

# 12U Week#7 -

# PLAY — PRACTICE — PLAY

## "Pressing & Cover"

## **Dribbling move Step Over**

PLAY	
10 mins.	

15

mins

**Play-** as players arrive have them join in a small sided game.

**Set Up-** 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed

Let them play

## **Activity Description**

## Set Up Diagram

## **Coaching Points**

# **Defend the ring:**

# #1

Players on the outside of the circle keep the ball away from two players in the middle. 1st defender tries to close down the player with the ball while the 2<sup>nd</sup> defender anticipates where the pass is going and tries to win the ball. If a middle player wins the ball they switch with an outside player.

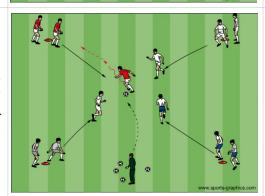
# Close down quickly

- Head up
- 2<sup>nd</sup> defender quick to the
- Communicate
- Listen for new instructions

# Cella Special:

#2

15 mins 4 cones with players evenly behind them. Balls with the coach who plays a ball into the middle. The first player in each line runs to try to win the ball and pass it back to their line (to the next player in line). The player must receive the ball near the cone or it does not count. 1 point for completing the pass. If a point is scored or the ball goes out of the practice area new players go. Game to 3



- Speed and angle of approach
- Patience; do not overcommit
- Use a poke or block tackle when possible
- Win the ball don't just kick it away

#### 4v4 to Small Goals:

#3

15 mins

In a grid, two teams will play to score in the goals. Players will defend, applying the principles and roles of 1<sup>st</sup>, 2<sup>nd</sup> and start introducing the 3<sup>rd</sup> defending roles.



- All of the above plus:
- Recognizing when to be the 1<sup>st</sup> and 2<sup>nd</sup> defender
- Shape and communication
- Visual and verbal cues
- When and how to switch
- Angle of coverage
- When and how to tackle

**Small Sided Game** 

9V9 scrimmage

**PLAY** 

25 mins

Let them play



Organized-set up and ready to go Game like-activity must be game like **Repetitions**-repetition on what you are trying to achieve

Challenging-players need to be challenged Coaching-the right coaching based on the age/level of the players