

U11/U12 TRAINING SESSION 17

CYCLE 3 WEEK 5	PHASE: Defending	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> ● Block shots ● Sliding, tackling ● 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: 1v1 defending and win the ball at the right moment				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
1v1 Move Plus Turning Area: 15y x 10y Organization: Set up groups of two or three players starting at the cones. The players dribble up to the large cone, make a 1v1 move, and then turns and dribbles back. They perform moves and turns that they already know and add one or two new ones. Variation: After their turn, the player passes the ball back to the next player. Players call out the 1v1 move and turn they must make.		<ul style="list-style-type: none"> ● Dribbling technique ● 1v1 moves ● Turning technique ● Passing technique (inside foot) ● Receiving technique (forward)
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1 Line Soccer Tournament Area: 24y x 12y Organization: Create multiple grids of 12y x 8y to play a series of 1v1 games lasting 60 to 90 seconds. A goal is scored by dribbling over the endline with full control of the ball. When the ball goes out of bounds, players dribble the ball back in. After each game, the players find another opponent. Everyone plays against each other at least once. Keep track of the wins. 3 points for a win, 1 point for a tie, zero points for a loss. One point for each goal scored.		<ul style="list-style-type: none"> ● 1v1 defending technique ● Sliding, tackling ● Protect your goal
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
2v2, Large Goals Area: 20y x 15y Organization: The teams start on opposite endlines with a line of players at each post. The defending team passes the ball across the field to the attackers to start the 2v2. After each turn, the players switch sides. Game: Keep track of the goals scored. Which pair scores the most goals?		<ul style="list-style-type: none"> ● 1v1 defending technique ● Sliding, tackling ● Block shots ● Protect your goal
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
4v4 (3+GK) Area: 30y x 20y Organization: Play a 4v4 game, with two teams of three field players plus the GK. When the ball goes out of bounds, dribble or pass the ball back in. Game: Keep track of the score.		<ul style="list-style-type: none"> ● 1v1 defending technique ● Sliding, tackling ● Block shots ● Protect your own goal ● When the opponent is in possession, make the field small
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
5v5 Game Area: 40y x 25y Organization: Two teams play 5v5 (4+GK), starting in 2-1-1 formation. When the ball goes out of bounds, restart with dribble or pass. Game: Keep track of the score.		<ul style="list-style-type: none"> ● 1v1 defending technique ● Sliding, tackling ● Block shots ● Protect your own goal ● Making the field small when the opponent is in possession ● Making the field large when your team is in possession