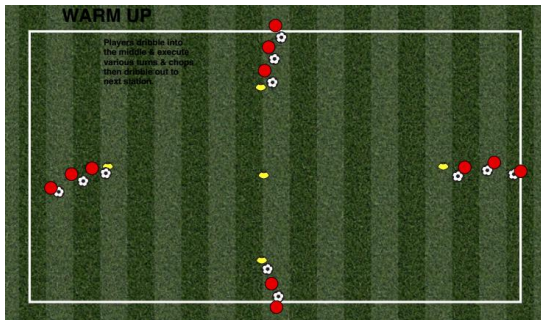


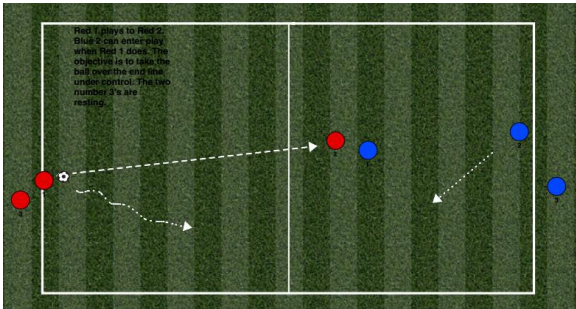
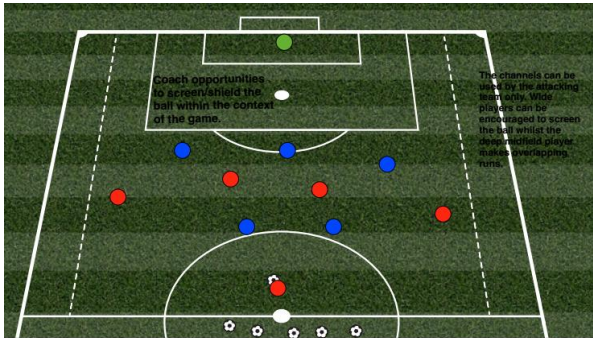
Block Theme	Improve individual ability, unit and team knowledge & understanding of setting up & beating a defensive block. Develop Individual, unit & team in 4 corners (Technical, Physical, Psychological & Social)
Session Theme	Defending
Theme Objectives	Shielding the ball
U12	Improve individual technique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



Tactical

Technical

Warm Up:	<p>1. Warm Up Topic</p> <p><i>Explanation of the warm up</i></p> 
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<p>Main Content:</p> <p>Coaching Points (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>2. [Practice Title]</p> <p><i>Explanation of the practice -</i></p>  
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CPs	<p>3. [Practice Title]</p> <p><i>Explanation of the practice</i></p>
Cool Down	