

U11/U12 TRAINING SESSION 26

CYCLE 5 WEEK 2	PHASE: Attacking	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> • Dribbling • 1v1 moves • Shielding the ball 	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: Beat an opponent in a 1v1 situation to create scoring chances				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
1v1 Moves and Turning Area: 20y x 15y Organization: Set up large cones in the grid. Work with two groups. Players dribble to the first cone and perform a 1v1 move, followed by a quick dribble to the next cone. At the next cone, the players make a turning move and join the opposite line to change directions. Use a variety of 1v1 moves and turns.		<ul style="list-style-type: none"> • Dribbling technique • 1v1 moves • Turning technique
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1 Plus GK Area: 20y x 15y Organization: The attackers score on a small goal, while the defender scores on a large goal with the goalkeeper. The game starts with the attacker dribbling the ball onto the field. That's the moment the defender starts too. Rotate positions after each turn; attacker becomes defender, defender becomes goalkeeper, goalkeeper becomes attacker. When the ball goes over the sideline, dribble the ball back in. The turn is over when a goal is scored or the ball goes wide over the endline. Game: Players keep track of the number of goals they score.		<ul style="list-style-type: none"> • Dribbling technique • 1v1 moves • Shielding the ball • Shooting technique
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
2v2 Plus One Game Area: 25y x 20y Organization: Set up a field with two large goals and two teams on either side of the field. Position one neutral player in the center of the field. The game starts with a pass from a feeder to the neutral player. The neutral player passes the ball to one of the two teams and the 3v2 starts. When the defenders win the ball, they can now create a 3v2 with the neutral player and score on the other goal. The turn is over when a goal is scored or the ball goes over the endline. When the ball goes over the sideline, pass or dribble the ball back onto the field. Game: Teams keep track of the amount of goals they score.		<ul style="list-style-type: none"> • Dribbling technique • 1v1 moves • Shielding the ball • Shooting technique • When your own team is in possession, make the field large
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
Shooting for Accuracy Area: 15y x 15y or in the penalty box. Organization: Place two large cones on the goal line, two yards from the posts. The shooter starts on the 18 and receives a pass from the goal line. The shot must come from at least eight yards out. The goal counts if the shot goes between the cone and the post. Maximum of two touches for the shooter. Rotate positions. Game: Who scores the most goals?		<ul style="list-style-type: none"> • Passing technique • Receiving technique • Shooting technique
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"> • Minimal coaching • When your own team is in possession, make the field large • When the opponent is in possession, make the field small