



Lesson Plan



Topic: Dribbling, Possession

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
Dribbling: Mimic the coach or good player Activity time: 5 – 8 min	Create a 10 yd x 10yd Grid (Box) Ask players to dribble in box without leaving the area. Coach demos move, players practice it 1. inside of foot “chop” 2. using bottom of foot pullback 3. change of pace moves	Coach <div style="border: 1px solid black; width: 100px; height: 100px; margin: 0 auto; display: flex; flex-direction: column; align-items: center; justify-content: center;"> <div style="display: flex; justify-content: space-around; width: 80%; margin-bottom: 10px;"> X. ~ X. </div> <div style="display: flex; justify-content: space-around; width: 80%;"> ~.X X. ~ </div> </div>	Dribbling technique. Identifying field space. Recognizing different parts of feet in dribbling
Water Break (2 min)			
Dribbling/possess. “Dribble Tag” Activity time: 5 – 10 min	Players dribble in grid. On begin command, players try to play tag while dribbling. Count # of tags you get and try not to get tagged. “First one to 10 wins” Advanced: players tuck bib in shorts and try to steal each other’s ‘tails’	Coach <div style="border: 1px solid black; width: 100px; height: 100px; margin: 0 auto; display: flex; flex-direction: column; align-items: center; justify-content: center;"> <div style="display: flex; justify-content: space-around; width: 80%; margin-bottom: 10px;"> X. ~ X. </div> <div style="display: flex; justify-content: space-around; width: 80%;"> ~.X X. ~ </div> </div>	Dribbling technique in crowd. Maintaining possession in crowded space. Body shape (keeping tail away from others)
Water Break (2 min)			
Session 3: 12 min Dribbling: “Pac Man” Played in 20x20 space	One or 2 players are “IT” and have a ball. If you are “IT” you dribble in grid and try to hit others with passes below knees If you are hit you FREEZE with legs open. Unfrozen when a team mate crawls through your legs.		Continuous ball movement. Dribbling with head up. (not it) agility, space awareness, who is IT? Promotes fake passes, agility.

Remember: NO LAPS, NO LINES, NO LECTURES



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<p>2v2 “Get Outta There”</p> <p>X & O = players</p> <p>C = coach</p> <p>• = ball</p> <p>Activity time: 15 min</p>	<ol style="list-style-type: none"> a. coach as boss of the balls b. coach passes ball onto field to start play c. two players from each team play until a goal is scored or the ball goes out of bounds d. out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball e. goal is scored, 2 who scored stay on, and two new players from the other team play against them 		<ol style="list-style-type: none"> a. keep ball rolling b. first try to solve game by dribbling c. player w/o ball find big, easy spot to receive a pass
<p>Water Break (2 min)</p>			
<p>Scrimmage: No limitation scrimmage</p> <p>15 min with some instruction</p> <p>15 min without any instruction</p>	<p>Play from sideline to sideline. 5v5 or 4v4 plus GK's.</p>		<p>Game related exercise. Coach can point out (few) rules of game.</p> <p>Coach should let players play at this point without much/any instruction.</p>

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