

Name: LeeJay Templeton

Team: U12 B/G



Date: 18Apr

Week: 1

Day: 1

TRAINING OBJECTIVE(S):

1. Basic ball handling and movements to readjust to the outdoor game.
2. Taking directions and establishing what's going to happen at each of the 10 training session.
3. Fun!

<p>1. Toe Taps → Adv Toe Taps 2. Shuffles 3. Pull overs. 4. Dribbling (Half to Goal line) a. Pinky Toe b. Fast as possible 5. Game of Soccer knock out.</p>	<p>I. WARM-UP Intensity: <table border="1"><tr><td>Low</td></tr></table> Activity Time: 10 Duration: <table border="1"><tr><td>10</td></tr></table> Intervals: <table border="1"><tr><td>1</td></tr></table> Recovery Time: 1</p> <p>ORGANIZATION (Physical Environment / Equipment / Players) Each player has a ball and does a number of individual warm ups and dribbling movements.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Use all surfaces of the foot to do the warm ups. 2. Develop balance and touch.</p>	Low	10	1
Low				
10				
1				
<p>Ball Handling Activity</p>	<p>II. SMALL-SIDED ACTIVITY Intensity: <table border="1"><tr><td>Med</td></tr></table> Activity Time: 10 Duration: <table border="1"><tr><td>10</td></tr></table> Intervals: <table border="1"><tr><td>1</td></tr></table> Recovery Time: 0</p> <p>ORGANIZATION (Physical Environment / Equipment / Players) Each player has a size 4 ball and 12 cones.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Dribble with any part of the foot through the cones. 2. Use only the inside part of the foot. 4. Use only the outside part of the foot. 5. Use pullovers to maneuverer around the cones.</p>	Med	10	1
Med				
10				
1				
<p>Change of Direction Activity</p>	<p>III. EXPANDED ACTIVITY Intensity: <table border="1"><tr><td>Med</td></tr></table> Activity Time: 5 Duration: <table border="1"><tr><td>10</td></tr></table> Intervals: <table border="1"><tr><td>3</td></tr></table> Recovery Time: 0</p> <p>ORGANIZATION (Physical Environment / Equipment / Players) Each player has a size 4 ball and 9 cones.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Have the players run through the course to learn it first. 2. First time through with the ball have them use the outside part of the foot. 3. Second time try and have the player fake before changing direction.</p>	Med	10	3
Med				
10				
3				
<p>Have Fun! Scrimmage!</p>	<p>IV. GAME Intensity: <table border="1"><tr><td>High</td></tr></table> Activity Time: 20 Duration: <table border="1"><tr><td>45</td></tr></table> Intervals: <table border="1"><tr><td>2</td></tr></table> Recovery Time: 5</p> <p>ORGANIZATION (Physical Environment / Equipment / Players) U12 sized field and one size 4 ball. 20 minutes halves with a 5 minute haft time break.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Emphasize modified rules of the game. 2. Encourage players to use their dribbling skills to beat defenders. 3. Encourage keepers play out of the back.</p>	High	45	2
High				
45				
2				