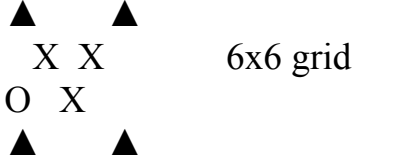
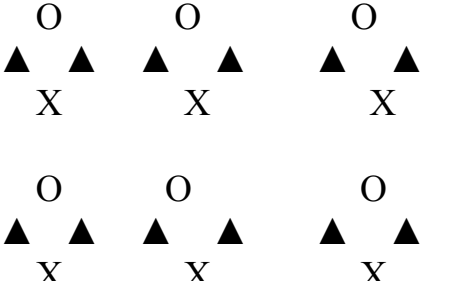
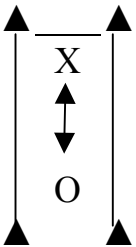


# Lesson Plan

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Knock Out	O players try to tackle the X players with the ball – O will count how many times they make a tackle. Repeat activity with players playing for 30 seconds each time. Keep score each time	 <p>▲    ▲ X X    6x6 grid O X ▲    ▲</p>	Supporting foot next to the ball  Lean forward from the shoulders
2			
1v1 Battle Ladder	1 point for a tackle 1 point for a goal 3 points for a goal that happens after a tackle	 <p>O    O    O ▲ ▲ ▲ ▲ ▲ ▲ X    X    X  O    O    O ▲ ▲ ▲ ▲ ▲ ▲ X    X    X</p>	Lock the tackling foot's ankle with toes pointed slightly forward  Defending distance to the ball
3			
1v1 Wars 2v2 3v3 4v4	Line soccer.  When a player scores from a block tackle, s/he gets 3 points. A regular goal counts as 1 point. Progress this activity from 1v1 to 4 v4, and the same rules apply each time	 <p>▲    ▲        X        ▲    ▼ O        ▲    ▲</p>	Tackle with full body weight  Angle of body shape  Throwing fakes at attacker  Eyes on the ball



# Lesson Plan



4					
6v6 The "Time Zones"	Regular game if you tackle within the final third of the field. 4 points + 1 point for a goal	4 pts	3 pts	2 pts	Commit fully to the tackle
		A D	M M	D A	
5					
8v8 Final Game	<b>Without restrictions or conditions. Play under U.S. Youth Soccer-modified rules for U12</b>	2-3-2 X      O X    XO    O X    X    O    O X    XO    O X      O			Coach the topic during the game
6					
Cool Down	<b>Juggling in pairs</b>				