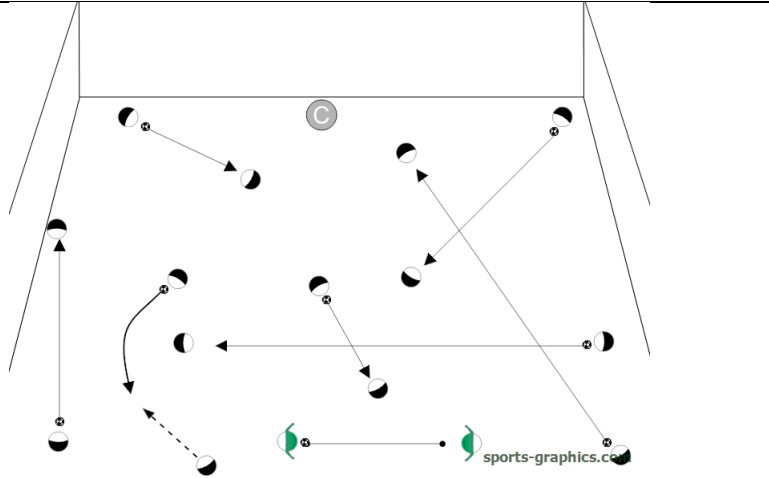
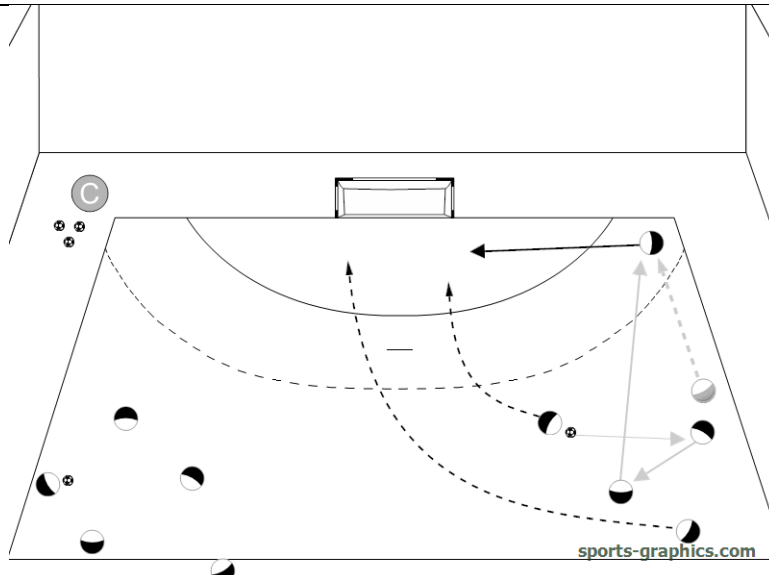
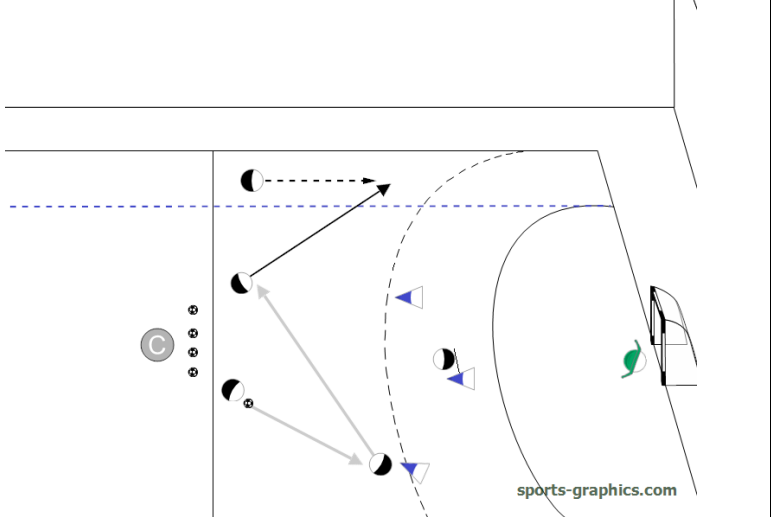
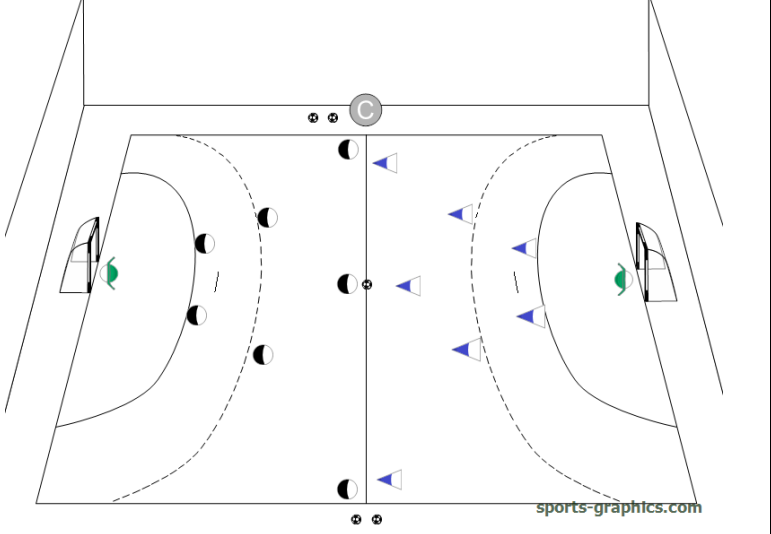


Activity Name	Description	Diagram	Coaching Points
<p>1 Pairs – Long Passing</p> <p>Use the whole training space.</p>	<p>Players pair up with 1 ball/pair. Partners begin 15 yds. apart striking long passes to each other. Gradually increase the distance to 30 yds. Go from stationary passing & receiving to everything on the move.</p>		<p>How is the flight of the ball affected when you strike different parts of the ball?</p>
<p>2 Short-Short-Long</p> <p>One group per quadrant of the pitch.</p>	<p>Players get into groups of 5. Play short-short-long to work on passing combinations (wall pass, double pass, lay off) and a penetrating pass.</p> <p>Next phase begin at halfway line each time, play toward the goal line and add runs to the post to finish the cross.</p>		<p>Why is the prep step important to hit a good cross?</p> <p>How can you shape up to move down the flank?</p>

<p>3 5 vs. 3 + GK</p>			
<p>Coach and spare balls positioned at the kickoff spot. Activity on each half of the pitch.</p>	<p>Play on 1 half of the pitch. Moving the ball across 1 or 2 channels at a time can open up chances to penetrate. Look to get down the flank to set up crosses and runs into the penalty area.</p>		<p>What passing combinations create good chances to get down the touchline?</p> <p>Why should the attacker with the ball be ahead of the off-the-ball runners?</p>
<p>4 8 vs. 8 Match</p>			
<p>Full field match played by US Youth Soccer Modified Rules for the U12 age group.</p>	<p>Goal = 1 point Score from a Cross = 2 points Score with a Header from a Cross = 3 points Score on a Volley from a Cross = 4 points Score with a Diving Header = 5 points</p> <p>Take up a coaching position at the midfield third on one flank and later the other to observe their flank play.</p>		<p>Actively observe their efforts at the training session objectives.</p>

Cool-Down | A detailed session plan is posted on the US Youth Soccer web site.

