan**



Topic: Near Post Play

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1 Warm-up – Finnish Keeper Drills</b>			
	<ul style="list-style-type: none"> <li>Jogging forward doing forward rolls with a ball, five times.</li> <li>Hopping while bouncing the ball around your body, exchanging hands, ten times.</li> <li>Hopping while bouncing the ball with two hands, waist high, ten times.</li> <li>Holding the ball head high, dropping it and catching it at shoe tops, ten times.</li> <li>Tossing the ball between the legs, turn and save, ten times. Five repetitions in each direction.</li> </ul>		<ol style="list-style-type: none"> <li>Physical &amp; mental preparation for training.</li> <li>General fitness &amp; technical development.</li> </ol>
<b>2 Protecting the near post</b>			
<p>The keeper stands at the near post facing the server, who is positioned fifteen yards from the goal on the goal line.</p>	<p>The server tosses or kicks the ball either to the near post or to one of three strikers positioned in a semi-circle out from the goal. If one of the three strikers receives the ball he/she attempts to score. Go from both sides for a total of twenty repetitions.</p>		<ol style="list-style-type: none"> <li>Reason: to learn to attack those passes to other players after being drawn to the near post.</li> </ol>
<b>3 Near post cover</b>			
<p>Place a cone on the goal line three yards inside the near post.</p>	<p>Keeper covers the area between the cone and post. The starting point for the keeper each time is to the inside of the cone (toward the middle of the goalmouth). Keeper rolls the ball to the shooter (ten yards out), who shoots at the near post area. The keeper should reposition him/herself at the starting point after each shot. Twenty times on each post.</p>		<ol style="list-style-type: none"> <li>Proper ready stance each time</li> <li>Focus on footwork</li> <li>Try to get your body fully behind the ball</li> <li>Do not dive unless it is the only way to get to the ball in time</li> </ol>

Author: Sam Snow

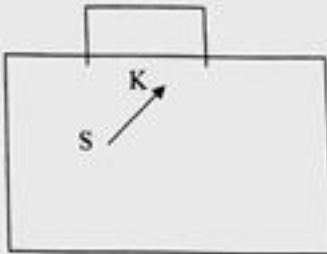



National Youth License  
**Lesson Plan**



Topic: Near Post Play

Age: U12

<b>4 Quick Switch</b>			
Keeper starts at the center of the goal.	The server stands three yards off the near post, as the keeper moves to protect the near post. The server then tosses the ball to the far post, which the keeper backs up to catch or punch. Fifteen times on each side. Vary the height and pace of the service.		<ol style="list-style-type: none"><li>Reason: to learn how to deal with deflections and redirected shots after committing to one post.</li><li>Footwork &amp; agility</li><li>Mental focus</li></ol>
<b>5 8-a-side Match</b>			
U12 Regulation field	Play an 8 vs. 8 match according to US Youth Soccer modified rules.		Move from goal to goal and observe the near post play of the goalkeepers. Give one or two reminders, but the coach should be quiet during this time to watch and listen to the players.

COOL-DOWN & REHYDRATE

Author: James Clarkson



National Youth Certificate Course

**Lesson Plan**



Topic: Penetration

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
1. Warm Up			
KEEP AWAY	Two teams, one ball keep away. Score with combinations, 1-2's, take overs, over laps, etc.		Work on ideas for penetration. CP: Timing, movement, disguise, communication, weight and shape of pass.
2			
TARGET GAME	4v4 possession – Score by hitting the targets & receiving it back. Keep possession. All players must be in one half, can't cross half until ball does, either with a dribble or a pass. If defending team wins it they score in that half before crossing over.		As above with real focus on imagination and creativity. Don't force it.
3			
END ZONE GAME	Directional game. Each team tries to score in other team end zone. Score by getting ball in end zone under control, pass or dribble.		As Above

Author: James Clarkson



National Youth Certificate Course

## Lesson Plan

pic: Penetration

Age: U12

4			
ONE GOAL WITH COUNTERS.	Defending team defends the offside line & score on the counters. Attackers try to penetrate & score.	A diagram of a soccer field showing a goal at the top. A horizontal dashed line below the goal is labeled "Offside". Below the offside line, there are four triangles representing players. The goal is represented by a rectangle with a semi-circle in front of it.	As above
5			
FULL GAME 8v8	Play according to the US Youth Soccer U12 modified rules.		No restrictions.

Author: Gary Williamson



National Youth Certificate Course

## Lesson Plan



Topic: Penetration

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1. SHORT-SHORT-LONG</b>			
<p>The players should organize themselves into groups of four.</p>	<ul style="list-style-type: none"> <li>• Play two or four short passes followed by a long pass to the player in the group the greatest distance away from the ball.</li> <li>• Progress to pass and move.</li> <li>• Progress to two touch passing.</li> <li>• Finish with one touch passing.</li> </ul>		<ol style="list-style-type: none"> <li>1. Open body.</li> <li>2. Positive first touch.</li> <li>3. Look forward.</li> <li>4. Pass quickly.</li> <li>5. Run to support.</li> </ol>
<b>2. 2 VS. 1 TO TARGETS</b>			
<p>The training grid should be 15 yards wide by 25 yards long. Four players per grid in teams of two.</p>	<p>X1 and X2 attack against one of the O players. The O players take turns as the single defender. The X players try to get past the O defender to the opposite end of the grid. The two teams switch roles after two rounds. The attacking team combines with passing and solo dribbling to beat the defender.</p> <ul style="list-style-type: none"> <li>• Progress to scoring a point if they can get the ball to the target player under control. The O defender earns a point if possession of the ball is gained.</li> </ul>		<ol style="list-style-type: none"> <li>1. X2 makes run to create space.</li> <li>2. Proper angle of checking run.</li> <li>3. Take a peek forward.</li> <li>4. Touch and turn.</li> <li>5. Look to pass forward.</li> <li>6. Communication (visual &amp; verbal)</li> <li>7. Proper angle and distance between the two attacking players.</li> </ol> <p>Reemphasize all previous coaching points.</p>

Author: Gary Williamson



National Youth Certificate Course

## Lesson Plan

Topic: Penetration

Age: U12

### 3. 2 VS. 2 TO TARGETS

The training grid should be 15 yards wide by 20 yards long. The players need to organize themselves into eight players per grid. Four players go inside the grid to play 2v2 and one player on each corner of the grid as a target player.

The attacking players should work on playing the ball forward.

#### PROGRESSION

- Look to use the second attacker as a decoy run for the first attacker. Play passes to the target players.
- If the pass to the target is successful then that team gets the ball back and attacks to the opposite end of the grid. Make it – Take it.
- Competition – keep score.

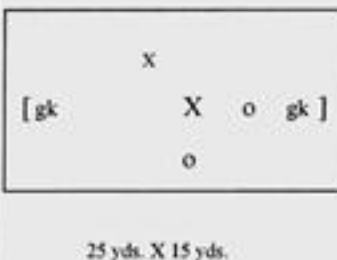


1. Positive attitude.
2. Decision of when to pass or dribble.
3. Selection of type of pass.
4. Reemphasize all previous coaching points.

### 4. 2 VS. 2 + GKs

The training grid should be 15 yards wide by 25 yards long. The goals should be 3 yards wide.

The players should organize themselves into groups of six to play two against two with a goalkeeper in each goal. The players should switch roles after 3 minutes. Set up as many grids as needed in order to have all of the players active.



1. Observe the first attacker's selections as to when to shoot, pass or dribble.
2. Observe the movement and positioning of the second attacker.
3. Observe the mental and physical transition from defense to offense and vice-versa.

Author: Gary Williamson



National Youth Certificate Course

## Lesson Plan

Topic: Penetration

Age: U12

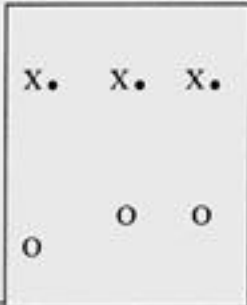
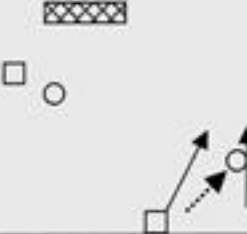
### 5. COOL-DOWN

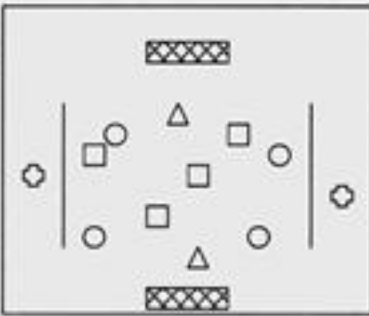
All players and coaches assemble inside the center circle. To create a greater challenge use smaller sections of the circle.

While moving at half speed everyone moves forwards, backwards, sideways, twisting and turning all while avoiding contact with anyone else. Move for one minute and then stop to stretch. After two minutes of stretching resume, but at quarter speed. Stop to stretch after one minute.



1. Agility.
2. Vision.
3. Lower heart rate.
4. Lower breathing rate.
5. Reduce volume of sweating.
6. FUN

Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1. WARM-UP</b>			
<p>Players organize themselves into pairs. Everyone in a half of the field, half of the players need a ball</p>	<ul style="list-style-type: none"> <li>Players jog around sporadically, players with a ball look to cross the ball to one of the players without a ball</li> <li>Stretch then repeat</li> </ul> <p><b>Progressions:</b> Specify which foot they must cross with</p>		<ul style="list-style-type: none"> <li>Hips turned to face target</li> <li>Head looking down at ball</li> <li>Angle of approach</li> <li>Preparation touch before crossing                             <ul style="list-style-type: none"> <li>Quality of cross – weight, accuracy, timing</li> </ul> </li> </ul>
<b>2. CROSSING TO TARGET</b>			
<p>Players organize themselves into groups of two. Two attackers. Two defenders. One ball.</p>	<ul style="list-style-type: none"> <li>Square passes ball to circle</li> <li>Circle plays ball with first touch towards end line and then crosses the ball</li> <li>As soon as square passes the ball they pressure the crosser</li> <li>One attacker and one defender by goal</li> </ul> <p><b>Progressions:</b> Switch to other side of field so crosser has to use other foot</p>		<ol style="list-style-type: none"> <li>Disguise your time of passing.</li> <li>Supporting player also needs a good touch.</li> <li>The closer you take the ball to the defender, the better.</li> <li>Angle of support has to be correct.</li> </ol>
<b>3. 5v5 ZONAL PLAY</b>			

<p>Now the players organize themselves                  Play 5v5 (4 field players and a GK) in a 50-x-74 yard area with 15 yard wide flank zones on each side</p>	<ul style="list-style-type: none"> <li>One neutral player plays in each of the flank zones and cannot be challenged</li> <li>A premium is placed on players timing runs into the box (as to get free from a marker) and receiving a cross from the flank player</li> </ul> <p><b>Progressions:</b> Allow flank players to come into the regular field</p>		<ul style="list-style-type: none"> <li>Hips turned to face target</li> <li>Head looking down at ball</li> <li>Angle of approach</li> <li>Preparation touch before crossing</li> <li>Quality of cross – weight, accuracy, timing</li> <li>Type of cross                         <ul style="list-style-type: none"> <li>Driven to near post – flicked header</li> <li>Lofted to far post – driven header or volley</li> </ul> </li> </ul>
<p><b>4. SCRIMMAGE 8 VS. 8</b></p>			
<p>The players organize themselves into two teams of eight, including a goalkeeper on each team.</p>	<p>Play an 8 vs. 8 match according to US Youth Soccer modified rules for U12.</p>	<p>Play on a regulation U12 field with goals in accordance with US Youth Soccer rules.</p>	<p>Driven to near post – Lofted to far post – driven ball to target</p>
<p><b>5. COOL-DOWN</b></p>			
<p>Juggle in pairs.</p>	<p>50 touches between partners and then stretch. Finish with individual juggling. Try to beat your personal record. Stretch and replenish fluids.</p>	<p>X . X</p>	<p>Recap the key points of executing wall passes and double passes.</p>

Author: Jacob Daniel



National Youth Certificate Course

Lesson Plan



Topic: Heading To Clear

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>1. WARM-UP</b>                      Players organize themselves into groups of three. Set up two cones 40 yards apart.</p>	<p>One player goes in between the two cones to be the server (1). One of the two outside players (2) runs around the nearest cone and as soon as player (2) turns around the cone the server throws the ball in the air to the runner. Player (2) heads the ball to the far outside player (3). Player (3) heads the ball back to the server (1) runs around the nearest cone and the procedure is repeated in the opposite direction.</p>		<ul style="list-style-type: none"> <li>• Eyes on the ball.</li> <li>• Neck stiff.</li> <li>• Attack the ball and run through it.</li> <li>• Head the lower half of the ball for height and distance.</li> </ul>

Author: Jacob Daniel



National Youth Certificate Course

## Lesson Plan

pic: Heading To Clear

Age: U12

### 2. CROSSES TO FINISH

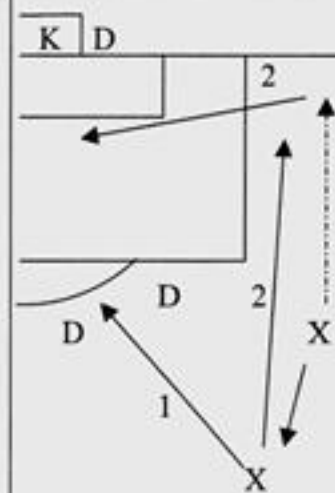
Use the final third of the age appropriate field. Four defenders and a goalkeeper.

A winger and a midfielder at each flank and the balls are with the wingers. Each defensive pair starts on the edge of the penalty area and clears four crosses in each turn.

Sequence of crosses:

1. Right-winger passes back to the midfielder who crosses towards the penalty arc (#1).
2. Right-winger passes back to the midfielder who sends a through ball. The winger chases the ball and crosses toward the penalty spot (#2). Defenders turn and run into the penalty area to defend the cross. Process repeats from the left side and then the two defenders switch.

Progress by adding a forward (2v1) and then add a second forward (2v2).



- Attack the ball.
- Head early; don't allow the ball to bounce.
- Head high and wide in the direction you are facing.
- Do not flick the ball into dangerous areas. Concede a corner if you must.
- If the keeper calls for the ball and comes out, cover for the keeper by running to the goal line.
- After the ball is cleared, sprint out.

Author: Jacob Daniel



National Youth Certificate Course

## Lesson Plan

pic: Heading To Clear

Age: U12

<b>3. NEUTRAL ZONE</b>			
<p>Two neutral players in zones (5 yards in from the touchline) on the flank. Only neutral players are allowed in the flank zones. 4v4 to 6v6 in the center area. A goal may be scored only after a neutral player has crossed the ball.</p>	<p>Play a match with neutral zones on the flanks in order to get in good crosses. Defensive headers should try to clear the ball into one of the neutral zones. To maintain realism ask the neutral players to combine and execute a typical flank sequence (overlap, wall pass, etc.) before crossing the ball. Players in the center area play a normal soccer game except they are not allowed into the neutral zones. Progress by lifting the restriction.</p>		<ul style="list-style-type: none"> <li>• Communicate marking assignment early and clearly.</li> <li>• Send one defender to the near post to block the cross from entering the goal area.</li> <li>• Mark the other forwards by keeping goal-side of them.</li> </ul>
<b>4. 6 VS. 6 MATCH</b>			
<p>Play a match according to the US Youth Soccer rules for U12.</p>	<p>A normal match except any defensive header earns a point.</p>	<p>US Youth Soccer regulation U12 field and goal.</p>	<ul style="list-style-type: none"> <li>• Guide the players on recognizing when to head the ball for a defensive clearance.</li> </ul>
<b>5. COOL-DOWN TEAM KNOTS</b>			
<p>The players organize themselves into groups of six. Each group stands in a circle facing one another.</p>	<p>On the coach's signal the players close their eyes and reach into the center of the circle to hold other players' hands. When they open their eyes they should be in a big human knot. Only hand-to-hand positions are allowed. Players attempt to unravel themselves without letting go.</p>	<p>The task is to make a circle with everyone still holding hands. Someone will take charge and become the leader giving instructions. After a session on heading for U12 players this will be a good change of pace.</p>	<ul style="list-style-type: none"> <li>• Flexibility and balance.</li> <li>• Group cooperation.</li> <li>• Problem solving skills.</li> <li>• Leadership development.</li> </ul>