



Name: Fabien Lewis	Team: U12	Day: 1	Duration: 75 Minutes
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Description: The focus in this session is the “give and go.” Player would learn how to get past a defender by using a pass.

<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Warm up (15 minutes)</p> <p>Organization: A player starts dribbling towards the tall yellow cone and will pass the ball to any player on the outside for a “give and go.”</p> <p>Coaching Points: (1) Dribble at speed to tall yellow cone (2) Use deception in pass to neutral (3) Quick change of speed and direction to get around the defender (i.e. tall yellow cone). (3) Timing of run and weight of pass (4) Neutral player must lead teammate with pass</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: 1 v 1 + 2 (15 minutes)</p> <p>Organization: In 15 x 10-yard grid. The attackers dribble forward and will attempt to get by the defender by using either neutral player on the outside. Encourage the defender to stop the attacker before he gets to the middle. Attackers score a goal by doing a “give and go” with neutral player before dribbling over the end line. If defenders win the ball, they score by dribbling over the end line in the opposite direction.</p> <p>Coaching Points: (1) Reinforce previous points (2) Communicate for the ball</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: 3 vs 2 + 2 (20 minutes)</p> <p>Organization: 3 v 2 + 2 neutral players on the outside of the 30 x 35-yard grid. The 3 attackers (and 2 defenders) scores a goal by passing the ball into the pugg. They get a bonus goal is they use their teammates or the neutral players on the outside for a “give and go” to score. Neutral players never enter the grid.</p> <p>Coaching Points: (1) Reinforce previous points (2) Angles of support / don’t block pass to neutral players (3) Move ball quickly and accurately</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Scrimmage (25 minutes)</p> <p>Organization: 7 v 7 + 2 goalkeepers in 40 x 35-yard grid. All rules apply (except offside)</p> <p>Coaching Points: (1) Previous Points (2) Transition (3) Enjoy</p>