Author: Sam Snow

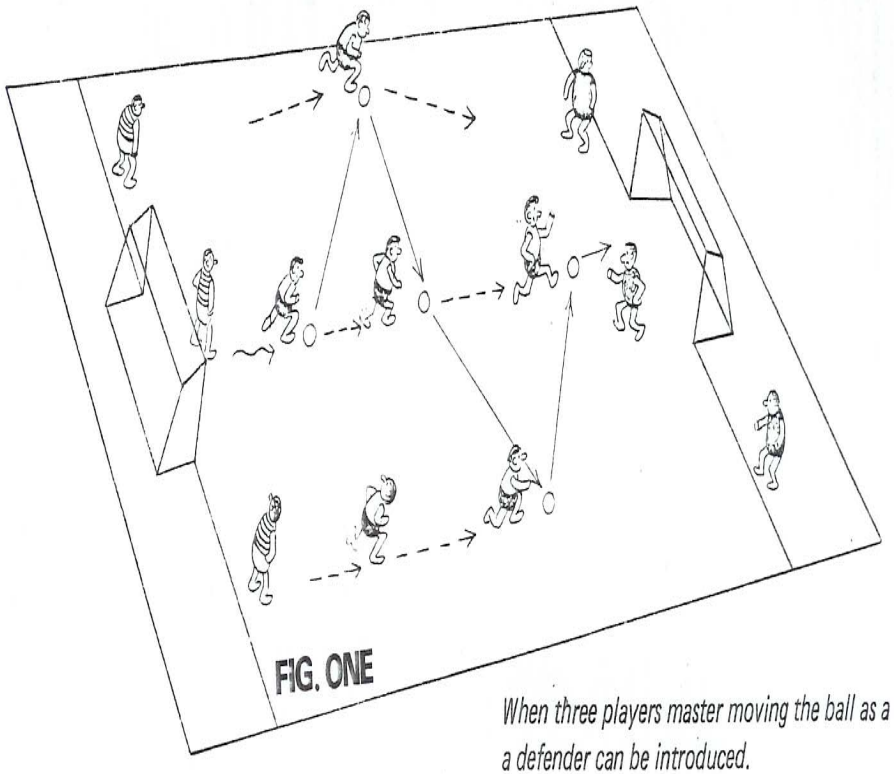
National Youth Certificate Course

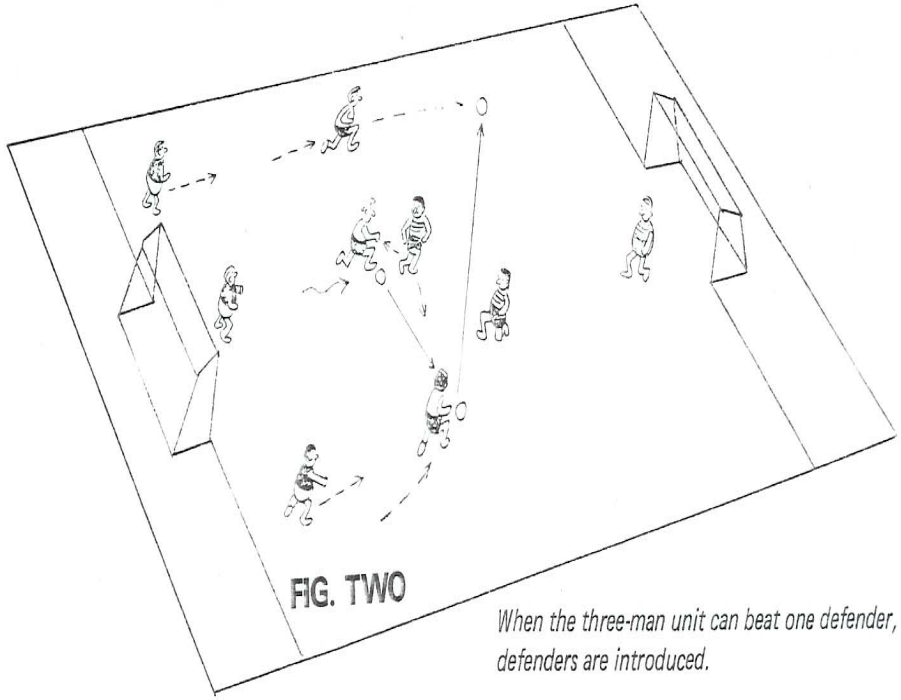
Lesson Plan

Topic: 3rd Attacker

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP			
12 players with one ball each.	Dribbling, turning, changing speed, direction, etc. STRETCH 1. Ankle warm-up: Balance on one leg with the other leg straight to front of you. Pull your toes back. Point your toes down. Turn your foot in. Turn your foot out. 2. Hip Flexion with knee extension: Balance on one leg and bring the other knee up towards your chest. Straighten the bent leg toward the sky. 3. Hip extension: Balance on one leg, tighten your buttocks and bring the other leg straight behind you. Keeping your thigh still and slightly behind the standing leg, bend your free leg. 4. Body curl: lie on your back. Bend your knees into your chest and put your hands behind your head. Exhale and curl your upper body and pelvis toward each other like you are crunching into a ball.		Gradually work up to match speed.

2. 3 VS. 1			
Use a 40-yard long by 30-yard wide grid. Use regulation goals for the age group. Begin the activity as a 3 vs. 0 play. Build to a 3 vs. 1 activity.		 FIG. ONE *When three players master moving the ball as a unit, a defender can be introduced.*	➲ Getting open to the game ➲ Flank players get the backside to the outside ➲ Wall passes ➲ Double passes ➲ 3 man combinations ➲ Decisions on when to shoot, pass or dribble

3. 3 VS. 2			
Use a 40-yard long by 30-yard wide grid. Use regulation goals for the age group. Begin activity as a 3 vs. 1 play. Build up to 3 vs. 2.		 FIG. TWO *When the three-man unit can beat one defender, two defenders are introduced.*	➲ Timing of runs ➲ Creating space ➲ Stay wide ➲ Backside to the outside ➲ Angle of support ➲ Distance of support ➲ Disguise passes ➲ Decisions on when to shoot, pass or dribble

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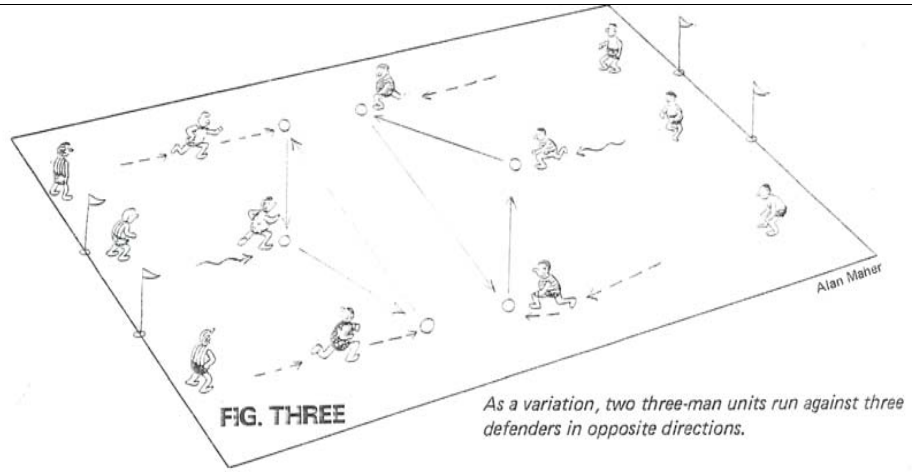
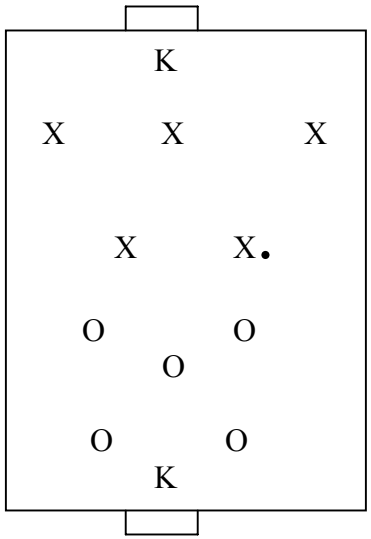
4. 3 VS. 3			
Use a 40-yard long by 30-yard wide grid. Use regulation goals for the age group. Play 3 vs. 3.			➲ Connection with other attackers ➲ Timing ➲ Create space ➲ Angles ➲ Distance ➲ Width ➲ Technique – skill-disguise ➲ Penetration

5. 5 VS. 5 + GKs.			
Use a regulation U12 field according to the US Youth Soccer rules.	The team (X) being coached plays a 3-2 formation. The opponents (O) start in a 2-1-2 formation. If the activity is successful then the opposing team (O) goes to a 3-2 formation. Opposing team (O) must shoot within four passes.		➲ Starting position ➲ Proper spacing between attackers ➲ Body posture ➲ First touch should be forward ➲ Look for wall pass with midfielders