



Team Name	Monroe Dragons	Session Date	10/20/09
Age Group/Gender	U12 Boys	Session Length	90mins
Topic	3v2 – 2v1 – Attacking Principles	Area Size	30x30
Key Learning Outcomes			
1) Players to make defenders commit by playing quick and positively.		4) Supporting players movement off the ball to be intelligent.	
2) Be able to make decisions depending on what they see in front of them.		5)	
3) If combining look to play quick and decisively.		6)	

# OF PLAYERS	# OF GK'S	# OF CONES	# OF PORTABLE GOALS	# OF PINNIES (COLOR 1)	# OF PINNIES (COLOR 2)	# OF PINNIES (COLOR 3)
14	1	-	2	5	5	5

SESSION STRUCTURE		
30mins Technical	30mins Learning Phase	30mins Conditioned Game

Technical (including warm up) – 30mins		
Diagram	Organization	Coaching Points
	Groups of 34 2x Balls. Form a diamond shape with the places receiving from the servers and playing out to opposite. Receive with back leg. Repeat.	1 – On toes. 2 – Receive on back leg. 3 – Always on the half turn. 4 – Quality of pass – Direction. 5 – Always on toes
	Groups of 34 2x Balls. Form a diamond shape with the places receiving from the servers and playing out to opposite. Receive with back leg. Repeat.	



Learning Phase – 30mins		
Diagram	Organization	Coaching Points
	<p>3v2 to the 2 pugg goals. 2v1 to the goal.</p> <p>Player who touches the ball last stays on defends team of 2. Other 2 go behind puggs to defend new team of 3.</p> <p>Repeat.</p>	<ul style="list-style-type: none"> - Attack defender quickly to commit them. - Movement off the ball. - Pull wide. - Across Defenders.
	<p>4 attackers have 4 balls to play towards goal. After each shot they get there next ball but a new defender comes onto the field.</p> <p>4v1 4v2 4v3 4v4</p>	



Conditioned Game – 30mins		
Diagram	Organization	Coaching Points
	6v6 Free play 1x team playing to 2x puggs. 1x team playing to goal.	Free Play – N/A