

COACHING SESSION PLAN

Session Type	U12 week 10, practice 2
Theme of Session	ATTACKING FLAIR GAME PLAY

Key phrases for today's theme;

- *Focus on players using their own imaginations to move off the ball and score great goals (as a team AND individual flair)*

Focus <i>Key points and things to watch out for.</i>	Diagram <i>Equipment and example</i>	Timing <i>Minimum time to be spent on exercise</i>
<p>Small-sided-games; four mini goal game</p> <p>Maximum of 4v4 players for U12s. Four-goal soccer should be used for shooting practices.</p> <p>The aim for the players is to score in either of their two target goals, teams should be rotated so that both get a chance to play both ways.</p> <p>The set up should be a 25x35 yard area, with four 2 yard goals (no keepers), placed as they are in the diagram.</p>		15mins
<p>Small-sided-games; score and keep away</p> <p>Maximum of 4v4 players for U10s. 'Score and keep away' is designed to enhance teamwork.</p> <p>The aim for the players is to score in their target goal as in a normal game. However, after a team scores, their goal is closed up and they have to complete 5 passes before it is open again. If the other team win back the ball they have to try and score in their target goal, if they do then their goal closes and it opens the other teams goal.</p> <p>The set up should be a 25x35 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		15mins
<p>Small sided games; regular mini game</p> <p>Maximum of 6v6 players for U12s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 40x60 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		Until practice ends