



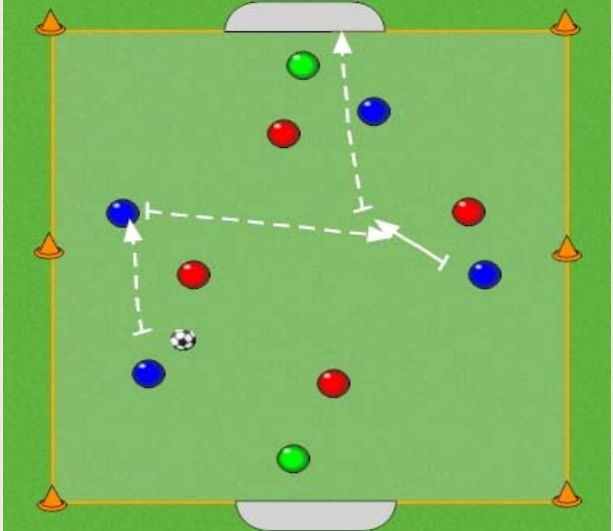
ACTIVITY PLAN



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Age Group: U12

<p>Week 4 Shooting</p> <p>Warm up Objective: To improve shooting technique</p>	<p>Organization: Technical ball striking work in pairs, one ball between two. Use half a field and create numerous 4 yard wide goals with cones</p>	<p>Procedure: Begin with passing through the cones to your partner. Go to a different set of cones each time. Focus only on inside, instep and bending balls on the ground.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Body mechanics and Control -Body position and Balance - Eye on the ball -Quality of preparation touch -Proper selection of contact surface 	
<p>Week 4 Shooting</p> <p>Individual Activity Objective: To improve shooting technique</p>	<p>Organization: 2 v 2 + 1 with Goalkeepers Two large goals 20 x 25 yard area. Neutral player plays for team in possession.</p>	<p>Procedure: Rotate attack between the X's and O's each time. Example: X's attack and O's defend, once X's shoot, score, etc., the O's receive another ball and attack while two new X's enter the field to defend – flying changes.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Aggressive and positive mentality to go to goal -When to shoot, pass or dribble -Supporting angle and distance to ball -Combination play - Unbalancing the defense 	

<p>Week 4</p> <p>Shooting</p> <p>Small Group Activity</p> <p>Objective:</p> <p>To improve shooting technique & understanding</p>	<p>Organization:</p> <p>4 v 4 with goalkeepers (5 v 5)</p> <p>2 large goals. 30 x 30 area</p>	<p>Procedure:</p> <p>No restrictions – Improve attitude towards shooting.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -Correct attacking shape and balance of team - Frame the goal with shot - Find a way to score - Resiliency – rebound Mentality - All of the above 	
<p>Week 4</p> <p>8 v 8</p> <p>Small Sided Game</p> <p>Objective:</p> <p>To improve individual & small group game understanding.</p>	<p>Organization:</p> <p>30 x 50 yard area Play a 8 v 8 match</p> <p>2 Goals</p> <p>Size 5 ball</p>	<p>Procedure:</p> <p>Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	