



Name: Fabien Lewis	Team: U12	Day: 1	Duration: 75 Minutes
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Description: In this session, players would be thought proper technique in defending. This would not only help them be more successful in 1 v 1 duels, but more importantly, help with overall team defending.

<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Warm up (18 minutes)</p> <p>Organization: <u>Phase I</u> - In a 25 v 25 yard grid, 2 players are passing and moving around as a warm up. Incorporate dynamic stretching. <u>Progression I</u> - On the coaches' command, players will stand 1-2 yard apart and practice (A) Standing block tackle (B) Toe poke tackle (C) Slide Tackle. <u>Progression II</u> - Players stand 6 yards apart and are passing back and fort. On coaches' command, the player without the ball sprints to the player with the ball and will pivot back to his starting point as the attacker dribbles towards him. Switch roles as per coach request.</p> <p>Coaching Points: (1) Fast to slow, high to low (2) Maintain arms-length distance from ball (3) Force head down (4) Standing leg next to ball, chest over the ball, block using middle of foot (5) Slide on side of thigh, scoop ball, get up using hands</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: 1 v 1 (15 minutes)</p> <p>Organization: <u>Phase I</u> - Dribble to end line 10 x 8 yard grid. Play starts when coach pass ball out. <u>Progression</u> - With pug goals in 10 x 8 yard grid, a player scores if he dribbles the ball over the line under control.</p> <p>Coaching Points: (1) Reinforce previous points (2) Using sideline as extra defender (3) Deny opponent from scoring (4) Recovery runs</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Small Sided Game (18 minutes)</p> <p>Organization: <u>Phase I</u> - 2 v 2 in 12 x 8 yard grid, play starts from coach. <u>Progression I</u> - 3 v 2 in 12 x 10 yard grid, play starts when the ball is passed to any of the two attackers on the other side. Defenders will defend one goal and attack two counter goals</p> <p>Coaching Points: (1) Reinforce previous points (2) Pressure-cover-balance (3) Transition (4) Communication</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Scrimmage (24 minutes)</p> <p>Organization: 8 v 8 + goalkeepers in 30 x 40 yard grid. All rules apply.</p> <p>Coaching Points: (1) Reinforce previous points (2) Stay connected (3) Have fun</p> <p><i>Modify 8 v 8 + 2 goalkeepers to 7 v 7 + 2 goalkeepers.</i></p>