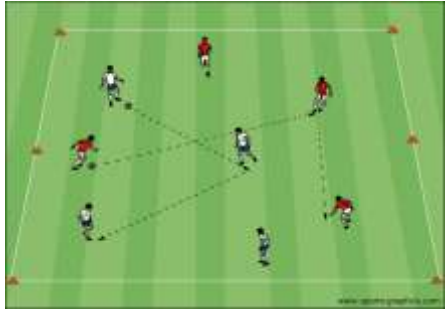
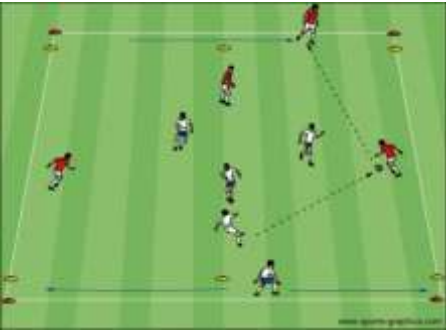





# Holden Youth Soccer -- U12 -- Week Four

## Topic: Passing for Penetration

**Objective: To improve decision making in possession and the ability of the players to beat defenders with a pass**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Pass and Move:</u></b> Split players into groups of 3 or 4 (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid)</p>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> touch - Directional</li> <li>• Technique and type of pass</li> <li>• Technique of receiving</li> <li>• Communication: Verbal and Non Verbal</li> <li>• Supportive body position</li> <li>• Visual cues</li> </ul> <p style="text-align: right;"><i>Time: 15 Minutes</i></p>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p><b><u>3v3+1 to Targets:</u></b> Two teams of 3 players each with a neutral player in a 30x35 yard grid will try to connect passes and score by connecting with the target player. <b>Coach:</b> Stress when and how to split defenders with passes.</p>	<ul style="list-style-type: none"> <li>• Proper weight, accuracy and timing of passes</li> <li>• Vision to split defenders with a pass</li> <li>• Possession vs. penetration</li> <li>• Proper angle and distance of support off the ball</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p><b><u>4v4 or 5v5 to End Zones:</u></b> Set up a 35 x 40 yard grid with end-zones behind the 40 yd. lines. Teams comprised of 4 players, depending on numbers and space. The attacking team needs to pass into the end zone and a player must time his/her run to receive the ball inside the end zone and score. Coach: Help the players to time their runs into the end zone to receive the ball.</p> <ul style="list-style-type: none"> <li>• Start with passing and receiving in the end zone.</li> <li>• Players can dribble into the end zone for 1 point.</li> </ul>	<ul style="list-style-type: none"> <li>• Starting position of players</li> <li>• Shape, width, and depth</li> <li>• Body position open to field</li> <li>• Possession vs. penetration</li> <li>• Dribbling vs. passing</li> </ul> <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 to 8v8 Scrimmage</b></p>	<p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>	