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Practice with a plan

12U Week #1 -

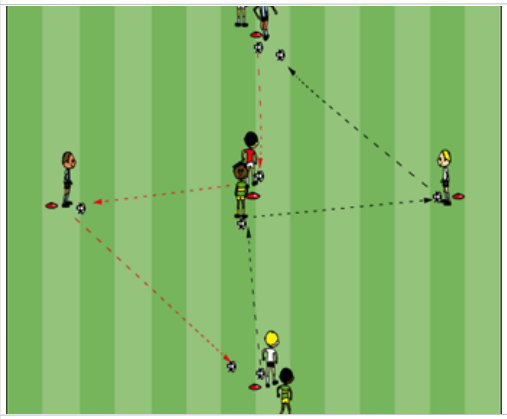
Length: 75 minutes

PLAY — PRACTICE — PLAY

"Passing/Receiving"

Dribbling move
Scissors/v-turn

PLAY **10 mins.**	**Play-** as players arrive have them join in a small sided game.	**Set Up**- 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed	**Equipment:** pinnies, 10 cones

	Activity Description	Set Up Diagram	Coaching Points
#1 **15 mins**	**Diamond:** One player at outside cones of the diamond & 2 players back to back at the center cone. The remaining players divide up evenly and fill in behind bottom & top cones. One ball with the first player in each bottom & top cone they start by passing to the player at the center cone. This player turns with the ball (left) & passes to the player on the outside cone who passes to starting cone. Players follow your pass and start at the same time.		-Tech of passing and receiving -Middle players check to the ball -Pace and accuracy of the pass -Passes on the ground
#2 **15 mins**	**Diamond Keep away:** Set up a diamond with 4 players on the outside who play keep away. In the middle have two players with a ball, whose job is to dribble inside the diamond and make it hard for the passing team by closing off the passing lanes. Every time blue players split pass between the two red they get a point. **Progression:** Take the balls away and play 4v2 keep away		-Good passing technique -Communication -On toes to be ready receive -Open up on first touch -Move the ball quick to create gap between defenders.
#3 **15 mins**	**4V4 To Small Goals** In a 30x35 yd. grid each team defends and attacks two goals. If playing with 4 players, the attacking formation should be a diamond. If attacking with five players, the attacking formation should be a 3 -2 or 2-1-2.		• Team shape • Look for opportunity to score • Communicate with teammates
PLAY **25 mins**	**Small Sided Games** 7V7 scrimmage		Let them play

5 Elements

Organized-set up and ready to go
Game like-activity must be game like
Repetitions-repetition on what you are trying to achieve
Challenging-players need to be challenged
Coaching-the right coaching based on the age/level of the players