



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1. Warm Up			
4 GOAL GAME	Two teams try to score in any of the four goals. Dribble or pass the ball through the goals to score.		Work on ideas for penetration. CP: Timing, movement, disguise, communication, weight and shape of pass. Combinations
2			
TEAM IN THE MIDDLE.	Three teams, one team in each zone. The two end teams keep the ball away from the middle team. The ball must travel from one end to the other. Players must stay in their zones. If the ball goes out of bounds or is intercepted, the team losing possession switches with the middle team. Progression: 1 player from middle can attack end zone.		As above with real focus on imagination and creativity. Don't force it.



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3			
3 TEAM GAME	Three teams & two goalkeepers. Middle team attacks one end and tries to score. Play in zone until defenders win the ball and get it into the middle. They then attack opposite end and try to score. Goalkeepers play for defending team and start attacks.		As Above
4			
ONE GOAL WITH COUNTERS.	Two teams split into defenders, midfielders & attackers. Players can only play in their zones. Ball always starts with the goalkeepers. Must get the ball through the zones and try to score. Progression: 1 player can move from their zone when the ball does, create numbers up.		As above
5			
FULL GAME 8v8	Play according to the US Youth Soccer U12 modified rules.		No restrictions