

<b>Block Theme</b>	Improve individual ability, unit and team knowledge & understanding of setting up & beating a defensive block. Develop Individual, unit & team in 4 corners (Technical, Physical, Psychological & Social)
<b>Session Theme</b>	Defending
<b>Theme Objectives</b>	Shielding the ball
<b>U12</b>	Improve individual technique and skill to shield and protect the ball



Tactical

Technical

<b>Warm Up:</b>	<p><b>1. Warm Up Topic</b></p> <p><i>Explanation of the warm up - half as many balls as players. All players moving around in a small area practising passing &amp; receiving. Dynamic stretches led by players in breaks.</i></p>
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<p><b>Main Content:</b></p> <p><b>Coaching Points</b> (See Session Data)</p> <p>Try to be side on when receiving the ball. Try to "feel" the defender. Receive on furthest foot from the defender. Unbalance the defender Make good decisions</p>	<p><b>2. [Practice Title]</b></p> <p><i>Explanation of the practice - red plays to red. Objective is to get the ball to the far yellow player. Passive defending at first to develop technique, increase pressure as session progresses.</i></p> <p>Practice ends with the game below, 6v6 with a GK in the middle box. Teams score points by playing into the keeper with shots and crosses.</p> <div data-bbox="791 882 1437 1243" data-label="Image"> </div> <div data-bbox="802 1317 1458 1673" data-label="Image"> </div>
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CPs	<p>3. [Practice Title]</p> <p><i>Explanation of the practice</i></p>
Cool Down	