



2014 - U12 - Spring Lesson Plan - Week 5



Module 2: Passing and Receiving

Topic: Build Up through the Midfield

Objective: To improve the team's ability to possess and penetrate the soccer ball through the m midfield third

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<u>Passing and Moving in 3's:</u> Field is divided into thirds with 1 player in each third create passing sequences that always involve the player in the middle zone. 1. Into the middle, back, across to the far player 2. From middle to back player, middle player opens up, receives ball back while turning and distributing to other teammate.		• What makes a good pass? • Where should a player take their first touch? • What part of the foot can they receive a ball with? • Where on the field should combination play be utilized and with who?
Stage II Small Sided Activity	<u>2v2 plus 1 to 4 Goals:</u> 2v2 plus 1 neutral player to 4 goals. Neutral player is always on the attack and must stay within the blue middle zone. The attacking team must play the neutral player before going to goal. Goal=1 point. Goal off of combination play=5 points.		• How should the neutral player know when to present themselves for the ball? • What attacking shape should try to be formed? • What types of techniques will players need to perform? • How are the receiving player's body positions?
Stage III Expanded Small Sided Activity	<u>4v4 to Goal:</u> 4v4 to central goal. When on the attack, a ball must be received by a player in the middle third of the field before advancing to go to goal. To start both teams must be in a 1-2-1 formation. Goal=1 point Goal off of combination play=5 points.		• How are players off the ball creating space in the attack? • What attacking shape should we have? • What will a player on the ball take into consideration when deciding to advance the ball? • How are the receiving player's body positions? • Where should their first touch be?
Stage IV Conditioned Game	<u>6v6 or 7v7:</u> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to possess and penetrate the ball through the midfield		