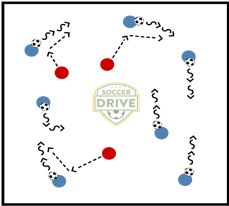
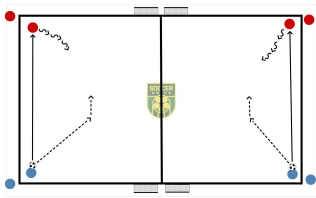
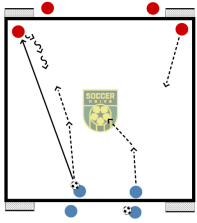
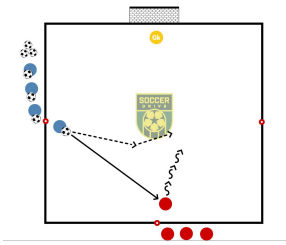
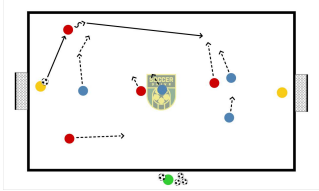


## U11/U12 TRAINING SESSION 29

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

ACTIVITY 1 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>Steal the Bacon</b> <b>Area:</b> 15y x 15y <b>Organization:</b> All but three of the players start with a ball at their feet. The players without a ball try to steal from the others. When a player loses the ball, they become a defender. All players must dribble around the area constantly. After 90 seconds, give the players one minute of active rest with juggling or ball mastery. <b>Variation:</b> After 90 seconds, take a ball away and add another defender. Play until half of the players are defenders.		<ul style="list-style-type: none"> <li>● Run to the attacker with the ball</li> <li>● Run after the attacker with the ball</li> <li>● Dribbling skills</li> <li>● Turning skills</li> </ul>
ACTIVITY 2 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>1v1, Defending from An Angle</b> <b>Area:</b> 16y x 12y <b>Organization:</b> Create two small fields of 8y x 12y. Players score in the small goals in the corners of the field. Play always starts in the opposite corner from the goals. Begin the 1v1 with a pass across from the defender. Switch roles after the turn is over. Players switch fields every eight minutes. <b>Game:</b> Keep track of goals scored.		<ul style="list-style-type: none"> <li>● First, protect the goal</li> <li>● Run to the attacker with the ball</li> <li>● Block shots</li> <li>● Sliding, tackling</li> </ul>
ACTIVITY 3 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>2v2, Defending From An Angle</b> <b>Area:</b> 20y x 20y <b>Organization:</b> Place small goals in all four corners. The attackers start in the corners, the defenders start in the center and on the end line. The 2v2 starts with a pass from a defender to one of the two attackers. Switch roles after the turn is over. Players switch fields every eight minutes. <b>Game:</b> Keep track of goals scored.		<ul style="list-style-type: none"> <li>● First, protect the goal</li> <li>● Run to the attacker with the ball</li> <li>● Block shots</li> <li>● Sliding, tackling</li> </ul>
ACTIVITY 4 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>1v1, Block Shots</b> <b>Area:</b> 15y x 15y <b>Organization:</b> Small field of 12 x 10 yards with a large goal on one side and two large cones on the other side to mark the endline. The defender passes the ball to the attacker from halfway the field to start the 1v1. Don't start too far, the defender needs to be able to have success. The attacker tries to score as quickly as possible on the large goal. The defender scores by dribbling over the endline after winning the ball. <b>Variation:</b> Play with goalkeeper.		<ul style="list-style-type: none"> <li>● First, protect the goal</li> <li>● Run to the attacker with the ball</li> <li>● Block shots</li> <li>● Sliding, tackling</li> </ul>
ACTIVITY 5 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>5v5 Game</b> <b>Area:</b> 40y x 25y <b>Organization:</b> Two teams play 5v5 (4+GK), starting in 2-1-1 formation. When the ball goes out of bounds, restart with dribble or pass. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>● Minimal coaching</li> <li>● When the opponent is in possession, make the field small together</li> <li>● When your team is in possession, make the field large</li> </ul>