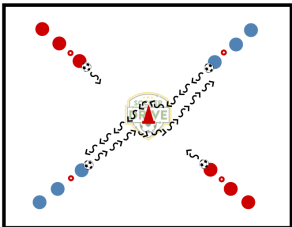
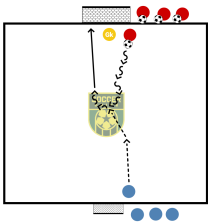
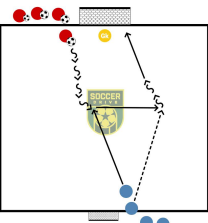
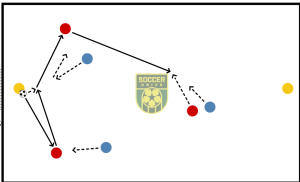
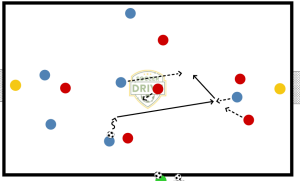


## U11/U12 TRAINING SESSION 36

<b>CYCLE 6 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>1v1 Moves</b> <b>Area:</b> 20y x 15y <b>Organization:</b> Set up cones in each corner and in the center. Place the outside cones eight yards from the center cone. Players start at the outside cones. The players opposite each other dribble to the center cone and make a 1v1 move. After the move, they dribble to the other side and the other two corners start. Players must go in the same direction at the cone. The coach picks two moves to work on during the drill. Examples: Step Over, Scissors, Side Step, Drag/Push, Matthews.		<ul style="list-style-type: none"> <li>Dribbling technique - use laces or outside foot to dribble</li> <li>1v1 moves - start off slowly to master the move.</li> </ul>
<b>ACTIVITY 2 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>1v1 Plus GK</b> <b>Area:</b> 20y x 15y <b>Organization:</b> The players are 1v1, with the attacker scoring on a small goal while the defender scores on a large goal with a goalkeeper. The game starts with the attacker dribbling the ball onto the field. After shooting at goal, the attacker becomes the goalkeeper. 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. Rotate positions after each turn. <b>Game:</b> Players keep track of the number of goals they score.		<ul style="list-style-type: none"> <li>Reaction after winning the ball by the defenders</li> <li>Explode with the dribble</li> <li>Quick scoring - 10 Second Rule</li> <li>Shield the ball</li> </ul>
<b>ACTIVITY 3 - <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 15y <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>Reaction after winning the ball by the defenders</li> <li>Explode with the dribble</li> <li>Quick scoring - 10 Second Rule</li> <li>Dribbling, running forward to get open</li> <li>Receive and pass and beat the opponent forward</li> <li>Shield the ball</li> </ul>
<b>ACTIVITY 4 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>4v4 (3 + GK)</b> <b>Area:</b> 30y x 20y <b>Organization:</b> Play a 4v4 game, with two teams of three field players plus the GK. When the ball goes out of bounds, dribble or pass the ball back in. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Reaction after winning the ball by the defenders</li> <li>Explode with the dribble</li> <li>Quick scoring - 10 Second Rule</li> <li>Dribbling, running forward to get open</li> <li>Receive and pass and beat the opponent forward</li> <li>Shield the ball</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>Minimal coaching</li> </ul>