



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>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 to pass to outside player (3) Quick change of speed and direction to get around the defender (i.e. tall yellow cone). (3) Neutral player must lead teammate with pass (4) Ask for the ball</p>
	<p>Activity: 1 v 1 + 2 (20 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) Make defender commit to you</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) can use the neutral players on the outside for a “give and go.” Neutral players never enter the grid.</p> <p>Coaching Points: (1) Reinforce previous points (2) Where there is a backward pass, there should be a forward run (3) Possession vs penetration</p>
	<p>Activity: Scrimmage (20 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>