

U12 Age Group Training Session I

Key:

Running without the ball

Running with the ball

Pass

TOPIC: Principles of Defending in Small Groups **(Pressure, Cover, Balance)**

<u>Technical Warm-Up</u>	<u>Organization</u>	<u>Key Coaching Points</u>
	<p>Free space</p> <ul style="list-style-type: none"> • Groups of 3 with ball, passing and moving • On coach's call, play 1v2 with attacker trying to "split" defenders • When defender wins ball or attacker beats both defenders return to passing in 3s 	<ul style="list-style-type: none"> • Communication btw defenders ("Ball" and "Push left or right") • Speed and angle of pressure (low and slow final approach; show one way) • Angle and distance of cover (off shoulder; close enough to win ball if 1st def beaten)
<p style="text-align: center;"><u>Small Sided Activity</u></p>	<p>30x20</p> <ul style="list-style-type: none"> • 3v3 to 2 small goals w/ counter target or to end-line • Switch team roles after certain time or score 	<ul style="list-style-type: none"> • "Protect" goals; "Press" when possible (#'s up or even in small area) • Speed and angle of pressure Communication ("Press Ball," "Left/Right," "Hold," "Double," "Drop") • Transition (instant change of roles as ball turns over)
<p style="text-align: center;"><u>Expanded Small Sided Activity</u></p>	<p>40x30</p> <ul style="list-style-type: none"> • 4v3+GK or 4v4 to end-zone • Switch team roles after certain time or score • Half-line for off-sides 	<ul style="list-style-type: none"> • Communication, incl. GK • Compactness (stay connected to limit space between defenders) • Cues to press and possibly win ball (weak pass, poor 1st touch, ball in air, attacker facing backwards or touchline)
<p style="text-align: center;"><u>Game to Big Goals</u></p>	<p>60x44</p> <ul style="list-style-type: none"> • 6v6 incl. GKs 	<ul style="list-style-type: none"> • Team defensive shape • Balance (3rd defender "splits the difference" to mark space and attacker) • Cues to step/slide/hold/drop together and communication • Transition (use defense to create offense; balance to prevent counter attacks)