



**U12 Session Plan**

**Season** Spring 2016      **Topic** Individual Defending

**Objectives**  
(5 W's)

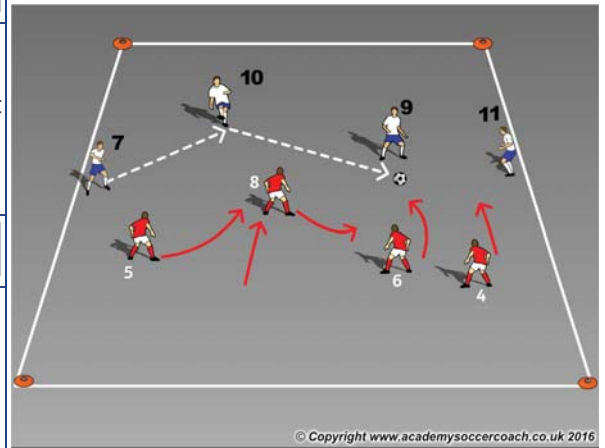
**Where:** In the defensive half of the field  
**What:** Pressure: Tackling vs Delay: Pressing distance, Cover, Balance  
**When:** When not in possession of the ball and close to your own goal  
**Why:** Stop penetrating players from scoring or creating scoring opportunities

**Organization**

Duration  Intensity

Area: 47Wx40L yard field  
 Target team (Red): #'s 4, 5, 6, 8 – Opposition team (White): #'s 7, 9, 10, 11  
 White team passes among themselves, max 3 touches. Red team follows movement of ball between White players & steps to pressure White player w/ the ball, cover behind, & balance. Red doesn't tackle, but can intercept bad touches or passes.

**Stage 1** 4v4 Shadow Play



**Coaching Points**

Activity Time  Rest  Intervals

What? Technique: Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position, pressing distance,  
 Defending Principles - Pressure: Who? When?

**Stage 2** 4v4 to Goal & Counters



**Organization**

Duration  Intensity

Area: 47Wx50L yard field, 1 big goal, 3 counters  
 Target team (Red): #'s 1, 4, 5, 6 – Opposition team (White): # 7, 9, 10, 11  
 Red defend the big goal and score in either counter goal. White tries to play through the Red.  
 (limit touches for the White team only if needed)

**Coaching Points**

Activity Time  Rest  Intervals

What? Technique: Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position, Pressing distance, Tackle, poke or block, vs Delay,  
 Defending Principles - Pressure: Who? Where? When? Delay: When? Why?

**Organization**

Duration  Intensity

Area: 47Wx60L yard field, big goal on both ends  
 Target team(Red): #'s 1, 2, 3, 4, 5, 6, 8 - Opposition team(White): #'s 1, 6, 7, 8, 9, 10,11  
 Both teams attack and defend 1 big goal. All rules of soccer apply.

**Stage 3** 7v7 to Goal



**Coaching Points**

Activity Time  Rest  Intervals

What? Technique: Pressing distance, Tackling vs Delay,  
 Defending Principles: Pressure: Who? Where? When? Delay: Who? Where?, When?  
 Why Control & Restraint: When? Why?

**Stage 4 - 9v9**

Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

**Coaching Points**

Technical Execution, Roles and responsibilities of #4 #5, #6, #8. Defending Principles, 5W's, Speed of Play