



Name: Fabien Lewis	Team: U12	Day: 1	Duration: 75 Minutes
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Description: This activity will help your players improve their ball handling skills and ultimately raise confidence in 1 v 1 offensive situations.

<p style="text-align: right; font-size: small;">© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Ball Mastery – 15 Minutes</p> <p>Organization: Cones scattered in various areas of a 30 x 30 yard grid. One player, one ball in grid, each doing ball mastery moving from cone to cone. Player use inside, outside, and bottom of the left foot and right foot. Players then practice dribbling moves at the cones (i.e. fake, double fake, scissors, Ronaldo, roll-push, maradona etc. Progression: Play “Knock Out.” 1-2 players without ball (defenders), while other players with ball try to dribble away from defenders. Defenders are trying to kick ball out of grid. If attackers lose ball, they become a defender.</p> <p>Coaching Points: (1) 1 touch, 1 step. (2) Change direction, change speed. (3) Be aware of surroundings.</p>
<p style="text-align: right; font-size: small;">© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: 1 v 1 Dribbling – 15 minutes</p> <p>Organization: Set up in a 15 x 10 yard grid going to pugs. Two single file lines on opposite side of the grid. Play starts when attackers start dribbling. If defender wins the ball, they score in opposite pug.</p> <p>Coaching Points: (1) Reiterate previous points. (2) Make defenders commit. (3) After dribbling pass defender, take touch back across to deny their recovery.</p>
<p style="text-align: right; font-size: small;">© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Small Sided Scrimmage – 15 minutes</p> <p>Organization: 2 v 2 in 15 x 15 yard grid. Game starts with the coach passing ball in. If defenders win the ball, they score in opposite pug.</p> <p>Coaching Points: (1) Reiterate previous points. (2) 2nd Attacker (i.e. attacking player without the ball), should provide support intelligently. (3) When to dribble, when to combine.</p>
<p style="text-align: right; font-size: small;">© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Free Play & Scrimmage – 30 minutes</p> <p>Organization: 5 v 5 in 35 x 30 yard grid going to pugs. Each game is 5 minutes long then switch teams up. Players gets 1 point for any of the following (A) Scoring (B) Assisting (C) Dribbling pass an opponent (D) Last defender to deny goal scoring change. Each player keep track of their scores. No touch restriction. Allow the players to play.</p> <p>Coaching Points: (1) Take players on (2) Enjoy</p> <p><i>Modify 5 v 5 to 7 v 7 + 2 goalkeepers.</i></p>