




<b>Block Theme</b>	Develop and effectively defend against creative attacking play. Develop Individual, unit and team in 4 corners (Technical, Physical, Psychological & Social)
<b>Session Theme</b>	Attacking and Finishing
<b>Theme Objectives</b>	Pass or dribble. Forwards?
<b>U12</b>	Improve techniques and teach scenarios of when to exploit spaces by dribbling or passing



Tactical

Technical

<b>Warm Up:</b>	<p><b>Warm Up</b></p> <p>All players have a ball and practice dribbling moves in a tight area.</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>Tight control</li> <li>Change of pace</li> <li>Change of direction</li> </ul>  <p>www.SportSessionPlanner.com</p>
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<b>Main Content:</b>  <b>Coaching Points</b> (See Session Data)	<p><b>Warm Up 2</b></p> <p>Add 3 defenders who can defend against any dribbler, if they win the ball they play out to one of the coaches.</p> <p>If the dribblers can beat a defender in a 1v1 near one of the goals they can finish with a shot.</p>  <p>www.SportSessionPlanner.com</p> <p><b>Screen 3</b></p> <p><b>Set Up</b></p> <p>6v6 or 7v7</p> <p>2 coned goals on each five yard channel protected and one neutral keeper on each side defending a target goal at each end.</p> <p><b>How to Play</b></p> <p>Teams can score in each other single target goal but can also score in any of the side coned goals by passing to a team mate (although a team taking possession from a neutral keeper must attack the opposite side or the target goal first).</p> <p>Progression - by adding the rule that players can only score in the side goals by dribbling the ball through.</p> <p>This is a fast paced game that has teams defending and attacking five goals each</p> <p>With opportunities and threats coming from all directions, players need to be aware at all times,</p> <p>the game's open nature means that playing sideways is potentially as productive as moving forward, teaching players to consider all directions of play.</p>  <p>www.SportSessionPlanner.com</p>
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CPs	<p>3. [Practice Title]</p> <p><b>Screen 4</b></p>  <p><b>Screen 5</b></p> 
Cool Down	Controlled movements and stretches.