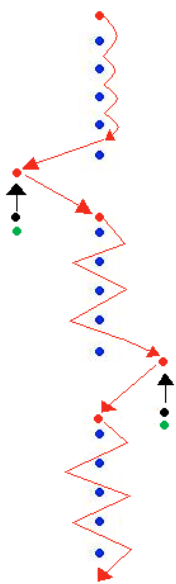
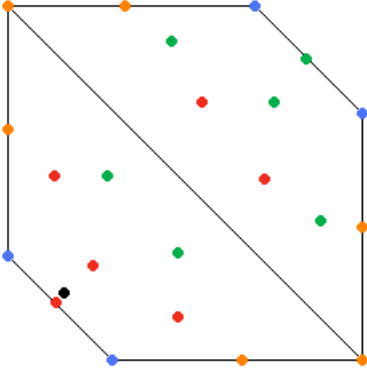


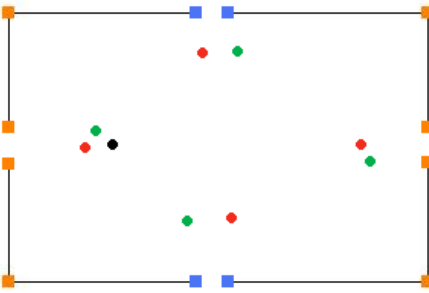
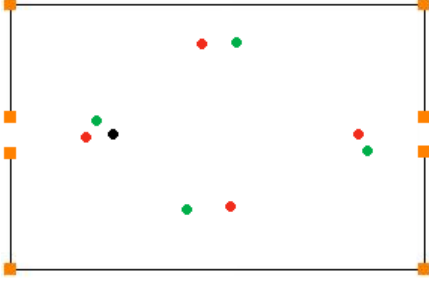
COACHING SESSION PLAN

Session Type	U12 week 7, practice 2
Theme of Session	FINISHING FIRST OR SECOND TIME

Key phrases for today's theme;

- FFW- ensure control is neat and fast, fast feet should be learnt and controlled
- Diamond- players to shoot if they can see a space in the goal! Focus on accuracy- players should be controlled not smashing the ball as hard as possible
- Game 1- score when you can see the goal, again focus on being controlled and accurate
- Game 2- FREE PLAY

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>Fast footwork with ball control</p> <p>Players should perform any of the single fast footwork drills between the cones, then after each fifth cone, the player should dart out the line to a coach who should throw a ball toward a 'control surface' for the player to control. The player should control the ball and then play it back to the coach</p> <p>Examples of control surfaces are;</p> <ul style="list-style-type: none"> • <i>inside foot</i>- to be played straight back • <i>laces</i>- to be played straight back • <i>thigh</i>- control then played back • <i>chest</i>- control then played back • <i>head</i>- to be played straight back <p>Start with the coach deciding which surface and which footwork technique, but then let the players decide and call out the surface they want, while doing the footwork.</p> <p>Players should go through all fifteen cones and then go back round to the start.</p>		10mins
<p>Shooting; diamond strikes</p> <p>Set up a 45x45 yard area, cutting off two corners to make them 7 yard long goals (marked out by the blue cones in the diagram).</p> <p>Players should stick to their own half until they are told to rotate around the different positions. The teams are split into teams of five (plus one goalkeeper for each). Each team is then split up so that there are three players in one half and two in the other (making a 3v2 in each half. The players should not go over half way.</p> <p>The half with three players on should take up the role of strikers, aiming to score in the goal in the opposite half. The opposite side, with two players in, act as defenders to the oppositions three 'strikers' but also take up the role of rebounding strikers, following up on any spill by the opposing keeper.</p>		20mins

<p>The idea of the game is to take a shot as quickly as possible, with the goalkeeper rolling the ball to a striker in their half, who should either strike the ball immediately or pass if they are closed down instantaneously.</p> <p>Key points for shooting;</p> <ul style="list-style-type: none"> • <i>Use the passing technique</i>- players should aim to place their shot, like a pass • <i>Head over to keep it low</i>- players should get over the ball to keep it low • <i>Eyes on the target area</i>- players should pick the exact spot they aim to hit • <i>'sweet-spot'</i>- strikers should look to use the largest surface area on the top of the foot, known as the sweet-spot. The area is that just above the big toe. With the striker hitting the ball with this part of their foot, they will have their body over the ball, and will be able to hit the ball with more power without losing accuracy. 		
<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>		<p>10mins</p>
<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 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		<p>Until practice ends</p>