

Coach **Dan Chubbock**

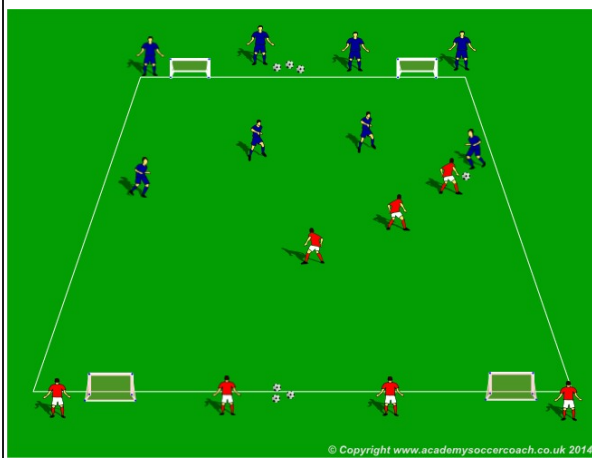
Session date **2014-04-24**

Team/Age Group **U12s**

Theme **Teach Midfield to Defend - Shape**
Objectives: Introduce roles of Midfielders when defending (adapt instructions for each third of the field).

Time available

90 Minutes



Explanation:

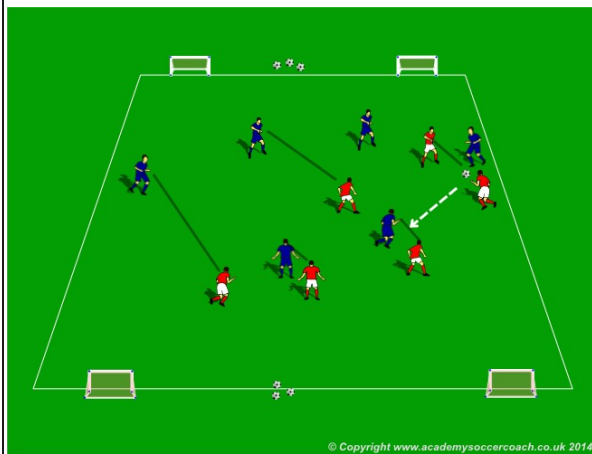
- 4v3 flying changes
- when goal is scored, red become attacker (4v3 for red)
- red can steal ball and go to goal in the 3v4

Coaching Points:

- when ball is wide 'Nike Swoosh'
- when ball is central 'Wave Shape'
- try to take away numbers up situation
- get pressure on the ball and make play predictable
- when high pressure, play as compact as possible

Progression:

- make it 3v3 plus neutral for quicker transition and continuous play



Explanation:

- 6v6 attack vs defence
- can play 4v2 in each half to get coaching points across to begin.

Coaching Points:

- front two, should shift to make play predictable (depending on area focussing on, front two could be two holding mids, or two forwards).
- try to win ball if possible, but be patient.
- Good shape.
- Cut off passing lanes
- Delay (slow down attack),
- Depth (supporting player),
- Balance (third and fourth defender),
- Compactness (make field small),
- Discipline (patience)



Explanation:

- add goalkeepers and play 7v7.

Coaching Points:

- as above.

Progression:

- play full field if you have numbers.

Action Points/Notes:

Allow 10 minutes free play at the end.