

U11/U12 TRAINING SESSION 35

CYCLE 6 WEEK 5	PHASE: Defending	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> Block shots Protect own goal 	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: Improve the ability to avoid goals against.				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Cross Box Finishing Area: 40y x 25y Organization: Set up two lines on the end line, just outside of the penalty box. Place two large cones on the corners of the box. The player without the ball runs from the end line around the cone, and then finishes a cross from the player on the other side. After crossing, players make their own run out to the cone to finish the next cross, and so on. After shooting, players pick up their ball and go to the other line. Use left and right foot for crosses and shots. During the first couple of minutes, have the players shoot right at the goalkeepers to warm them up. Game: Keep team and individual scoring totals.		<ul style="list-style-type: none"> Crossing the ball Timing of runs Shooting and scoring Warming up the GK
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
3v2 To Goal Area: 50y x 30y Organization: Three attackers start about 25 yards from the goal, with an attacker in the center and one on each sideline. The two defenders are positioned between the central player and the wingers, and the GK starts in goal. The attacker in the center begins play with a pass to either winger. When the defenders win the ball, they can score on the two small goals. When the ball goes over the sideline, re-start with a throw. The turn is over when the ball goes over the endline. After several minutes, switch positions and defenders become attackers. Variation: Add another central attacker to make it a 4v2 towards goal. Game: Create two teams and keep track of the score.		<ul style="list-style-type: none"> Pressure the ball Protect your own goal Block shots
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
4v3 To Goal Area: 50y x 30y Organization: Four attackers start 30 yards from goal, using a center forward, an attacking midfielder, and two wingers. Three defenders start 15 yards from the goal, using a center back and two outside backs. The attacking midfielder passes the ball to a winger to start the 4v3. When the ball goes over the sideline, re-start with a throw in. When the defenders win the ball, they can score on the two small goals. The turn is over when the ball goes over the endline. After several minutes, switch positions. Game: Create two teams and keep track of the score.		<ul style="list-style-type: none"> Pressure the ball Protect your own goal Block shots
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
5v4+GK, Wide Field Area: 50y x 30y Organization: The five attackers start with two wingers, a center forward, and two attacking midfielders. The defending team starts with three backs and one midfielder. To start the game, the goalkeeper passes or throws the ball to one of the two attacking midfielders. Regular soccer rules apply. The defending team can score in the three small goals on the opposite end. The turn is over when the ball goes over the endline or a goal is scored. After several minutes, switch positions. Game: Create two teams and keep track of the score.		<ul style="list-style-type: none"> Pressure the ball Protect your own goal Block shots
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
7v7, Large Goals Area: 60y x 40y Organization: Create two teams and play 7v7 (6 plus GK), with both teams in a 1-2-3-1 formation. Regular soccer rules. Game: Keep track of the score.		<ul style="list-style-type: none"> Minimal coaching Pressure the ball Protect your own goal Block shots Make the field small when the opponent is in possession.