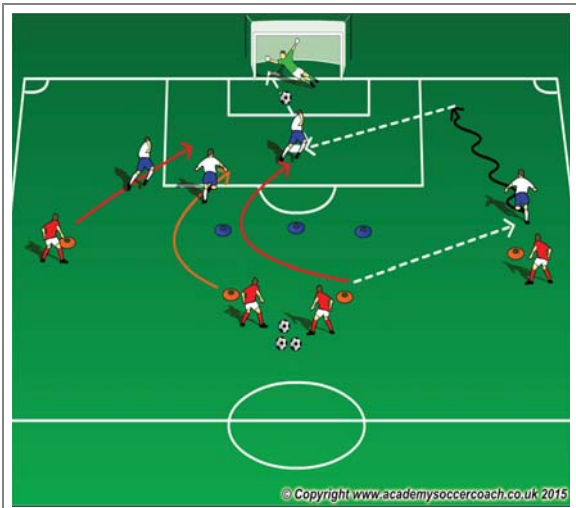


Season Fall 2015 Team/Age Group U12 Week 7

Topic Passing from wide areas - Passing and Crossing from the Flanks

Objectives 5W's

Improve the ability of #2, #3, #7, #11 to pass and cross from wide areas
 WHO: #2, #3, #7, and #11 with #9, #10, WHAT: Technique of serving, crossing or striking the ball from the flanks, WHERE: Right or left flanks of the field
 WHEN: In possession of the ball, WHY: To maintain possession of the ball or to create scoring opportunities



1. WARM UP

Duration:	15 min	Intensity:	High	Intervals:	15+	Activity Time:	30 sec	Recovery Time:	30 sec
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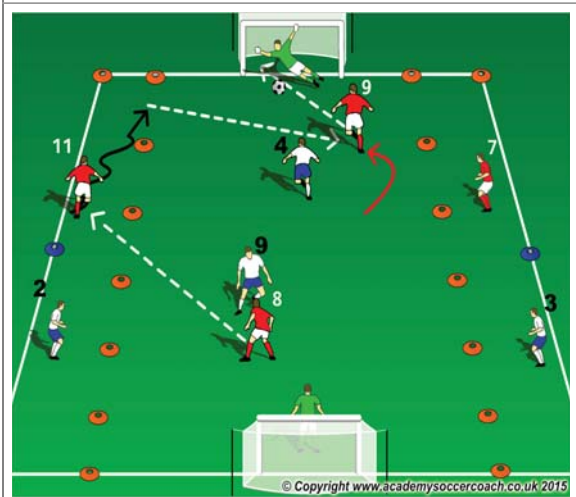
ORGANIZATION - (Physical Environment / Equipment / Players)

CROSSING COMPETITION:

In a 45Wx30L yard area outside the penalty area two groups alternate serving the ball to a flank player who dribbles down the flank and serves/crosses the ball into 3 teammates making runs into the box. Service should vary from aerial to a low, driven across. Switch sides of the service. Variation: Add a defending chaser to put pressure on the flank server.

COACHING POINTS / KEY CONCEPTS

- Technique of serving the ball from a wide position in the run of play.
- Technique of finishing, based on the types of service from the flank. (Body in line with ball, open to allow redirection of ball towards net)



2. SMALL SIDED ACTIVITY

Duration:	15 min	Intensity:	Med	Intervals:	4	Activity Time:	3 min	Recovery Time:	1 min
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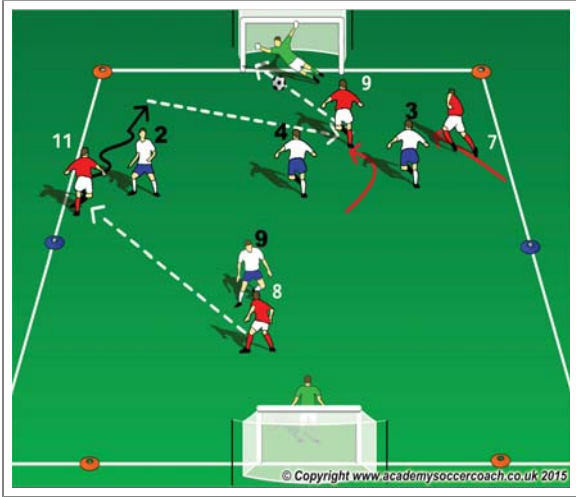
ORGANIZATION - (Physical Environment / Equipment / Players)

3v3 + 2 TO GOAL:

In a 45Wx30L yard field, with a 7 yard wide channel down each sideline with 2 flank players per team, play 3v3 to goal. If a goal is scored after the ball has been played wide using a channel player then served back in front of the attacking goal, it is worth 50 points. All other goals are worth 1 point. First team to 101 points wins.

COACHING POINTS / KEY CONCEPTS

- Technique of service from wide areas
- Tactics of why to play the ball wide and when to play it back inside centrally



3. EXPANDED ACTIVITY

Duration:	20 min	Intensity:	Med	Intervals:	4	Activity Time:	4 min	Recovery Time:	1 min
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ORGANIZATION - (Physical Environment / Equipment / Players)

5v5 TO GOAL:

In a 45Wx60L yard field, play 5v5 to goal. If a goal is scored after the ball has been played from a wide area then served back in front of the attacking goal, it is worth 10 points.

- Any goal scored from an aerial ball is worth 50
- Any goal scored from a wide serve (either through the air or on the ground) and finished with one touch is worth 100.

COACHING POINTS / KEY CONCEPTS

- Tactics of maintaining possession through wide players, creating scoring opportunities using Width, Penetration, Support, Mobility and Improvisation

4. GAME	7v7	Duration:	25 min	Intensity:	Low	Activity Time:	11 min	Intervals:	2	Recovery Time:	3 min
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ORGANIZATION On a 40Wx70L field the Red team (Target Team) will play a 1-1-2-3 and the White team will play 1-3-2-1

COACHING POINTS / KEY CONCEPTS Role and responsibilities of the #2, #3, #7, #11 in using the flanks to maintain possession and to penetrate defenses to create scoring opportunities