## **U12 Session Plan**

Week 7

Season Spring 2016 Topic **Individual Defending** 

(5 W's)

Who: #4, #5, #6, #8 Where: In the defensive half of the field Objectives What: Pressure: Tackling vs Delay: Pressing distance, Cover, Balance

When: When not in possession of the ball and close to your own goal

Why: Stop penetrating players from scoring or creating scoring opportunities

Organization

Duration 15 Min.

Intensity Med-High

4v4 Shadow Play Stage 1

Area: 47Wx40L yard field Target team (Red): #'s 4, 5, 6, 8 - Opposition team (White): #'s 7, 9, 10, 11 White team passes among themselves, max 3 touches. Red team follows movement of ball between White players & steps to pressure White player w/ the ball, cover behind, & balance. Red doesn't tackle, but can intercept bad touches or passes.

**Coaching Points** 

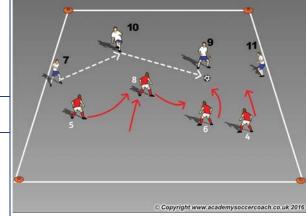
Activity Time 2 Min.

Rest 1 Min

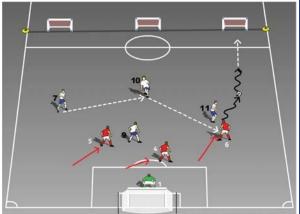
Intervals

What? Technique: Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position, pressing distance,

Defending Principles - Pressure: Who? When?



## 4v4 to Goal & Counters Stage 2



## Organization

Duration 24 Min

Intensity Medium

Area: 47Wx50L yard field, 1 big goal, 3 counters

5

Target team (Red): #'s 1, 4, 5, 6 – Opposition team (White): # 7, 9, 10, 11 Red defend the big goal and score in either counter goal. White tries to play through the Red.

(limit touches for the White team only if needed)

**Coaching Points** 

Activity Time 5 Min

Rest 1 Min

Intervals

What? Technique: Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position, Pressing distance, Tackle, poke or block, vs

Defending Principles - Pressure: Who? Where? When? Delay: When? Why?

Organization

Duration

24 Min

Intensity

Medium

Stage 3 7v7 to Goal

Area: 47Wx60L yard field, big goal on both ends

Target team(Red): #'s 1, 2, 3, 4, 5, 6, 8 - Opposition team(White): #'s 1, 6, 7, 8, 9, 10,11 Both teams attack and defend 1 big goal. All rules of soccer apply.

**Coaching Points** 

Activity Time | 6 Min

Rest 2 Min.

Intervals

What? Technique: Pressing distance, Tackling vs Delay,

Defending Principles: Pressure: Who? Where? When? Delay: Who? Where?, When?

Why Control & Restraint: When? Why?



	Stage 4 - 9v9	Duration 25 Min Formation R GK-4-3-1 v W GK-2-3-3 Activity Time 11 Min. Rest 3 Min. Intervals 2
	Organization	In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.
	Coaching Points	Technical Execution, Roles and responsibilities of #4 #5, #6, #8. Defending Principles, 5W's, Speed of Play