

## U11/U12 TRAINING SESSION 25

<b>CYCLE 5 WEEK 1</b>	<b>PHASE:</b> Attacking	<b>TOPIC / FOCUS POINTS:</b> <ul style="list-style-type: none"> <li>Receiving</li> <li>Passing</li> <li>Build up own half</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> Possession play in the build up				

ACTIVITY 1 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>Horse and Jockey - Tag Game</b> <b>Area:</b> 15y x 10y <b>Organization:</b> Play a tag game whereby players are safe from the tagger when they jump on the back of another player. They can only stay on the back of the horse for 5 seconds. When a player is tagged, he/she becomes the new tagger. Players cannot jump on the same horse twice in a row and the tagger is not allowed to wait next to a horse and jockey. With a large group, make the field bigger and add a second tagger		<ul style="list-style-type: none"> <li>Enthusiasm, energy</li> </ul>
ACTIVITY 2 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>1v1 With Bouncers</b> <b>Area:</b> 15y x 10y <b>Organization:</b> Two players are 1v1 inside the grid with bouncers on the endlines. Players try to keep possession for as long as possible and can use the two bouncers. Switch players every 90 seconds. The bouncers cannot pass the ball to each other. <b>Variation:</b> The bouncers can play the ball to each other one time. <b>Game:</b> The player in possession scores a point when the ball moves from one bouncer/side to the other without losing possession. Keep track of the score.		<ul style="list-style-type: none"> <li>Receiving technique</li> <li>Shielding the ball</li> <li>Passing technique</li> <li>Movement after passing to a bouncer - create a large triangle</li> </ul>
ACTIVITY 3 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>2v2 to Targets</b> <b>Area:</b> 20y x 15y <b>Organization:</b> Groups of six players play 2v2, with a bouncer on each end line. Teams try to keep possession by using the bouncers, creating a 4v2 situation. Switch the neutrals out every 2 minutes. Teams score a point when they move the ball from end line to the other while maintaining possession. The bouncers can only pass the ball to each other one time. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Receiving technique</li> <li>Passing technique</li> <li>Movement after passing to a bouncer - create a large diamond shape</li> </ul>
ACTIVITY 4 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>3v3 With Bouncers</b> <b>Area:</b> 30y x 20y <b>Organization:</b> The teams play 4v4 with small goals in each corner. Each team stations a player between the two goals to be the bouncer for the team. When players score directly from a pass from their bouncer, the goal counts double. Rotate bouncers every couple minutes. When the ball goes out of bounds, pass the ball back in. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Receiving technique</li> <li>Passing technique</li> <li>Movement after passing to a bouncer - create a large diamond shape</li> </ul>
ACTIVITY 5 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>5v5 (4+GK) With Bouncers</b> <b>Area:</b> 40y x 25y <b>Organization:</b> The two teams play with four field players and a GK, with wall players next to both goals. Players can use the wall players when attacking. Rotate teams after several minutes. When the ball is over the sideline, pass the ball back in. A goal counts double when it is scored from a pass from a wall player. After a goal is scored or after several minutes, rotate wall players in. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Making the field large when your team is in possession</li> <li>Building up from the goalkeeper</li> <li>Try to find the bouncers quickly</li> <li>Movement after passing to a bouncer, including creating a third player situation</li> </ul>