



Team

Boys U12

Date

August 3, 2011

Topic/Skill

105 mins.

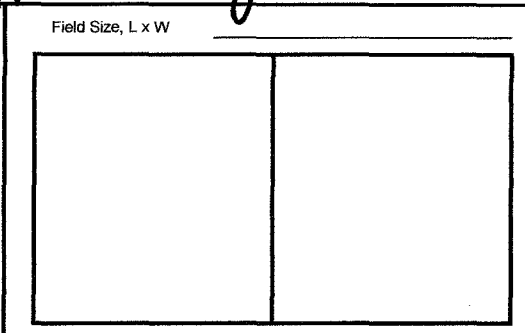
Upper Body Strength

Supportive Play

Description

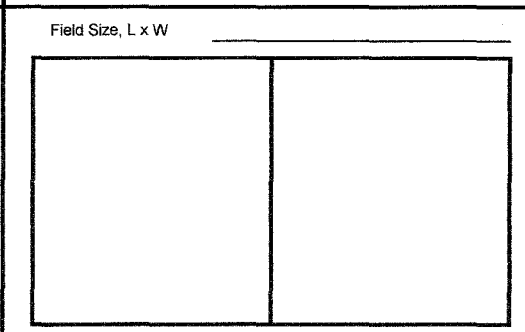
Coaching Point(s)

Warm-Up Activity
 • Coerver



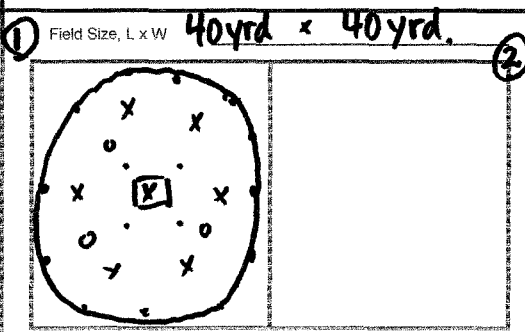
Specifically:
 Inside/outside of foot.
 Sissors, Stop-N-Go, feints,
 roll overs, Combos.

Individual
 Upper body strength.



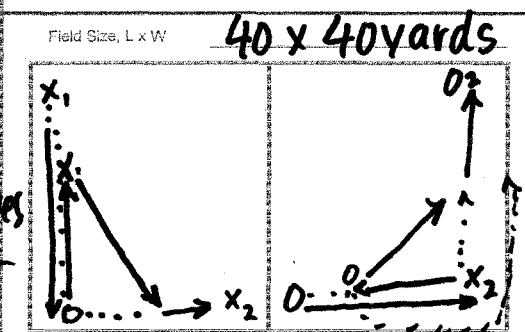
- Saddle punches
- Push-ups
 - std
 - military
 - wide
- Core
 - hammer
 - Superman
- heart 2 heart
- under the face
- left/Right.
- bicycle
- hip
- leg climbs

Small Sided



① 6v3/xv0. X's move ball with good sharp passes and traps to get to X. Each pass in/out is a point. Change @ 3pts.

Game Condition
 X, pass to O. Hold 20yds away. O pass back to X. O moves as X gives a lead pass. X, then moves to the outside of X, for support.



get 2 balls going in in 40yrd. square.
 - Focus on good pass
 - good trap... move

Shooting Point
 Shoot-N-Save
 1. PK line
 2. outside the 18

