



12U Fall 2017 Training Sessions - Week 8

Topic

SMALL GROUP DEFENDING OF THE #'s 4, 5 & 6

Objectives (5 W's)

Who: #4, #5 & #6
What: Work together to stop penetrating passes and shots
Where: In the defensive half of the field
When: When not in possession of the ball and close to your own goal
Why: Stop the attacking team from scoring from central areas

Organization

Duration Intensity

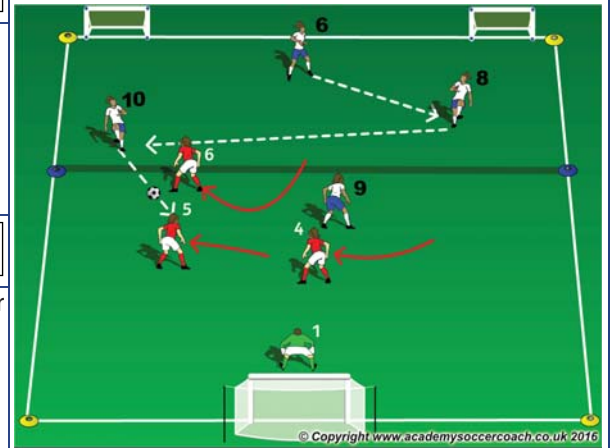
Area: 40Wx50L yard field, 1 big goal, 2 counter goals. Target team (Red): #'s 1, 4, 5, 6
 Opposition team (White): #'s 6, 8, 9, 10. The White team plays at least 2 touch but no more than 3 touch passes. They will try to play into the Red's #1. Reds can only intercept passes. If they intercept a pass, they can try to pass it into one of the counter goals. Reds cannot tackle the ball.

Coaching Points

Activity Time Rest Intervals

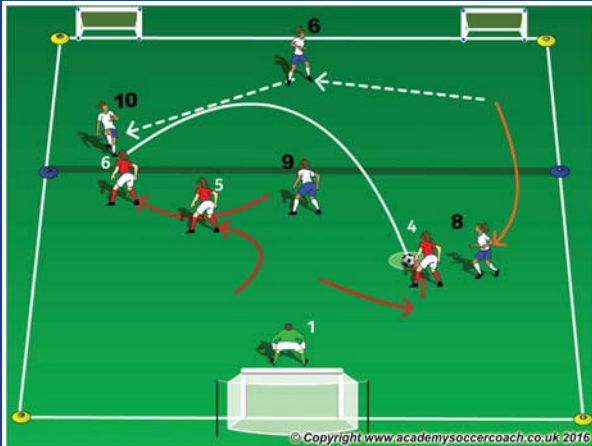
What? Technique - Angle, speed and distance of approach. Footwork of the player closest to the ball. Keep your eyes on the ball.
Team Tactical Defending Principles - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When?

Warm-up / Orientation 4v4 Intercepting Passes



Orientation

4v4 to Goal & Counters



Organization

Duration Intensity

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)

Coaching Points

Activity Time Rest Intervals

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.
Team Tactical Defending Principles - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

Organization

Duration Intensity

Area: 50Wx65L 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?

Coaching Points

Activity Time Rest Intervals

What? Technique - Angle Speed and Distance of approach. Footwork. Tackle. Distance and angle of covering player.
Team Tactical Defending Principles - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Outnumber the Opponents/Cover: Who? Why? Pressure in the Hotzone: Where? When?

Learning 7v7 to Goal



Implementation

9v9 Duration Formation Activity Time Rest Intervals

Organization

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution, Team Tactical Defending Principles (5 W's), Speed of play