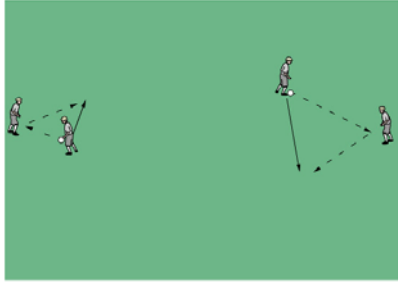
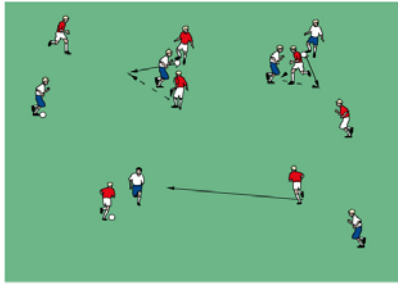


## Indiana Youth Soccer Lesson Plans

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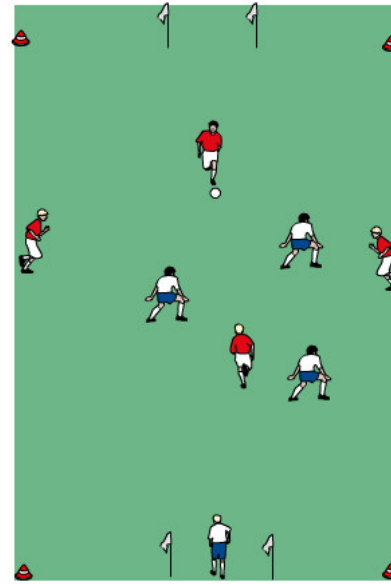
**Age Group: U12 and up**

**Topic: Movement without the ball**

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p><b>Warm-Up</b></p> <p><b>“Scottish 4’s”</b></p>	<p>Players get in get into groups of 4. Two players in the middle have a ball. The two players on the end are instructed to play one-touch! When the player receives the ball back they dribble a little bit and then continue. Rotate after 2 minutes.</p> <p>1) player in middle plays ball to end player who then plays the ball back one touch at an angle. 2) Player in middle now plays a wall pass with end players 3) Player in middle passes ball to end player and then overlaps him/her. 4) Any of the three above-they need to read body language.</p>		<p>Quality of pass.</p> <p>-Eye contact.</p> <p>-movement quickly after ball is passed.</p> <p>Body language will help end player figure out if the middle player wants a pass back, wall pass, or an overlap.</p>
<p><b>2<sup>nd</sup> Activity</b></p> <p><b>Wall Pass Game</b></p>	<p>Split group into two teams. Use 4-5 balls. The object is to wall pass around someone from the other team. Each team counts up how many successful wall passes they had around someone from another team. Teams can steal the ball away.</p> <p>This is an abstract game. Need to be patient and show them ways to get the task done.</p>		<p><b>Coaching Points:</b></p> <p>“If you don’t have the ball what can you be doing”? (Looking to go and help a teammate with a ball so we can wall pass around someone)</p> <p>“How do you know your teammate needs your help”?</p> <p>Show technique of a wall pass and that it is two diagonal balls.</p>

**3<sup>rd</sup> Activity**  
**Last Player Back**

Two teams of 5-7 players. Four players on the field at a time. Each team attacks a goal that is approximately 6 feet wide. When a team attacks, they attack in with all four players. When a team defends, one person (usually last player back) hops in goal while the other three try to win the ball back. If they defending team is successful in winning the ball back, then the team that lost the ball has their "last player back" hop in goal. It is always a 4v3 numbers up situation. Suggestion: Have the players number themselves 1-4 so they rotate who goes back into the goal.



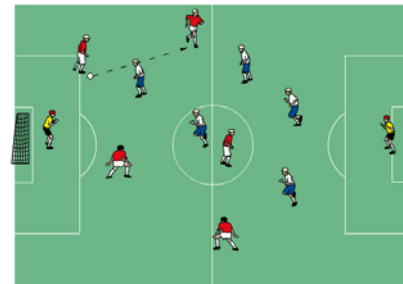
Transition!

Can they find the free player and then can they combine to gain an advantage.

If not on immediately then build, find the free player and then combine if possible.

**4<sup>th</sup> Activity**  
**6v6-8v8 w/keepers**

Play 6v6- 8v8 game with goalkeepers



**LET THEM PLAY!**