



Interactive Lesson Plan



Season: Fall 2014

Age Group: U12

Week: 10

Topic: Fantastic 3's or 4

Stage	Activity Description Field #1	Activity Description Field #2	Field Set Up
Round 1	<u>One Touch Goals:</u> Goals can only be scored from a first touch shot which means the pass must come from a teammate.	<u>Number of Passes = the Value of the Goal:</u> However many consecutive passes a team makes prior to scoring is how many points the goal is worth (5 passes + a goal = 6 points, 2 passes + a goal is worth 3 points.) A goal is always worth 1 point.	
Round 2	<u>Gone in 60 Seconds:</u> If a team scores a goal, they must protect their lead for 60 seconds. If the other team scores within the 60 seconds, the first goal does not count. If you score a second goal without giving up a goal, your first goal is yours to keep.	<u>Can't Be Winning By More Than 1 Goal:</u> If you are winning by 1 goal, you cannot score again unless the other team scores. Your team can never be up by more than 1 goal (you can't put goals into a bank to use later.)	
Round 3	<u>Everyone Must Touch the ball in Order for a Goal to Count:</u> Everyone on the attacking team must touch the ball consecutively in order for a goal to count. If an opponent touches the ball, the attacking team must start counting over.	<u>Everyone Across the Halfway line:</u> All players on the attacking team must be across the halfway line in order for a goal to count. If any players do not make it across, the goal is not good.	
Round 4	<u>Everyone Must Score Once Before Anyone can Score a Second Goal:</u> If you score a goal, you cannot score a second goal until all your teammates have scored their first.	<u>Play the Game:</u> Play a 4v4 soccer game with no additional conditions; only use the rules of soccer.	

- All games will be played on a 30Wx40L field with a goal at each end (should be at least 2 fields but can be more.)
- If you use more than 2 fields, select another game from the list to left to add to the new fields.
- On each field, play a game to goal with no goalkeeper.
- All games are either 4v4, 4v3 or 3v3.
- Teams stay together for the duration of the practice.
- Each field has a specific condition each round (See activity description to the left.)
- Teams must play on both fields and against at least 2 opponents each round.
- All games within a round last for 8 minutes.
- With the exception of the condition, all other soccer rules apply.