

<b>U12 Session Plan</b> Week 8		<b>Season</b> Spring 2016		<b>Topic</b> Small Group Defending of the #'s 4, 5 & 6	
<b>Objectives (5 W's)</b>		<b>Who: #4, #5 &amp; #6</b> <b>Where: In the defensive half of the field</b> <b>What: Work together to stop penetrating passes and shots</b> <b>When: When not in possession of the ball and close to your own goal</b> <b>Why: Stop the attacking team from scoring from central areas</b>			
<b>Organization</b>		Duration 12 mins	Intensity Low	<b>Stage 1 4v4 Intercepting Passes</b>	
Area: 25Wx40L yard field, 1 big goal, 2 counter goals. Target team (Red): #'s 1, 4, 5, 6 Opposition team (White): #'s 6, 8, 9, 10. The White team plays at least 2 touch but no more than 3 touch passes. They will try to play into the Red's #1. Reds can only intercept passes. If they intercept a pass, they can try to pass it into one of the counter goals. Reds cannot tackle the ball.					
<b>Coaching Points</b>		Activity Time 2 mins	Rest 1 mins	Intervals 4	
What? Technique - Angle, speed and distance of approach. Footwork of the player closest to the ball. Keep your eyes on the ball. Defending Principles - Pressure: Who? Where? When? Control & Restraint: When? Why? Cover: Who? Where? When?					
<b>Stage 2 4v4 to Goal &amp; Counters</b>		<b>Organization</b>		Duration 19.5 min	Intensity Medium
		Area: 40Wx50L yard field, 1 big goal and 2 counter goals. Target team (Red): #'s 1, 4, 5, 6 – Opposition team (White): #'s 6, 8, 9, 10. Red defend the big goal and score in either counter goal. Whites try to score in the big goal. (limit touches for the White team only if needed)			
<b>Coaching Points</b>		Activity Time 5 mins	Rest 90 sec	Intervals 3	
What? Technique - Angle, speed and distance of approach. Footwork of the player closest to the ball. Eyes on ball. Types of Tackle: poke or block. Correct distance and angle of covering player. Defending Principles - Pressure: Who? Where? When? Control & Restraint: Why? Cover: Who? Where? When? Delay: When? Why? Balance: Who? Where? Why?					
<b>Organization</b>		Duration 18 mins	Intensity Low	<b>Stage 3 7v7 to Goal</b>	
Area: 47Wx60L yard field with a big goal at both ends. Target team (Red): #'s 1, 4, 5, 6, 8, 9, 10 – Opposition team (White): #'s 1, 6, 7, 8, 9, 10, 11. Both teams attack and defend 1 big goal. All rules of soccer apply. How long can the Red team play without allowing a shot or a goal?					
<b>Coaching Points</b>		Activity Time 8 mins	Rest 1 min	Intervals 2	
What? Technique - Angle Speed and Distance of approach. Footwork. Tackle. Distance and angle of covering player. Defending Principles - Pressure: Who? Where? When? Control & Restraint: Why? Cover: Who? Where? When? Delay: When? Why? Balance: Who? Where? Why? Compactness: Why? Where?					
<b>Stage 4 -9v9</b>		Duration 24 min.	Formation R GK-4-3-1 v W GK-2-3-3	Activity Time 11 mins	Rest 3 mins Intervals 2
<b>Organization</b>		In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.			
<b>Coaching Points</b>		Technical execution, Defending Principles (5 W's), Slowing the speed of play			