

SESSION PLANNER

5/21/26

SESSION THEME: Building out from Back / Final third Build

AGE GROUP: U12

SESSION LENGTH: 90mins

OBJECTIVE

Build: to consistently Build from goal kicks confidently while under Pressure - Can we build Patterns to move the ball Forward.

Attack: Once in the Final third Can we quickly Create + Cause Chaos in opponents Box.

1. ACTIVATE

Technical Warm up

Players/Set up:

Duration: 15mins

- A. Triggling: Mini Ball + Tennis Ball (5 mins)
- B. Turn: Receive to turn, and Passing to Back Foot. (5)
- C. Manipulation: Using all parts of Feet (pull across to make easy switch for passes) (5)

2. CHALLENGE

Pressure + Repetition

Players/Set up: 12-14

Duration: 30-45mins

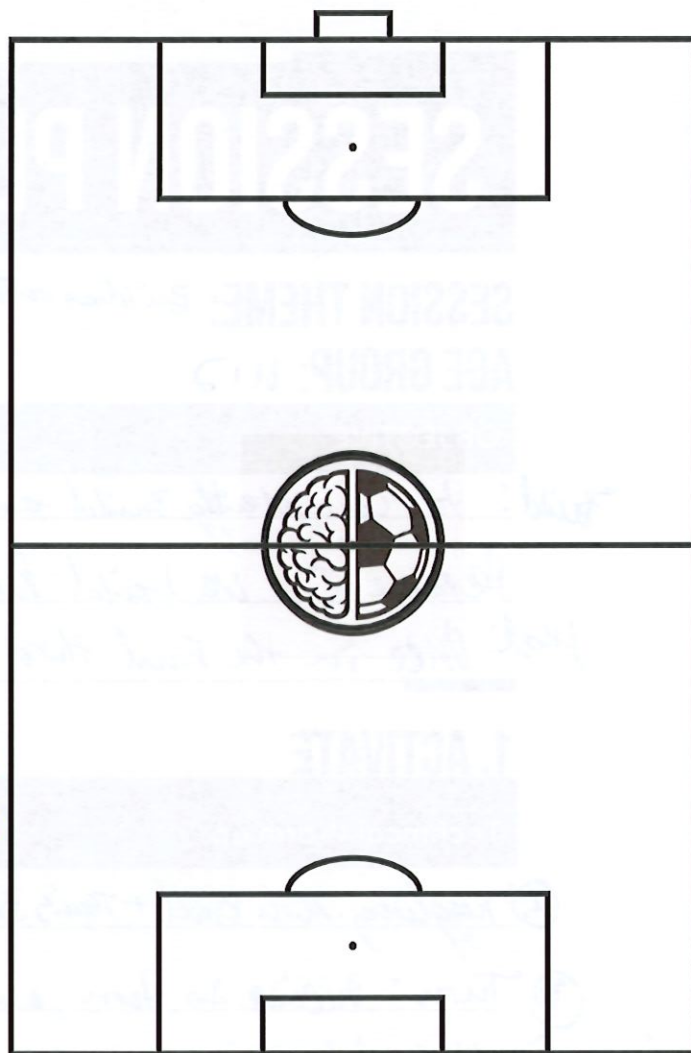
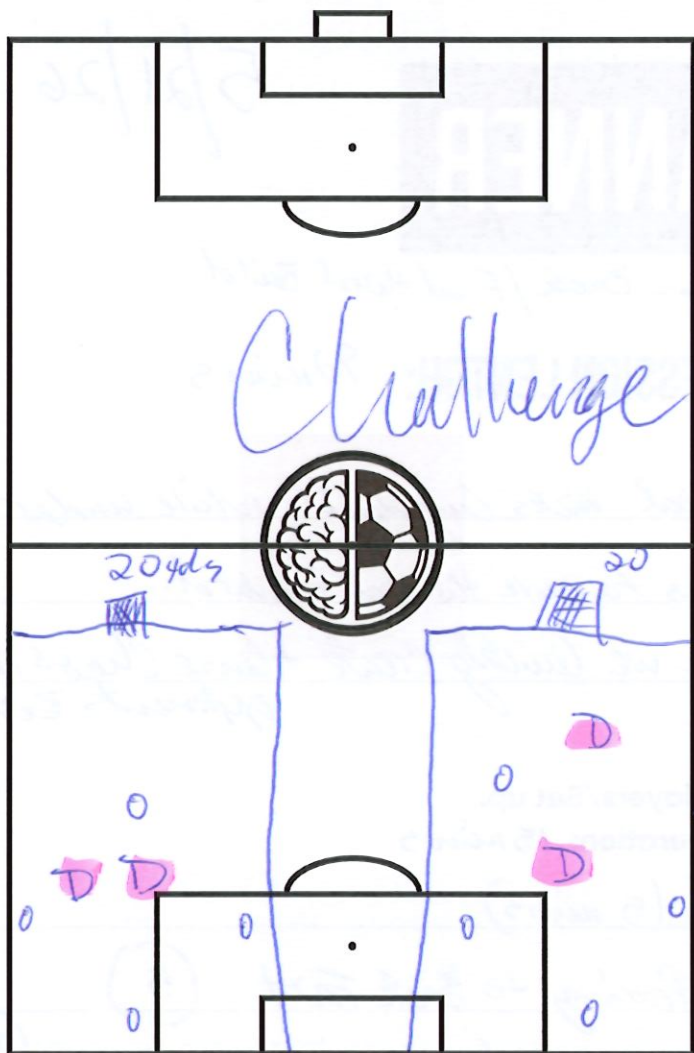
1. Rondos: 4v2's
2. Build Patterns: 4v2 (5v3) 6k Start to net (30x20 yards)
Identify how moving the Ball moves defenders.

Progression: Remove Defender + Open space

Regression: Add defender + Time Restriction
+ Limit touches



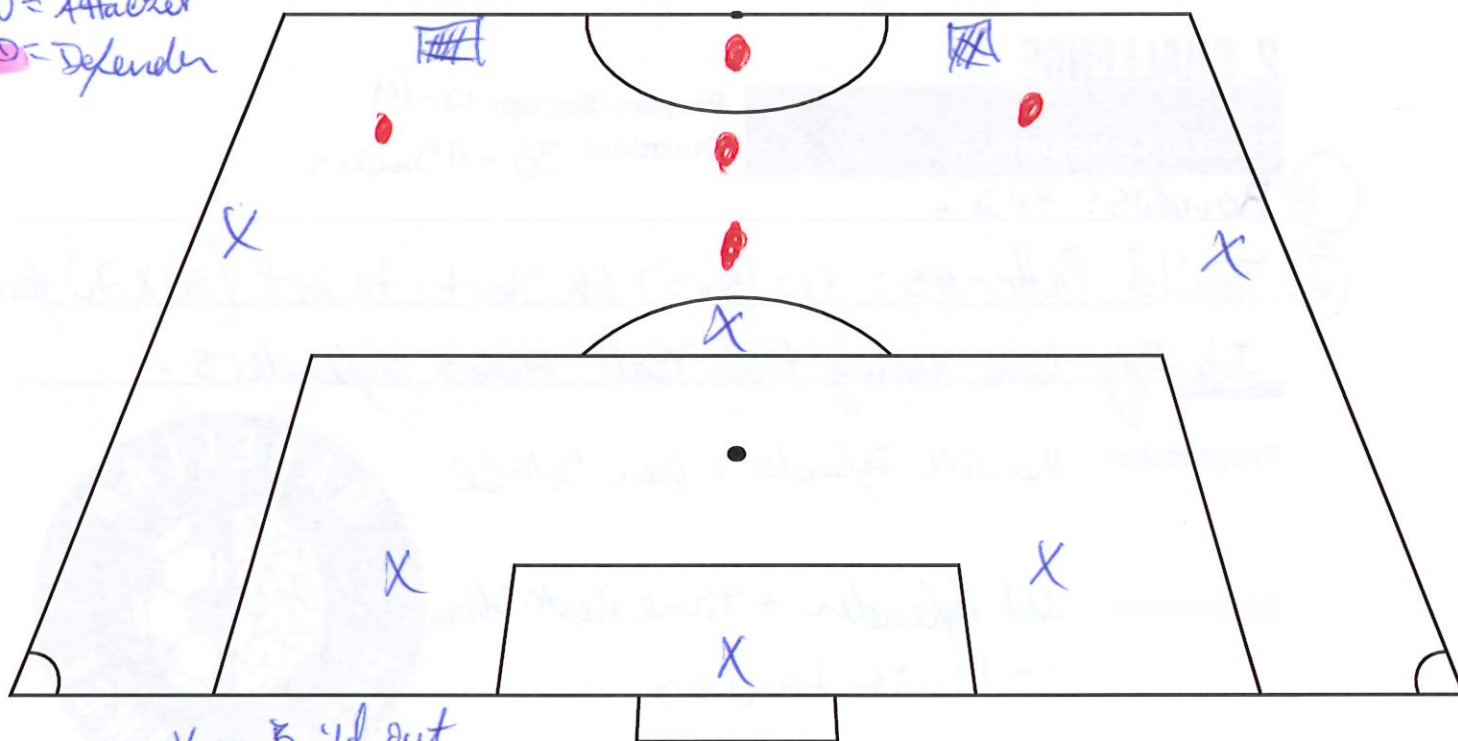
Challenge



One team

one team

O = Attacker
D = Defender



X = Build out

● = Win possession quickly to Attack

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3. COMPETE

GAME APPLICATION

Players/Set up:

Duration:

Split team in twos (evenly)
Start from Back get into Final third quickly Break
defenders w/in 10 seconds or less.

Progression: - Add Neutral (must connect before scoring)
- Switch Field (line in middle)

Regression:

Add extra player (7 v 5)

4. REFLECT

Debrief

What Improved Today? What Did We Learn/Try?

What Broke Down? What Didn't Work? & WHY?



