

## U11/U12 TRAINING SESSION 24

<b>CYCLE 4 WEEK 6</b>	<b>PHASE:</b> TRANSITION DEF > ATT	<b>TOPIC / FOCUS POINTS:</b> <ul style="list-style-type: none"> <li>● Receive and pass and beat opponent forward</li> <li>● Shield the ball</li> <li>● Quick scoring - 10 Second Rule</li> <li>● Dribbling, running forward to get open</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>3v1, Keep Away</b> <b>Area:</b> 10y x 10y <b>Organization:</b> Three attackers try to keep possession versus one defender. They have unlimited touches. The defender tries to win the ball and dribble it out of the grid. When he does, another player becomes the defender. The attackers try to win the ball back before he gets out. <b>Variation:</b> Limit the number of touches. When an attacker takes too many, they leave the ball for the defender, who then tries to dribble out of the grid.		<ul style="list-style-type: none"> <li>● Passing technique</li> <li>● Receiving technique</li> <li>● Attackers must keep the field large</li> <li>● Reaction after winning the ball</li> </ul>
<b>ACTIVITY 2 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>1v1 to 2v1, Transition</b> <b>Area:</b> 20y x 20y <b>Organization:</b> Set up a field with one small goal and one large goal. One player starts as a goalkeeper. The defenders start next to the small goal. The 1v1 begins when an attacker dribbles the ball onto the field and attacks the small goal. When the defender wins the ball, a second defender runs onto the field to create a 2v1. The defenders have 10 seconds to score a goal. Switch sides after five minutes. <b>Game:</b> Play 2 x 5 minutes and keep track of the score.		<ul style="list-style-type: none"> <li>● Receive and pass and beat opponent forward</li> <li>● Shield the ball</li> <li>● Quick scoring - 10 Second Rule</li> <li>● Dribbling, running forward to get open</li> </ul>
<b>ACTIVITY 3 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>2v2 to 3v2, Transition</b> <b>Area:</b> 20y x 20y <b>Organization:</b> Set up a field with one small goal and one large goal. One player starts as a goalkeeper. The defenders start next to the small goal. The 2v2 begins when an attacker dribbles the ball onto the field and attacks the small goal. When the defenders win the ball, a third defender runs in from the half line to create a 3v2. Switch sides after five minutes. <b>Game:</b> Play 2 x 5 minutes and keep track of the score.		<ul style="list-style-type: none"> <li>● Receive and pass and beat opponent forward</li> <li>● Shield the ball</li> <li>● Quick scoring - 10 Second Rule</li> <li>● Dribbling, running forward to get open</li> </ul>
<b>ACTIVITY 4 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>4+2 v 4+2 Game</b> <b>Area:</b> 40y x 30y <b>Organization:</b> The teams play a 4v4 game with goalkeepers. Two neutral players are set up on each end line, next to the goal. The attacking team can use their neutral players to relieve pressure and create scoring chances. Rotate the neutral players every couple of minutes. <b>Variations:</b> Play 3+2 v 3+2, using small goals in the corners. Or play 5+2 v 5+2. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>● Receive and pass and beat opponent forward</li> <li>● Shield the ball</li> <li>● Quick scoring - 10 Second Rule</li> <li>● Dribbling, running forward to get open</li> </ul>
<b>ACTIVITY 5 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<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>● Receive and pass and beat opponent forward</li> <li>● Shield the ball</li> <li>● Quick scoring - 10 Second Rule</li> <li>● Dribbling, running forward to get open</li> </ul>