

<b>U12 Session Plan</b> Week 7		<b>Season</b> Spring 2016		<b>Topic</b> Individual Defending	
<b>Objectives (5 W's)</b>		<b>Who:</b> #4, #5, #6, #8 <b>Where:</b> In the defensive half of the field <b>What:</b> Pressure: Tackling vs Delay: Pressing distance, Cover, Balance <b>When:</b> When not in possession of the ball and close to your own goal <b>Why:</b> Stop penetrating players from scoring or creating scoring opportunities			
<b>Organization</b>		Duration 15 Min.	Intensity Med-High	<b>Stage 1</b> 4v4 Shadow Play	
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.					
<b>Coaching Points</b>		Activity Time 2 Min.	Rest 1 Min	Intervals 5	
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?					
<b>Stage 2</b> 4v4 to Goal & Counters		<b>Organization</b>		Duration 24 Min	Intensity Medium
		Area: 47Wx50L yard field, 1 big goal, 3 counters 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)			
<b>Coaching Points</b>		Activity Time 5 Min	Rest 1 Min	Intervals 4	
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 Delay, Defending Principles - Pressure: Who? Where? When? Delay: When? Why?					
<b>Organization</b>		Duration 24 Min	Intensity Medium	<b>Stage 3</b> 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.					
<b>Coaching Points</b>		Activity Time 6 Min	Rest 2 Min.	Intervals 3	
What? Technique: Pressing distance, Tackling vs Delay, Defending Principles: Pressure: Who? Where? When? Delay: Who? Where?, When? Why Control & Restraint: When? Why?					
<b>Stage 4 - 9v9</b>		Duration 25 Min	Formation R GK-4-3-1 v W GK-2-3-3	Activity Time 11 Min.	Rest 3 Min. Intervals 2
<b>Organization</b>		In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.			
<b>Coaching Points</b>		Technical Execution, Roles and responsibilities of #4 #5, #6, #8. Defending Principles, 5W's, Speed of Play			