



Name: Fabien Lewis	Team: U12	Day: 2	Duration: 75 Minutes
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Description: The focus in this session is executing “give and go.” The 2nd attacker is coming from behind to provide support.

	<p>Activity: Warm up (15 minutes)</p> <p>Organization: In 15 x 10-yard grid, the 1st attacker (player with the ball) starts dribbling towards the tall yellow cone and will pass the ball to the player on the outside for a “give and go.” The supporting player starts at the bottom of the grid and would move to support when the 1st attacker takes his 1st touch.</p> <p>Coaching Points: (1) Dribble at speed to tall yellow cone (2) Use deception in pass to neutral (3) Quick change of speed and direction to get around the defender (i.e. tall yellow cone). (3) Timing of run and weight of pass (4) Lead teammate with pass</p>
	<p>Activity: 1 v 1 + 1 (15 minutes)</p> <p>Organization: Use a 15 x 10-yard grid for this activity. Player 1 (blue) will pass the ball out to Player 2 and begin to defend. Player 3 will give immediate support on an angle to execute the “give and go.”</p> <p>Coaching Points: (1) Reinforce previous points (2) Neutral player recognize supporting angle & be deceptive in which side they go to support (3) Communicate for the ball</p>
	<p>Activity: 3 vs 2 (20 minutes)</p> <p>Organization: 3 v 2 in 25 x 20-yard grid going to pugg goals. The attacking team (in blue) form 3 lines. Two at the top and one at the side. This is to confuse the awareness of the defenders and off balance them. Thus, creating moments for more “give and go” opportunities.</p> <p>Coaching Points: (1) Reinforce previous points (2) Angles of support / don’t block pass to neutral players (3) Move ball quickly and accurately</p>
	<p>Activity: Scrimmage (25 minutes)</p> <p>Organization: 7 v 7 + 2 goalkeepers in 40 x 35-yard grid. All rules apply (except offside)</p> <p>Coaching Points: (1) Previous Points (2) Transition (3) Enjoy</p>