



# 12U Fall 2017 Training Sessions - Week 5

**Topic**

**INDIVIDUAL ATTACKING OF THE #9**

**Objectives (5 W's)**

**Who:** #9  
**What:** Dribbling, Passing, Receiving & Shooting to create scoring chances  
**Where:** In the attacking (final) third of the field  
**When:** When in possession of the ball and within striking range  
**Why:** Create more scoring chances when within striking range

**Organization**

Duration  Intensity

Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls by the goals. Target team (Red): #'s 7, 8, 9, 11 - Opposition team (White): #'s 7, 8, 9 & 11. Each team has 4 players on the field & 4 on deck. All the players must touch the ball then score. Once goal is scored, exit the field and team on deck enters the field. Play till 1 team scores eight goals before the other team does.

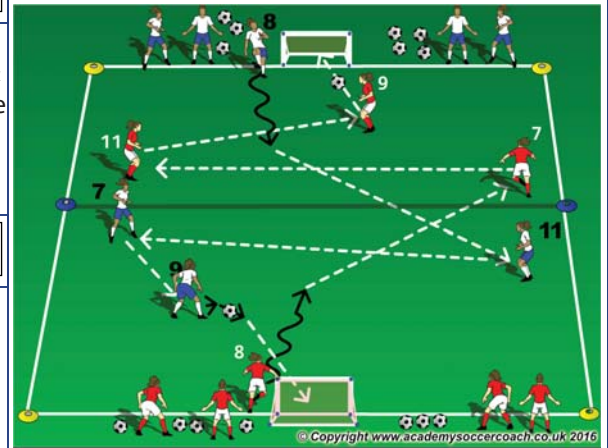
**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Dribbling: running with the ball. Passing: surface of the foot and ball to move forward. Head still & eyes on the ball. Receiving: get in line with the flight of the ball. Watch the ball onto your foot. Turning when back is to goal. Shooting: Head down to watch the ball off your foot. Preparation touch to play forward (distance from body). None kicking foot along side of the ball.

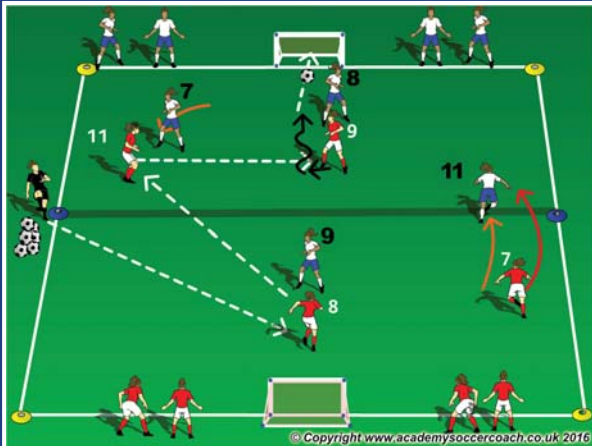
**Warm-up / Orientation**

4v0 to Goal



**Orientation**

4v4 to Goal



**Organization**

Duration  Intensity

Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls at midfield with the coach. Target team (Red): #'s 7, 8, 9, 11 – Opposition team (White): #'s 7, 8, 9, 11. 4 players on the field and 4 on deck. Play a game for 3 minutes or 2 goals. If a goal is scored, the coach will put a new ball into play Any goal scored by the #9 is worth 3 points and a game winner.

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Dribbling: To beat an opponent. Running with the ball. Turning to beat an opponent. Passing/Receiving: Head down. Proper surface for a long/short pass. Watch the ball off your foot. Watch the ball onto your foot.  
**Team Tactical Attacking Principles** - Spread Out: Where? When? Triangulate: Who? Where? When? Play forward when possible: Who? When? Where?

**Organization**

Duration  Intensity

Area: 50Wx60L yard field, a big goal at 1 end and a small counter at the other. Target team (Red): 4, 6, 7, 8, 9, 10, 11 – Opposition team (White): 1, 5, 6, 7, 8, 9, 11. Red attacks the big goal. If white wins the ball, they attack the small counter goal. Any goal or assist by the Red #9 is worth 5 points.

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique:** Dribbling. Passing. Receiving. Shooting.  
**Team Tactical Attacking Principles** - Spread Out: Where? When? Triangulate: Who? Where? When? Play forward when possible or hold the ball: Who? When? Where? Vary the runs to get behind or between the defensive line(s): When? Where? Why?

**Learning**

7v7 to Goal and Small Counter 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 (5 W's), Speed of play