



Lesson Plan



Topic: Dribbling, Possession

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
Agility warm up “Tail tag” Activity time: 10 min	Create a 10 yd x 10yd Grid (Box) Players put a ‘tail’ on one hip. Try to steal others tails while maintaining their own. Those who get theirs stolen must report to coach, perform some activity (10 jumps over cone, etc) and get back in with new tail Advance: may then try it dribbling ball	Coach <div style="border: 1px solid black; width: 100px; height: 100px; display: flex; align-items: center; justify-content: center; margin: 10px auto;"> X ~ X ~X X. ~ </div>	Agility. Body position awareness. Awareness of opponents and space on field.
Water Break (2 min)			
Dribbling/possess. “Knockout” Activity time: 10 min	Players dribble in grid. On begin command, players try to kick other balls out while maintaining possession of own ball. If knocked out, must perform some activity with ball to get back in. (juggle 10x, jump over ball 10x, etc)	X. Coach <div style="border: 1px solid black; width: 100px; height: 100px; display: flex; align-items: center; justify-content: center; margin: 10px auto;"> X. ~ X. ~.X X. ~ </div> X	Dribbling technique in crowd. Maintaining possession in crowded space. Body shape (keeping tail away from others)
Water Break (2 min)			
Game Awareness & Communication: “Hand on Head Soccer” performed without ball Activity: 15 min.	Two teams. Played on game field or from sideline to sideline. “Goals” are cones for player to run through to score. Player with “ball” is the one with hand on head. When opponent tries to steal the ball by tagging them, they call teammate’s name to ‘pass’ ball to them. That person then has ball.		Communication with teammates. Awareness of when to get rid of ball. Finding open teammate and making ‘pass.’

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>10 min with some instruction</p> <p>10 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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