



<b>Name:</b> Fabien Lewis	<b>Team:</b> U12	<b>Day:</b> 2	<b>Duration:</b> 75 Minutes
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**Description:** In this session, players will learn how to defend as a functional group. The session will help the players stay connected, remain compact and deny the opponent goal scoring opportunities.

<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> Tiger Tail (15 minutes)</p> <p><b>Organization:</b> <u>Phase I</u> - In 15 x 10 yard grid, each player all have a penny hanging from the back of their shorts and a ball at their feet. They are trying to kick away each other's ball or pull their tail from their shorts. If their penny is pulled, they cannot retrieve it. But, if their ball is kicked out the grid, they can try to go after someone else ball. The player that remains with ball or penny at the end, wins. <u>Progression</u> – 1 v 1 in 10 x 8 yard grid. Play starts when ball is played to player on the other side. A player scores a goal if they dribble the ball over the end line under control.</p> <p><b>Coaching Points:</b> (1) High to low, fast to slow (2) Use sideline as extra defender (3) Force attacker head down (4) Timing of tackle.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> Small Sided Game (18 minutes)</p> <p><b>Organization:</b> 4 v 4 + 1 neutral and two goalkeepers in 25 x 20 yard grid, 5 v 4 scrimmage going to pugs. Modify small side rules apply.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points (2) Pressure-cover-balance-compactness (3) Recovery runs (4) Transition (5) Communication</p>
<p>© Copyright www.academysoccercoach.co.uk 2017</p>	<p><b>Activity:</b> 6 v 5 + 2 goalkeeper (18 minutes)</p> <p><b>Organization:</b> In 35 x 30 yard grid, 6 v 5 + 1 goalkeeper. Ball always restarts with attacking team when it goes over the end line. From sideline, a throw-in is taken. If defenders win the ball, they try to score in either of the 3 counter goals.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points (2) Be brave, deny &amp; deflect (3) Stay connected</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> Scrimmage (24 minutes)</p> <p><b>Organization:</b> 7 v 7 + 2 goalkeepers in 40 x 35 yard grid. All rules apply.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points (2) Enjoy</p>