

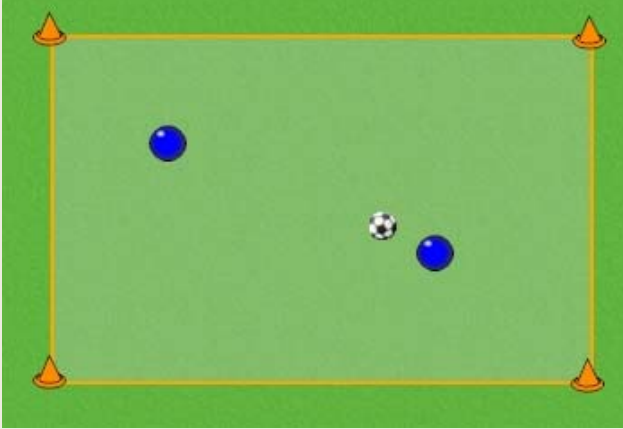
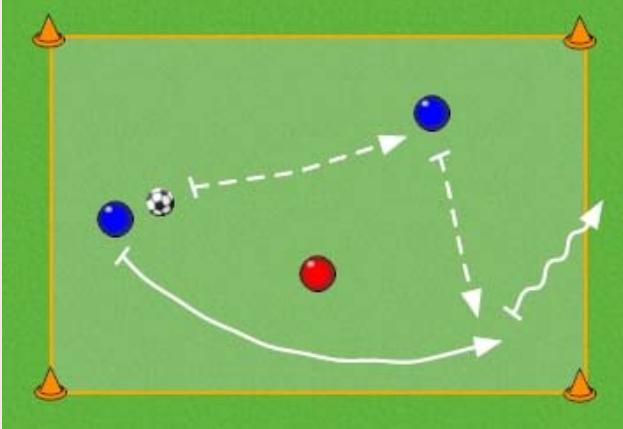


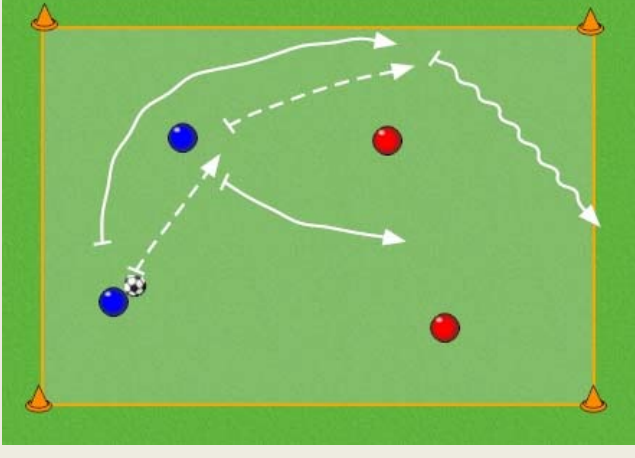
ACTIVITY PLAN



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Age Group: U12

<p>Week 6 Combination Play Warm up <u>Objective:</u> To improve general coordination.</p>	<p><u>Organization:</u> Organize players into pairs inside a 10 X 15 yard grid with 1 ball.</p>	<p><u>Procedure:</u> In their grid each pair passes the ball back and forth on the move. Play combinations together. Wall passes, overlaps etc</p>	<p><u>Key Coaching Points:</u> -Keep the ball on the ground. -Good 1st touch - Movement & timing of runs -Quality passes</p>	
<p>Week 6 Combination Play Individual Activity <u>Objective:</u> To improve combination play.</p>	<p><u>Organization:</u> 2 v 1 combo's Organize players into groups of three in each grid. One ball per grid. 10 x 15 yard grids.</p>	<p><u>Procedure:</u> Play 2v1 with the two attackers trying to get the ball over the opposite end line under control. The defender tries to gain possession of the ball. The players switch roles after two rounds until all have been the defender.</p>	<p><u>Key Coaching Points:</u> -Disguise your time of passing -Supporting player also needs a good touch -The closer you take the ball under control to the defender, the better to tempt the defender so you can play round them. -Angle of support</p>	

<p>Week 6 Combination Play Small Group Activity Objective: To improve Combination Play Under Pressure.</p>	<p>Organization Organize four players to each grid. One ball per grid. Increase the size of the grid to 20 X 15 yards.</p>	<p>Procedure: As above but now play 2 vs. 2.</p>	<p>Key Coaching Points: -2v2 is a little more challenging but the angles, the touch, and the correct support stay the same</p>	
<p>Week 6 8 v 8 Small Sided Game Objective: To improve group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 8 v 8 match 2 Goals Size 5 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points: Summation of all challenges for the players. Stay out of their way and let them play.</p>	