



12U Fall 2017 Training Sessions - Week 4

Topic

PASSING FROM WIDE AREAS

Objectives (5 W's)

Who: #2, #3, #7, #11
Where: Attacking half of the field
What: Passing, Receiving, Shooting
When: In possession of the ball when the defense is compact centrally
Why: To penetrate the defense and create scoring opportunities

Organization

Duration Intensity

Area: 50Wx40L yard, one goal, area outside the penalty area, Target Team (Red) - #2,3,7, 9 & 11, #8 acts as server to start play. Opposition - #1
 #8 serves ball in to a #7, 11 or #2, 3. #9 joins the play and they try to score on the #1.
 Service from the flank should vary from aerial, to low and driven across the area.
 Switch sides of the service. Add a chaser to catch the flank server.

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling to set up a pass, prep touch, surface of foot. Passing, surfaces of the foot, types of pass, aerial, lofted, driven, bent.
 Attacking - Team Tactical Principles - Spread Out: Who? Where? When? Occupy All Spaces: Who? Where? Create Passing Options: Who? Where? When?

Warm-up / Orientation 3 v 1 to Goal



Orientation 6 v 4 to Goal with Counter Goals



Organization

Duration Intensity

Area: 50Wx40L yard field with one big goal and 2 counter goals
 Target Team (Red): #'s 2, 3, 7, 8, 9, 11 - Opposition Team (White): #'s 1, 2, 3, 4
 Red Team plays to score on the big goal. If the White Team wins the ball they score in the counter goals. Offside is applied for the Red Team.
 Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling to set up a pass. Passing types, aerial, driven, lofted, bent. Receiving, foot/body surface based on type of service from the flank, redirecting service to score.
Team Tactical Attacking Principles - Create Passing Options: Who? When? Play Forward: When? Where? Why? Create 2v1 or 1v1: Who? Where? When?

Organization

Duration Intensity

Area: 50Wx60L yard field, big goal on each end-line
 Target Team (Red): #'s 1, 2, 3, 4, 7, 8, 9, 11
 Opposition Team (White): #'s 1, 2, 3, 4, 6, 8, 10
 Both teams attack and defend a big goal. All rules of the game apply.
 Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts

Coaching Points

Activity Time Rest Intervals

What? Technique - Dribbling. Passing from wide positions. Receiving flank service. Shooting.
Team Tactical Attacking Principles - Create Passing Options: Who? When? Play Forward: When? Where? Create 2v1 or 1v1: When? Where? Why? Vary Runs to Get Behind/Between the Defensive Line(s): Who? Where? When? Why?

Learning 8 v 7 to Goal



Implementation

9v9 Duration Formation Activity Time Rest Intervals

Organization

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution, Team Tactical Attacking Principles (5W's), Speed of Play