

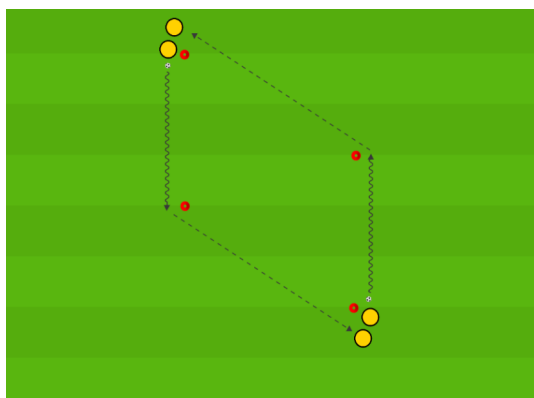


Foundation Age Coaching
Real Grassroots Players
Real Grassroots Coaching

SESSION PLAN

U12 ATTACKING OPPONENTS IN BALANCE

ATTACKING WIDE AREAS



Warm Up – Through the Gap

Players run with the ball to the cone in front before passing across to the next player. Follow your pass to the next line.

Progressions – Opposite direction; race between group

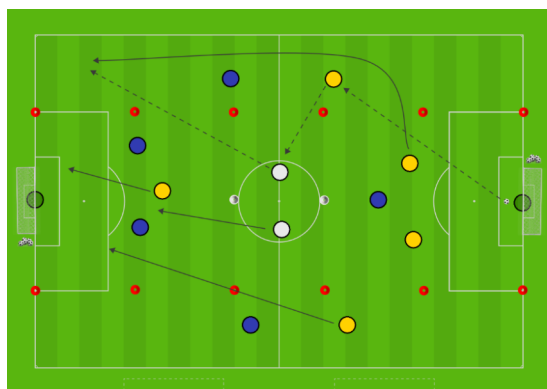
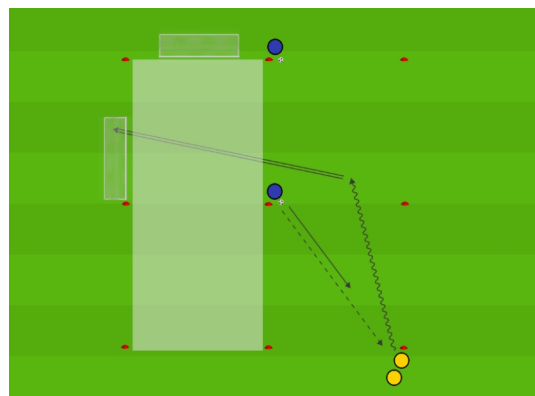
Coaching Points – Limit touches when running with ball; accuracy/weight of pass; on toes to receive

1 v 1 – Wide Areas

1 v 1 in wide channel. Attacker attempts to beat opponent and play ball into goal on far side. Defender wins ball and the dribble to the opposing line.

Progressions – Can cut inside and shoot at the goal facing them; 2 v 2

Coaching Points – Beat, turn or early cross; change of speed to unbalance opponent; use the run of team mate



Opposed – Combination Play in Wide Areas Game

1 v 1 in wide area. 2 v 1 defensive overload centrally, with 2 neutral midfielders. Play the ball to wide player who is supported with overlapping run. Cross the ball accordingly to be attacked.

Progressions – Can cut inside and shoot/play through ball

Coaching Points – Under/overlap based on wide player position; timing of runs; 2/3 man combinations

Small Sided Game – Attacking in Wide Areas

As above minus the neutral players. Maximum 2 v 2 in wide channels.

Progressions – Free Play

Coaching Points – Under/overlap from FB based on wide player position; commit the defender when 1 v 1; timing/angle of runs into goal; combination with the midfielder; when to switch play

