

## U11/U12 TRAINING SESSION 22

<b>CYCLE 4 WEEK 4</b>	<b>PHASE:</b> Defending	<b>TOPIC / FOCUS POINTS:</b> <ul style="list-style-type: none"> <li>Quick pressure on the ball</li> <li>Make the field small together</li> <li>Give each other back cover</li> <li>Block shots, tackling, sliding</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> Deny the opponent to play the ball deep in the build up and defend after the opponent played the ball deep.				

ACTIVITY 1 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>Grab It!</b> <b>Area:</b> 20y x 15y <b>Organization:</b> Players work in pairs with one ball. One player holds the ball in one hand, with the arm outstretched. The other player grabs the ball and runs away. The other player tries to tag the player before he/she gets to the end line. <b>Variation:</b> Switch players around.		<ul style="list-style-type: none"> <li>Quick Reaction</li> <li>Enthusiasm</li> </ul>
ACTIVITY 2 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>3v1 Passing</b> <b>Area:</b> 20y x 12y <b>Organization:</b> Two players are 1v1 on a narrow field, with two neutral attackers playing along the end lines. The neutrals may pass to each other. The attacking player gets a point by moving the ball from one neutral player to the other. <b>Game:</b> Play two-minute games, with the winner staying on. Who had the longest win streak?		<ul style="list-style-type: none"> <li>Quick pressure on the ball</li> <li>Passing technique</li> <li>Receiving technique</li> <li>Opening up</li> </ul>
ACTIVITY 3 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>2v2 + 2, Small Goals</b> <b>Area:</b> 20y x 20y <b>Organization:</b> The players are 2v2, trying to score in the small goals in the corners. The attackers can use the two neutrals standing between the small goals, making it a 4v2 situation. When the ball goes out of bounds, the players must pass the ball back in. Rotate players every 2-3 minutes. <b>Variation:</b> The neutral players are restricted to two touches. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Quick pressure on the ball</li> <li>Make the field small together</li> <li>Give each other back cover</li> <li>Block shots, tackling, sliding</li> </ul>
ACTIVITY 4 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>5v4, Large and Small Goals</b> <b>Area:</b> 40y x 25y <b>Organization:</b> The team of five plays with a goalkeeper in a 1-2-1-1 formation and looks to score in the small goals set up on the opposite end. The team of four plays in a 2-1-1 formation. When the ball goes out of bounds, the team of five passes the ball back in. The team of four can pass or dribble the ball back in. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Quick pressure on the ball</li> <li>Make the field small together</li> <li>Give each other back cover</li> <li>Block shots, tackling, sliding</li> </ul>
ACTIVITY 5 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>7v7, Large Goals</b> <b>Area:</b> 60y x 40y <b>Organization:</b> Create two teams and play 7v7 (6 plus GK), with both teams in a 1-2-3-1 formation. Regular soccer rules. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Quick pressure on the ball</li> <li>Make the field small together</li> <li>Give each other back cover</li> <li>Block shots, tackling, sliding</li> </ul>