



<b>Name:</b> Fabien Lewis	<b>Team:</b> U12	<b>Day:</b> 1	<b>Duration:</b> 75 Minutes
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**Description:** This session will provide players with lots of repetition with crossing & finishing. Players will be encouraged to vary their crosses so it becomes more difficult for defenders to read the play.

	<p><b>Activity:</b> Warm-up (18 minutes)</p> <p><b>Organization:</b> <u>Phase I</u> - One player, one ball, juggling. The focus here is eye-ball-foot coordination. Incorporate dynamic stretching. <u>Phase II</u> - In groups of 4's, two players on the outside and two players in the middle. Players in the outside are practicing crossing while players in the middle will 'set' up the cross. Vary crosses (low, high, out swinging, in swinging). Rotate players in middle with players on the outside at every 3-5 minutes.</p> <p><b>Coaching Points:</b> (1) Angle of approach to ball (2) Choice of contact with foot (3) Weight &amp; accuracy of cross (4) Follow through</p>
	<p><b>Activity:</b> 3 v 1 + 1 goalkeeper (15 minutes)</p> <p><b>Organization:</b> Play starts when player A in wide position pass to Player B who sets for a cross. Attackers makes runs 1<sup>st</sup> post, far post and top of the box. If the defender wins the ball, he clears to safety.</p> <p><b>Coaching Points:</b> (1) Cue for runs in box – i.e. crosser head goes down (2) Urgency and angle of approach on runs – down be flat (3) Keep eyes on ball (4) Score goals</p>
	<p><b>Activity:</b> 4 v 4 + 5 (and 2 goalkeepers) – (20 minutes)</p> <p><b>Organization:</b> In 25 x 30 yard grid going to big goals. There is one neutral player in the middle and four neutral players on the outside who will provide crosses. Neutral players in the zones have max 3 touch to deliver cross and are restricted to their zone online. Neutral player in the middle have 3 touch max but can enter either half. All other players have unlimited touches.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points (2) When to dribble, when to pass, when to shoot (3) Provide good supporting angles (4) Power vs finesse on finish to finish (5) Pick out a target</p>
	<p><b>Activity:</b> Scrimmage (22 minutes)</p> <p><b>Organization:</b> 8 v 8 + 2 goalkeepers in 35 x 40 yard grid. Teams are set up as 1-3-4-1 vs 1-4-3-1. All rules apply.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points (2) Enjoy</p>