



# Recreation Coaching Sessions

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**U11 – U12: Week 5**

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## Recreation Coaching Sessions

### U11 – U12: Week 5

# The Front Tackle



#### The Front Tackle

Purpose- To improve tackling skills

#### Organization

Area 20x20

Players stand opposite a partner with a ball between them. Both players put their left feet next to the ball and place their right foot 1 yard back away from the ball on the ground. On the coaches command, they both bring the inside of their right foot to make contact with the ball at the same time.

#### Progression

Begin by having the players work together to make contact with the ball at the same time. The players can count 1,2,3 GO.

Have the players increase the force with which they hit the ball. Repeat with weaker foot.

Let the players compete to see who can win the ball. Change partners every few challenges.

#### Coaching Points

Keep your ankle locked in the "L" position.

Keep your knees slightly bent but firmly locked.

Hold your arms slightly out to the side for balance.

Keep pushing with your foot once you have made contact with the ball.

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# One v One Defending



#### One v One Defending

Purpose- To improve defending skills.

#### Organization

Begin with two lines of players divided into defenders and attackers across from each other using a 30x40 yard grid. The defender passes to the dribbler and follows across the grid to take up a defensive position in front of the dribbler. The dribbler moves forward, cutting the ball from side to side all the way across the grid. The defender moves backwards and maintains a 2 yard gap between them and the dribbler and may not make a tackle.

#### Progression

The defender can now tackle the attacker in their own half and if they win the ball they should look to pass the ball over the end line to win.

The defenders are allowed to tackle anywhere in the grid. Once they win the ball, both players attempt to win the ball and dribble across the opponents end line.

#### Coaching Points

Close the space down quickly and slow down as you near the attacker.

Adopt a sideways stance with your knees bent, stay on your toes.

Make your move to tackle when the dribbler takes their eye off the ball, gets a bad bounce or pushes the ball too far ahead.

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### Two v Two Defending



#### Two v Two Defending

Purpose- To improve defending skills.

#### Organization

Repeat the previous practice now with two attackers and two defenders. The first defender should delay the attacker and the second defender should provide cover and not allow the split pass.

#### Progression

The attackers attempt to combine to dribble the ball over the opposing end line, the defenders attempt to clear the ball back over the start line.  
Both pairs now attempt to score over their opponents end line.

#### Coaching Points

First defender takes up a slightly sideways position in front of the player with the ball.

Second defender drops behind and to the side to create cover.

If the ball is passed from one attacker to the other, the second defender moves forward to close down ball and the first defender moves back to cover.

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### Two Goal Defending Game



#### Two Goal Defending Game

**Purpose-** To introduce defending as a unit.

#### Organization

Two equal teams compete on a 30 yard wide by 40 yard long field and attempt to score in either of the two goals on the opponents end line. There are no goalkeepers. When a team wins possession the opposing team must retreat to behind the half way line and may only mark their opponents as they cross the line.

#### Progression

Players must now try and win the ball back as quickly as possible in the opposing team's half. Players may now score a bonus point each time they take the ball away from the opposing team.

#### Coaching Points

Quickly close down the space in front of the player with the ball.  
Defender keeps between attacker and goal and blocks attacker from shooting.  
Prevent space so player can dribble forwards.  
Make your tackle if attacker loses control or takes their eye off the ball.

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## Conditioned Game 7v7 Plus Goalkeepers



Conditioned Game 7v7 plus goalkeepers.

Play for 20 minutes working on the topic you have worked on at practice.

Concentrate on dribbling, passing, shooting, crossing, defending and award bonus points in the game if they use these skills.

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