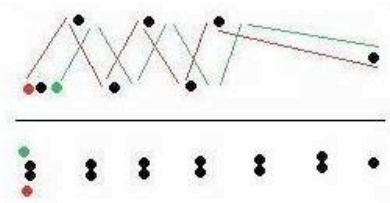
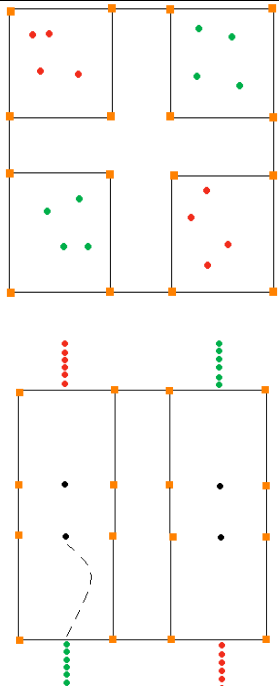


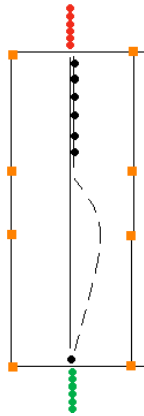
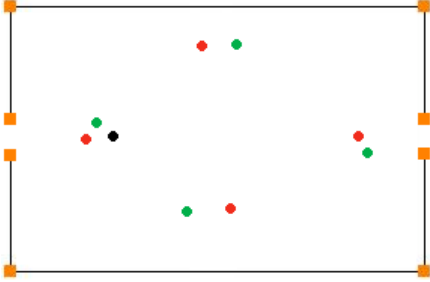
# COACHING SESSION PLAN

<b>Session Type</b>	U12 week 5, practice 1
<b>Theme of Session</b>	Defending

Key phrases for today's theme;

- FFW- *when going backwards keep your head forwards, bend your knees, lightly pad the ground, don't touch the cones*
- Defending- *start tall- end small, surfer stance, curve your run (makes play predictable)*
- Game- **FREE PLAY!**

<b>Focus</b> <i>Key points and things to watch out for.</i>	<b>Diagram</b> <i>Equipment and example</i>	<b>Timing</b> <i>Minimum time to be spent on exercise</i>
<p><b>Basic fast feet; paired work</b></p> <p>The following exercises should be done in pairs, and with the younger players, they should be done as 'mirroring' exercises <b>not</b> races.</p> <p>The top exercise involves one player (green) doing a backwards zigzag, changing direction, with the other (red) doing a forwards zigzag, attempting to mirror the movements of the green player. When they reach the end of the zigzag the green player should turn and get to the end cone quickly with the red player.</p> <p>The second exercise should involve the two players working together. They should go to the second double cone and then go backwards, back to the first. They then go the third cone, and go back to the second, then the fourth going backwards to the third, and so on. In other words, going two steps forward and then one step back.</p>		10mins
<p><b>Defending; approach, high/low pressure, when to tackle</b></p> <p>Set up four 8x8 yard squares, within one big square, so that the gap between each square is 4 yards (making it a 20x20 yard square in total).</p> <p>Players should be split into four teams, with one team per box. They should start off jogging inside the box before moving on to do the following activities;</p> <ul style="list-style-type: none"> <li>• <i>Dynamic stretching</i>- lunges, high kicks, heel flicks</li> <li>• <i>'Short'</i>- sprint to a cone on the corner of your box</li> <li>• <i>'Long'</i>- move into next box round (clockwise or anti-clockwise, depending on the coach's call).</li> </ul> <p>The following progression is to set up four teams, as in the diagram on the right, and place a ball on the far side of each box. The players should make runs to the ball and then "jockey" backwards (facing the ball, moving 'on-the-side'). This should be a fast paced activity, lasting no more than 10 minutes.</p> <p>Key points for defensive running are;</p> <ul style="list-style-type: none"> <li>• <i>Tall to small</i>-players should lower their bodies on approach to the ball</li> </ul>		25mins

<ul style="list-style-type: none"> <li>• <i>Surf in-</i> players should turn side on to the ball, as if stood on a surf board</li> <li>• <i>Curved approach-</i> players should curve their run, showing the player on to their weaker side</li> </ul> <p>The finally progression is to set up a 1v1 alley, as in the diagram on the right. With players set up at either end, the defender should start with the ball, playing it into the attacker whose aim is to dribble the ball over the defender's start line.</p> <p>The defender should be told that the ball is in a low pressure area when it is in the attacker's half and so they do not need to challenge but just close the space to within a few metres. However, when the ball is brought closer to halfway, the defender should be told that the necessity to make a challenge increases (called a <i>high pressure situation</i>).</p> <p>Key points for defending 1v1;</p> <ul style="list-style-type: none"> <li>• <i>Apply pressure to half way, showing the attacker onto their weaker foot</i></li> <li>• <i>When the attacker makes a move toward the end line, the defender should try to 'pin them in to their weaker side, against the touch line.</i></li> <li>• <i>The defenders point of challenge is when the striker takes the stronger touch to get their ball out of their feet.</i></li> </ul>		
<p><b>Small sided games; regular mini game</b></p> <p>Maximum of 6v6 players for U12s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		<p><i>Until practice ends</i></p>