



U12 – Session 5

1v1 Defending

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Defend the Cone Warm-Up:

Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to their opponent who tries to hit the cone where the ball was served from. The passing player defends their cone, but first and foremost comes out to defend against player with the ball (always the most dangerous person on the field).

Version 2: Player starts at same cone and defender starts by passing through attackers legs who turns and tries to score on goal (cone)



1v1 to Small Goals:

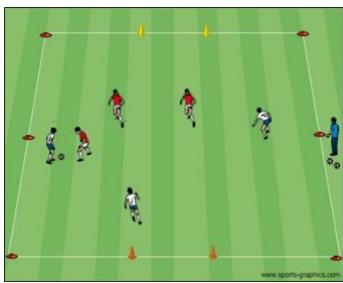
In a 10x15 yard grid, two groups of players will play 1v1 bouts. One group of players will serve to the other and defend the player with the ball, applying the principles of 1st defender. The play is over when one player scores or goes out of bounds. The next 1v1 will commence with a service from the defender.

Players will switch sides after their turn is over.



3v3 to Small Goals

In a grid of 30x35 yards, two teams will play to score in the goals. Player will defend by pressing the player with the ball (applying the principles and role of 1st defender).



Scrimmage:

Create field based on playing numbers and size of area.

