

## **ACTIVITY PLAN**



Author: White Age Group: U12

Autnor: white				
Week 8 Finishing Warm up Objective: To improve general coordination.	In pair pair. 4 six go: aroun All gro kick th inside one or score.			
Week 8 Finishing	Organ 4 v 4 i			

## nization:

rs one ball per 40 x 40 grid with als scattered d the area. oups attempt to he ball with of foot through f the goals and

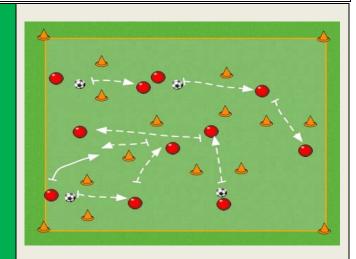
#### **Procedure:**

All pairs attempt to shoot the ball through one of the goals and score, they try to shoot through every goal, using various techniques.

The coach can turn it into a game as a progression, the team with most goals in 1 minute wins.

#### **Key Coaching Points:**

- -Placement of the plant foot
- Knees bent
- Lock ankle & strike w/the arch of the foot -Shoot through the middle of the ball -Head over the ball to keep it low



Individual Activity **Objective:** 

To improve **Individual** 

finishing skills.

## nization:

n a 40 x 25 yard grid with two small goals. No proper goalkeepers.

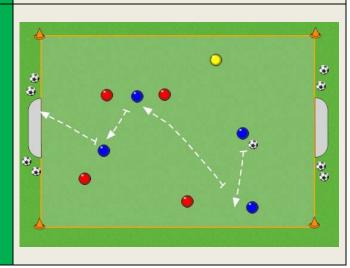
## **Procedure:**

Each team attacks the opponent's half, trying to score goals. The defending team may not defend in the normal manner. Only the path of the attacker or ball may be blocked.

#### **Key Coaching Points**:

-Encourage a variety of shooting techniques since there is little pressure from the opponent

-Eyes on the ball w/mental focus





# **ACTIVITY PLAN**



Author: White Age Group: U12

Week 8 Finishing Small Group Activity Objective: To improve Individual finishing skills under pressure.	Organization: Two teams of 4 including GK.  40 x 40 yard area. Two large goals. Center line marked.	Procedure:  Each team must shoot from inside its own half. The players in possession try to work themselves into a good shooting position while the opposition tries to block shots.	Key Coaching Points:  -Shooting while shielding -Spinning off a player & shooting	
Week 2 8 v 8 Small Sided Game Objective: To improve group game understanding.	Organization:  30 x 50 yard area Play a 8 v 8 match  2 Goals  Size 5 ball	Procedure: Free Play!	Key Coaching Points:  Summation of all challenges for the players.  Stay out of their way and let them play.	