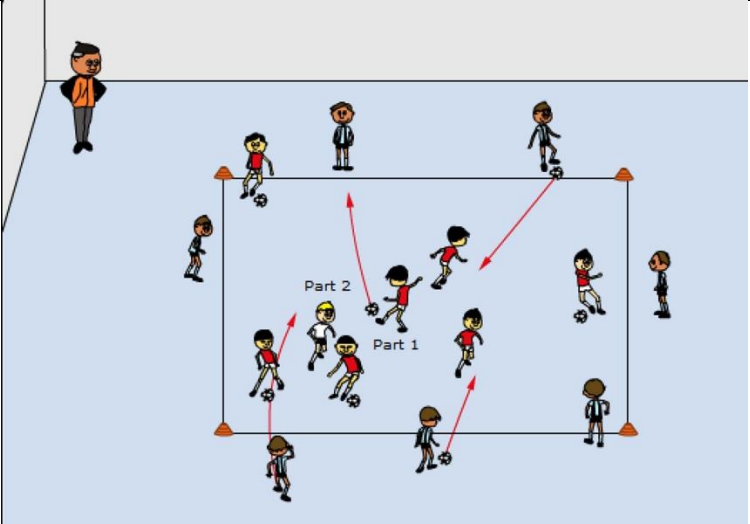
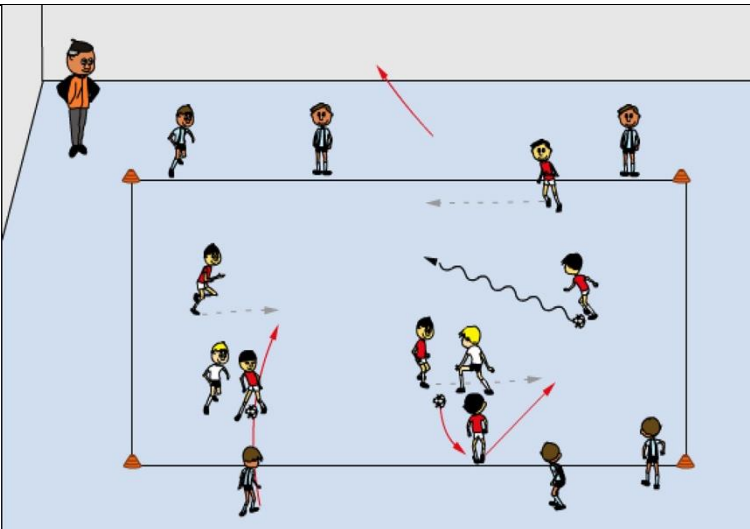
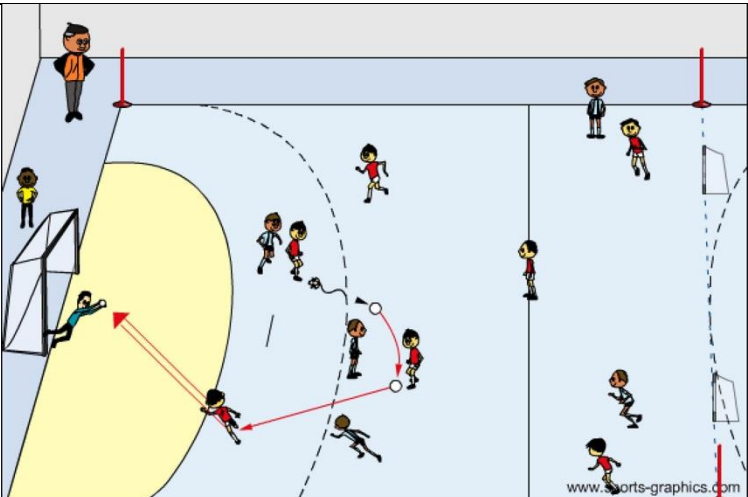
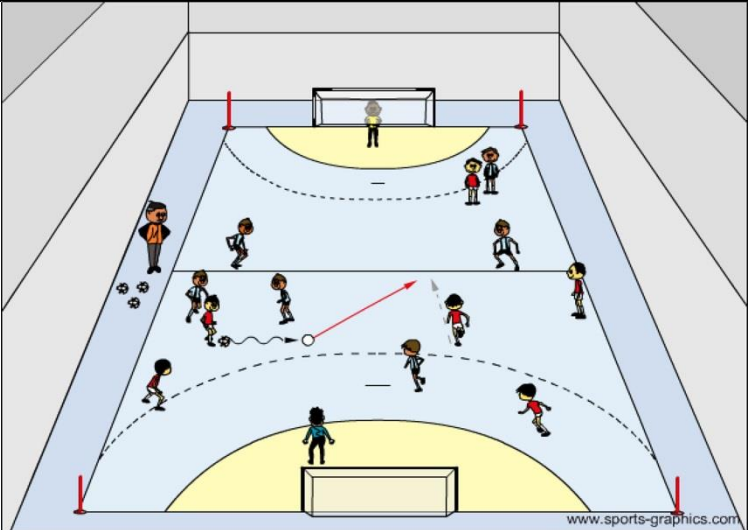


Activity Name	Description	Diagram	Coaching Points
<p>1 Technical Warm-Up: Windows I</p> <p>Grid = 15 x 15 yds. 7 players around the outside of the grid. 7 players on the inside of the grid, each with a ball.</p>	<p>Players on the inside dribble & make passes to outside players who return the pass 1 or 2 touch. Inside players practice 1st touch to space, turns & dummies. Then dribble to find a new open outside player.</p> <p>Part 1. After 3 minutes switch roles.</p> <ul style="list-style-type: none"> - After 2 rounds add a defender (Part 2) inside the grid 		<p>Key coaching point (CP) throughout the session will be: early vision & decision.</p> <p>Q: How do you know in which direction to receive the pass?</p> <p>Q: What ways can you turn with the ball?</p>
<p>2 Small-Sided Activity: Windows II</p> <p>Grid = 30 x 20 yds. 6 players (red) on the inside with 3 balls. 2 defenders (white) on the inside. 6 players (blue) on the outside along the touchline.</p>	<p>Initially make 2v1 set ups with one pair of attackers w/o opposition. Rotate 2v1 match ups. Central attackers use flank support players when needed. Attackers score by dribbling or passing to a teammate under control across the goal line. Score at one end & then go to opposite end. Switch roles of all players every 5 minutes.</p>		<p>CP: when under pressure 1st touch toward support inside or outside or drag back.</p> <p>Q: Why would you take your 1st touch to outside support?</p> <p>Q: How do you gain more time for a controlled 1st touch?</p>

<h3>3 Expanded Small-Sided Activity: 3 goals</h3>		
<p>Grid: $\frac{3}{4}$ of the field. 1 regulation goal, 2 small counter goals, 4 corner flags. 7v5+GK Red team attacks the large goal. Grey team attacks the small goals.</p>	<p>One team attacks the full size goal in which a goalkeeper is playing. Rotate the goalkeeper every 5 minutes. The opposite team attacks the small counterattack goals. Both teams look for proper 1st touch to shoot, pass, dribble or shield the ball.</p>	 <p>CP: Team attacking the large goal looks for drag back, lay-off or roll turn. Q: When could an attacker roll with the ball around a tight marking defender? Q: How can a 1st touch into space set up a penetrating shot or pass?</p>
<h3>4 Match: 7 vs. 7</h3>		
<p>Regulation U12 field and goals. 4 corner flags. Red & grey training bibs. 1 ball. Spare balls with the coach.</p>	<p>Play 7 vs. 7 using US Youth Soccer Modified Rules for the U12 age group.</p>	 <p>Observe the players recognition of 1st touch away from pressure moments. Observe player execution of skill in those moments. Occasionally reinforce previous coaching points.</p>

Cool-Down