



U12 Session Plan

MASSACHUSETTS YOUTH SOCCER

Season	Topic	SHOOTING 1
Objectives (5 W's)	Who: #7, #9, #10, #11 Where: In the attacking half of the field close to the goal area What: Shooting, receiving, penetration, support, mobility, improvisation When: There is a shooting window Why: To develop an aggressive goal scoring mentality	

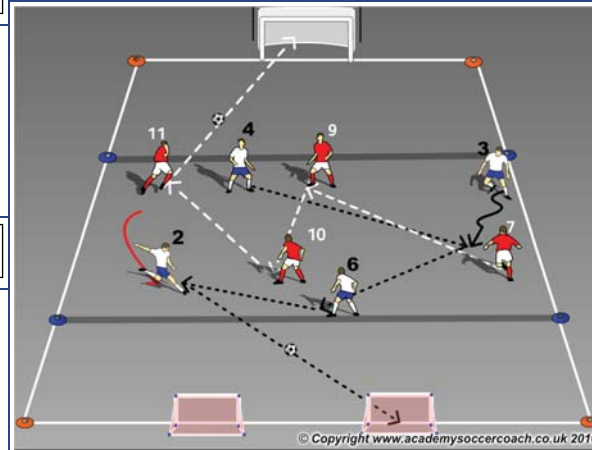
Organization	Duration	18 mins	Intensity	Med-High
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Area: In a 47Wx36L yard field with a big goal and two counter goals
 Target team (Red) #'s 7, 9, 10, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups have 4 minutes to combine and score as many goals at each end shooting from the central zone on the fly - Interval 1: How many can you score? - Interval 2: Improved by 1 - Interval 3: Which team can score the most goals in 4 minutes

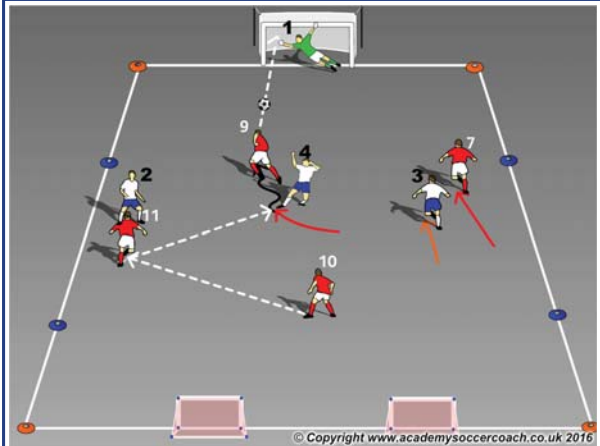
Coaching Points	Activity Time	4.5 mins	Rest	1.5 min	Intervals	3
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What? Technique of Finishing
 Knees bent, head down, hips and knee over ball, body slightly leaning over ball
 Non-kicking foot beside ball. Ankle locked, angle of approach to the ball
 Strike ball with laces at the center of the ball, follow through and land on the non-kicking foot

Stage 1 Shooting Competition



Stage 2 4v4 - Steve G - Power Shooting



Organization	Duration	20 mins	Intensity	Med-High
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Area: In a 47Wx36L yard field with a big goal and two counter goals
 Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 4. - Red team scores in the big goal, the white team scores in either of the two goals.
 Scoring: All goals score from the central zone are worth 100 points. Play to 300 points

Coaching Points	Activity Time	5 mins	Rest	1.5 min	Intervals	3
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What? Technique - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance

Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Why? Mobility: Who? When? Why? Width: Who? When? Why?

Organization	Duration	22 mins	Intensity	Medium
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Area: in a 47Wx60L field with goals
 Target team: #'s 1, 4, 7, 8, 9, 10, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9.
 Play to score in the opponent's goal. All rules apply.

Coaching Points	Activity Time	9 mins	Rest	2 mins	Intervals	2
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What? Technique - Shooting and Receiving

Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Mobility/Width: Who? Where? When? Improvisation: When? Why?

Stage 3 7v7 to Goals



Stage 4 - 9v9	Duration	30 mins	Formation	R GK-3-3-2 v W GK-3-2-3	Activity Time	12 mins	Rest	3 mins	Intervals	2
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Organization In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to finish inside the box

Coaching Points Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play