

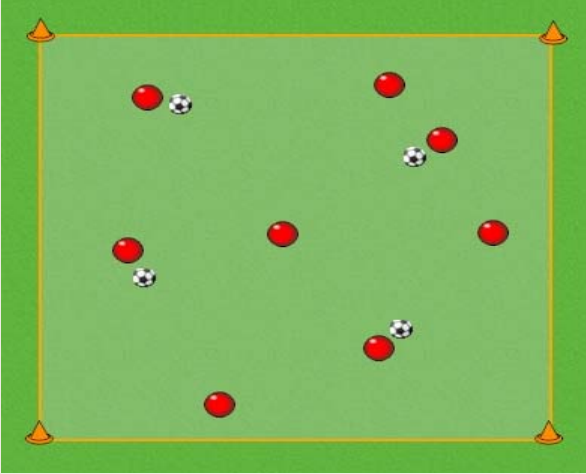
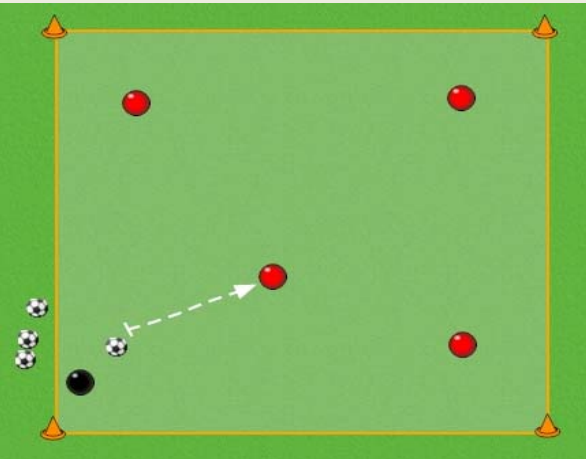


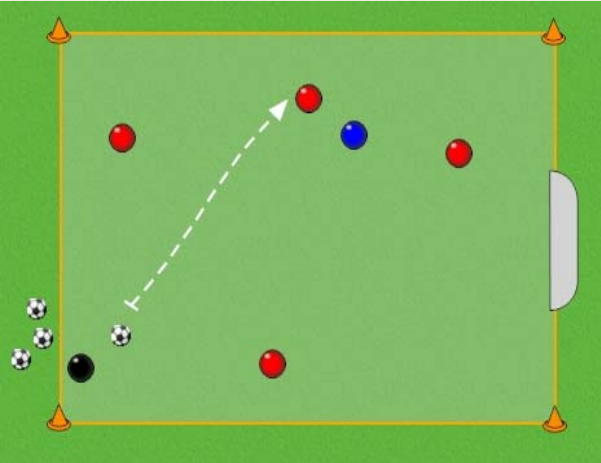
ACTIVITY PLAN



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Age Group: U12

<p>Week 2 Receiving.</p> <p>Warm up</p> <p>Objective: To improve general coordination.</p>	<p>Organization: 20 x 20 yard area.</p>	<p>Procedure: Two players with one ball. The player with the ball knocks it into the air. The other player receives it and passes it immediately back to the first player who dribbles to the nearest line.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Keep your eye on the ball - Maintain body balance - Head check - First touch into space 	
<p>Week 2 Receiving.</p> <p>Individual Activity</p> <p>Objective: To improve individual receiving skills.</p>	<p>Organization: Mark off a 20 x 20 yard grid. Have spare balls with the coach on the side of the grid.</p>	<p>Procedure: The coach plays a ball into the grid of four players. The players control the ball and pass it to each other so that every player touches it at least twice and cross the line, then the next group goes, add patterns of play.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Get in line with flight of the ball - Early selection of controlling surface - Head on a swivel to see the ball and check where the pressure is - Maintain body balance - Quality passing 	

<p>Week 2 Receiving.</p> <p>Small Group Activity</p> <p>Objective: To improve individual receiving skills under pressure.</p>	<p>Organization:</p> <p>Mark off a 20 x 20 yard grid. Have spare balls with the coach on the side of the grid and one goal.</p>	<p>Procedure:</p> <p>- Same as above, only now after the coach plays the ball, a defending player tries to disrupt the passes.</p> <p>-Take this same activity to goal, using different numbers of attackers and defenders</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Good first touch - Get in line with flight of the ball - Early selection of controlling surface - Head on a swivel to see the ball and check where the pressure is -Maintain body balance 	
<p>Week 2 8 v 8</p> <p>Small Sided Game</p> <p>Objective: To improve individual & small group game understanding.</p>	<p>Organization:</p> <p>30 x 50 yard area Play a 8 v 8 match</p> <p>2 Goals</p> <p>Size 5 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	