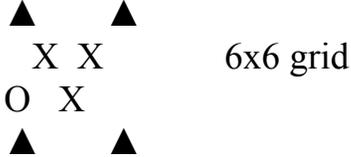
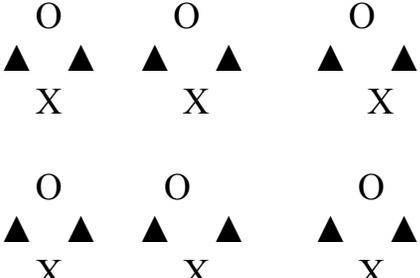
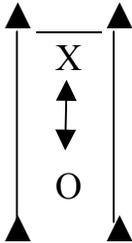




Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Knock Out	O players try to tackle the X players with the ball – O will count how many times they make a tackle. Repeat activity with players playing for 30 seconds each time. Keep score each time		<p>Supporting foot next to the ball</p> <p>Lean forward from the shoulders</p>
2			
1v1 Battle Ladder	<p>1 point for a tackle</p> <p>1 point for a goal</p> <p>3 points for a goal that happens after a tackle</p>		<p>Lock the tackling foot's ankle with toes pointed slightly forward</p> <p>Defending distance to the ball</p>
3			
<p>1v1 Wars</p> <p>2v2</p> <p>3v3</p> <p>4v4</p>	<p>Line soccer.</p> <p>When a player scores from a block tackle, s/he gets 3 points. A regular goal counts as 1 point. Progress this activity from 1v1 to 4 v4, and the same rules apply each time</p>		<p>Tackle with full body weight</p> <p>Angle of body shape</p> <p>Throwing fakes at attacker</p> <p>Eyes on the ball</p>



Lesson Plan



4					
6v6 The "Time Zones"	Regular game if you tackle within the final third of the field. 4 points + 1 point for a goal	4 pts	3 pts	2 pts	Commit fully to the tackle
		A D	M M	D A	
5					
8v8 Final Game	Without restrictions or conditions. Play under U.S. Youth Soccer-modified rules for U12	2-3-2 X O X XO O X X O O X XO O X O			Coach the topic during the game
6					
Cool Down	Juggling in pairs				