

## U11/U12 TRAINING SESSION 3

<b>CYCLE 1 WEEK 3</b>	<b>PHASE:</b> TRANSITION ATT > DEF	<b>TOPIC / FOCUS POINTS:</b> <ul style="list-style-type: none"> <li>Win ball back quickly - 5 Second Rule</li> <li>Take out pass forward</li> <li>Block shot</li> <li>Protect own goal</li> </ul>	<b>EQUIPMENT:</b> Various sizes of soccer balls, large and small cones, pinnies (two colors), four small goals, two larger goals.	<b>AREA:</b> 60y x 40y	<b>TIME:</b> 75 min.
<b>AGE:</b> U11/U12	<b>PRINCIPLE:</b> Reaction				

<b>ACTIVITY 1 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>Cats and Dogs</b> <b>Area:</b> 15y x 15y <b>Organization:</b> Two players stand across from each other in the center of the grid. One is the cat, the other is the dog. When the coach yells out CAT, that player tries to tag the dog before the dog can run to the endline. When the coach yells out DOG, that player tries to tag the cat before the cat reaches the endline. Switch partners after several turns. <b>Variation:</b> Make the grid longer.		<ul style="list-style-type: none"> <li>Quick reaction</li> <li>Enthusiasm</li> </ul>
<b>ACTIVITY 2 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>1v1, Chase and Turn</b> <b>Area:</b> 15y x 15y <b>Organization:</b> Set up two small goals on the end line. The teams start between the goals along with the Feeder. The Feeder plays the ball onto the field to start each 1v1. The player who wins the ball must first dribble over the end line before turning and attacking the small goals. Rotate opponents after several turns. <b>Variation:</b> Defenders attack the goals after winning the ball. <b>Game:</b> Players keep track of their goals. Keep team scores.		<ul style="list-style-type: none"> <li>Win ball back quickly - 5 Second Rule</li> <li>Block shots</li> <li>Protect your own goal</li> <li>Shooting and passing technique - use the inside foot for accuracy</li> </ul>
<b>ACTIVITY 3 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>Direct 2v2s</b> <b>Area:</b> 20y x 15y <b>Organization:</b> The players start in the corners, and the 2v2 begins with a pass from a defender to an attacker. The teams score on the small goals. Switch sides after each turn. <b>Variation:</b> Coach passes the ball in from the sideline. Play with large goals and goalkeepers. <b>Game:</b> Create two teams and keep track of the score.		<ul style="list-style-type: none"> <li>Win ball back quickly - 5 Second Rule</li> <li>Take away forward passes</li> <li>Block shots</li> <li>Protect your own goal</li> </ul>
<b>ACTIVITY 4 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>3v3, Small Goals</b> <b>Area:</b> 20y x 20y <b>Organization:</b> The two teams try to score on the small goals in the corners. When the ball is out of bounds, players dribble or pass the ball back in. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Win ball back quickly - 5 Second Rule</li> <li>Take away forward passes</li> <li>Block shots</li> <li>Protect your own goal</li> <li>Making the field large when your team is in possession</li> <li>Making the field small when the opponent is in possession</li> </ul>
<b>Activity 5 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>5v5, Small Goals</b> <b>Area:</b> 40y x 25y <b>Organization:</b> Both teams play in a 2-1-2 formation. When the ball is out of bounds, restart with the dribble or a pass. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Win the ball back quickly - 5 Second Rule</li> <li>When your own team is in ball possession, make the field large</li> <li>When the opponent is in ball possession, make the field small</li> </ul>