

U11/U12 TRAINING SESSION 11

CYCLE 2 WEEK 5	PHASE: Defending	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> Block shots Protect own goal 	EQUIPMENT: Various sizes of soccer balls, large and small cones, pinnies (two colors), four small goals, two larger goals.	AREA: 60y x 40y	TIME: 75 min.
AGE: U11/U12	PRINCIPLE: Improve the ability to avoid goals against.				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
All for One - Dribbling Game Area: 15y x 15y Organization: Each player starts with a soccer ball. On the whistle, the players have to dribble their ball under control while trying to knock the other players' soccer ball off of the field. When a player has their ball kicked off, they have to leave the game. The last player to keep possession of their ball wins that round.		<ul style="list-style-type: none"> Dribbling technique Shielding the ball
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1 to Small Goals Area: 15y x 10y Organization: Set up a grid with small goals diagonally across from each other. The game begins with a pass from the defender to the attacker. Players try to score in the small goals. The turn is over when a goal is scored or the ball goes out of bounds. Switch sides after each turn or after several minutes. Game: Players keep track of their goals. Create two teams and keep track of the score.		<ul style="list-style-type: none"> Protect your own goal Block shots Dribbling technique 1v1 moves
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
Direct 2v2s Area: 20y x 15y Organization: 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. Variation: Coach passes the ball in from the sideline. Play with large goals and goalkeepers. Game: Create two teams and keep track of the score.		<ul style="list-style-type: none"> Protect your own goal Give each other back cover Block shots Dribbling technique 1v1 moves
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
3v3, Small Goals Area: 20y x 20y Organization: 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. Game: Keep track of the score.		<ul style="list-style-type: none"> Protect your own goal Give each other back cover Block shots Make the field small when the opponent is in possession Make the field session
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
6v5 Game Area: 40y x 25y Organization: The attacking team plays with five players and a goalkeeper versus the five players defending the small corner goals. Both teams play in a 2-1-2 formation. When the ball goes over the sideline, the team of six must pass the ball back in, while the team of five can also dribble the ball back on. The teams switch sides every five minutes. Game: Keep track of the score.		<ul style="list-style-type: none"> Protect your own goal Give each other back cover Block shots Make the field small when the opponent is in possession Make the field large when your team is in possession