



# Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1. Warm Up			
KEEP AWAY	Two teams, one ball keep away. Score with combinations, 1-2's, take overs, over laps, etc.		Work on ideas for penetration. CP: Timing, movement, disguise, communication, weight and shape of pass.
2			
TARGET GAME	4v4 possession – Score by hitting the targets & receiving it back. Keep possession. All players must be in one half, can't cross half until ball does, either with a dribble or a pass. If defending team wins it they score in that half before crossing over.		As above with real focus on imagination and creativity. Don't force it.
3			
END ZONE GAME	Directional game. Each team tries to score in other team end zone. Score by getting ball in end zone under control, pass or dribble.		As Above



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4			
<p>ONE GOAL WITH COUNTERS.</p>	<p>Defending team defends the offside line &amp; score on the counters. Attackers try to penetrate &amp; score.</p>	<p style="text-align: center;">Offside</p>	<p>As above</p>
5			
<p>FULL GAME 8v8</p>	<p>Play according to the US Youth Soccer U12 modified rules.</p>		<p>No restrictions.</p>