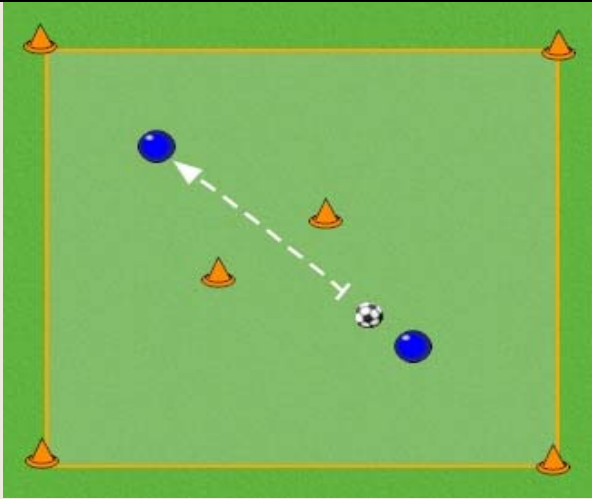
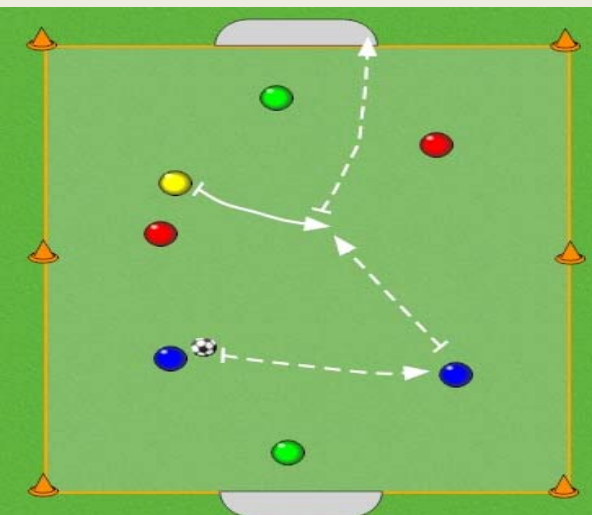


ACTIVITY PLAN

Author: White

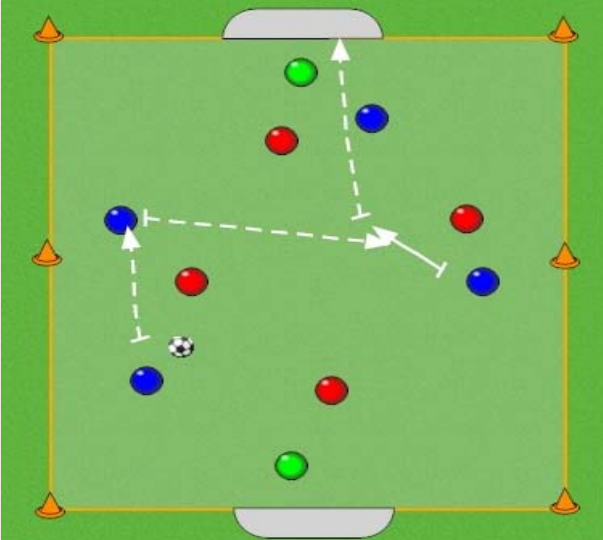
Age Group: U12

Week 4 Shooting Warm up Objective: To improve shooting technique	Organization: Technical ball striking work in pairs, one ball between two. Use half a field and create numerous 4 yard wide goals with cones	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.	Key Coaching Points: -Body mechanics and Control -Body position and Balance - Eye on the ball -Quality of preparation touch -Proper selection of contact surface	
Week 4 Shooting Individual Activity Objective: To improve shooting technique	Organization: 2 v 2 + 1 with Goalkeepers Two large goals 20 x 25 yard area. Neutral player plays for team in possession.	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.	Key Coaching Points: -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	

ACTIVITY PLAN

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Week 4 Shooting Small Group Activity <u>Objective:</u> To improve shooting technique & understanding	<u>Organization:</u> 4 v 4 with goalkeepers (5 v 5) 2 large goals. 30 x 30 area	<u>Procedure:</u> No restrictions – Improve attitude towards shooting.	<u>Key Coaching Points:</u> -Correct attacking shape and balance of team - Frame the goal with shot - Find a way to score - Resiliency – rebound Mentality - All of the above	
Week 4 8 v 8 Small Sided Game <u>Objective:</u> To improve individual & small group game understanding.	<u>Organization:</u> 30 x 50 yard area Play a 8 v 8 match 2 Goals Size 5 ball	<u>Procedure:</u> Free Play!	<u>Key Coaching Points:</u> Summation of all challenges for the players. Stay out of their way and let them play.	