



Interactive Lesson Plan



SEASON Fall 2015 AGE GROUP U12 WEEK 10

Soccer Festival



ACTIVITY 1		Intensity:	Med	Activity Time:	1 min
Duration:	10 min.	Intervals:	6	Recovery Time:	20 sec

ORGANIZATION (Physical Environment / Equipment / Players)

In a 30Wx40L yard grid each player with a soccer ball and they perform 20 consecutive touches on the ball; first with one foot then the other:

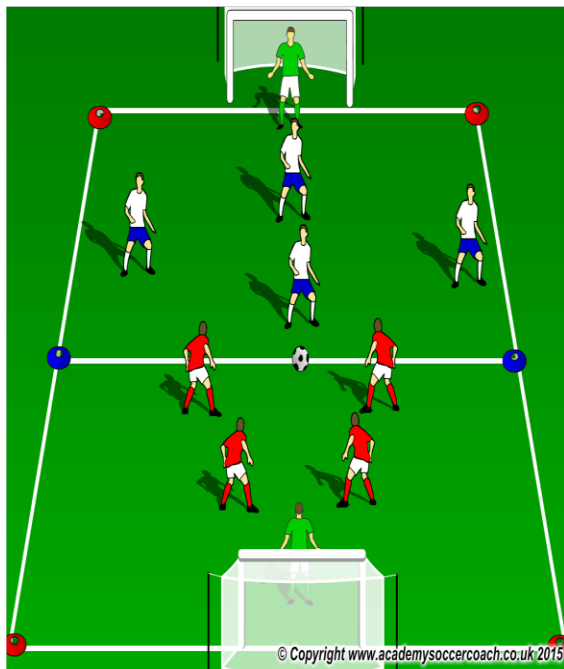
- Outside-inside right foot then outside-inside left foot,
- Touch inside right foot-touch inside left foot-roll with bottom of right toward left foot (repeat starting with the left foot,)
- Right foot touch with laces twice then draw a circle around the ball with right big toe (repeat the same with the left foot)
- Bottom of right foot pull ball back, touch with the inside of right foot so the ball travels behind the left leg, take away with the outside of the left (repeat starting with left foot)

Each round, introduce a new pattern then combine with all the previous patterns

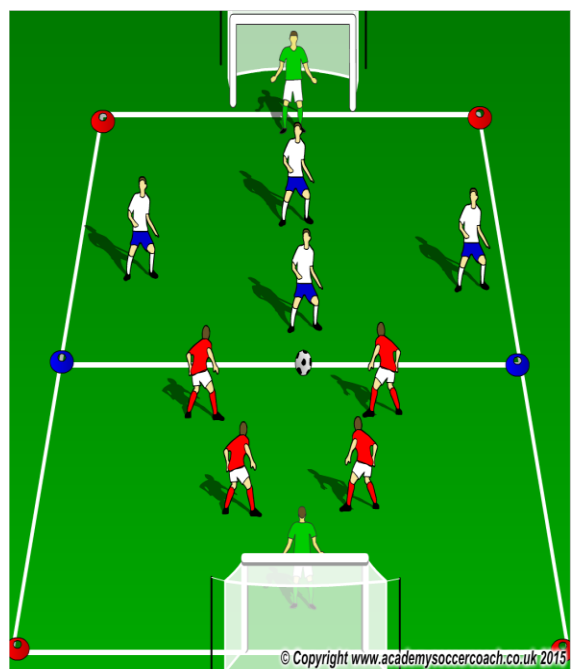
5v5 (Including Goalkeepers) Festival Organization (Each Game Has A Goal Condition)

Game Duration	<i>4 X 10 minute games</i>
Field Change Time	<i>Teams will have 2 minutes to change fields</i>
Substitutions	<i>Coaches will sub on the fly</i>
Team Rotation	<i>Pending number of teams, try to have all teams play one another</i>

TEAM 1



TEAM 2



TEAM 3

TEAM 4

GAMES

<i>Game 1</i>	<i>Team 1 vs. Team 3</i>		<i>Team 2 vs. Team 4</i>
<i>Game 2</i>	<i>Team 1 vs. Team 4</i>		<i>Team 2 vs. Team 3</i>
<i>Game 3</i>	<i>Team 1 vs. Team 2</i>		<i>Team 3 vs. Team 4</i>