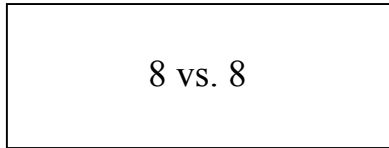
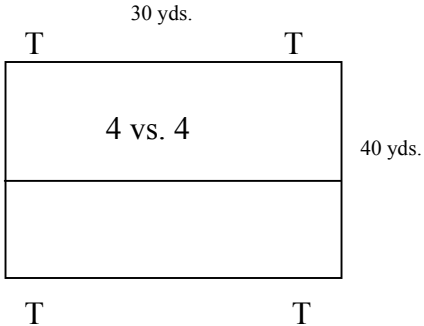
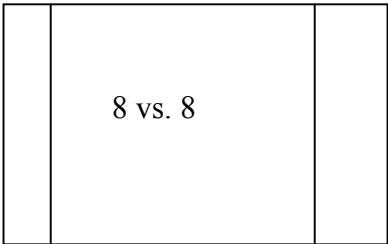




Lesson Plan



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



Lesson Plan

4			
<p>ONE GOAL WITH COUNTERS.</p>	<p>Defending team defends the offside line & score on the counters. Attackers try to penetrate & score.</p>	<p style="text-align: center;">Offside</p>	<p>As above</p>
5			
<p>FULL GAME 8v8</p>	<p>Play according to the US Youth Soccer U12 modified rules.</p>		<p>No restrictions.</p>