**GOAL:** Improve preventing the opponent from building up and creating scoring chances in our half

**PLAYER ACTIONS:** Make it and Keep it compact, Pressure, Cover & Balance, Outnumber the opponent

**KEY QUALITIES:** Read the game, Be pro-active, Focus

**MOMENT:** Defending

**DURATION:** 60 minutes

**PLAYERS:** 12

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### 1st PLAY PHASE (Intentional Free Play)

**OBJECTIVE:** Keep the opponent from moving the ball forward and regain the ball.

**PLAYER ACTIONS:** Make it and Keep it compact, Pressure, Cover & Balance.

**ORGANIZATION:** In a 7v7 field set up two 19Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

**SKILL ACQUISITION:** Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

**KEY WORDS:** Close passing lanes, Press, Help, Double team.

**GUIDED QUESTIONS:**
1. How can we close the passing lanes?
2. Who presses the attacker with the ball?
3. What do the other defenders do to help defend?

**ANSWERS:**
1. We will make it compact and stay compact.
2. The closest defender to the ball.
3. Provide cover and balance.

**Note:**
- First break, the coach asks questions to the players, players do not answer them but play to discover the answers.
- Second break, the coach asks questions and players will answer them.

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### Core Activity: 5v4 to goal and 3 small goals

**OBJECTIVE:** Keep the opponent from moving the ball forward and regain the ball.

**PLAYER ACTIONS:** Make it and Keep it compact, Pressure, Cover & Balance, Outnumber the opponent.

**ORGANIZATION:** In a 7v7 field, set up a 40Wx35L playing area with a regular goal and three counter goals. The 5 Blue players: 1 GK, 3 defenders, 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. Blue team scores in any of the three counter goals. Red scores in the regular goal.

**SKILL ACQUISITION:** Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

**KEY QUALITIES:** Make it and Keep it compact, Pressure, Cover & Balance.

**OBJECTIVE:**
- When we have defenders compacted behind the closest defender to the ball.
- When we outnumber the opponents.

**ANSWERS:**
1. We must make it compact and stay compact.
2. We have defenders compacted behind the closest defender to the ball.
3. Provide cover and balance.
4. When we outnumber the opponents.

**Note:** Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

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### Less Challenging: 3v2 to goal

**OBJECTIVE:** Keep the opponent from moving the ball forward and regain the ball.

**PLAYER ACTIONS:** Make it and Keep it compact, Pressure, Cover & Balance, Outnumber the opponent.

**ORGANIZATION:** In our own half of a 7v7 field, set up a 40Wx35L playing area with a regular goal and three counter goals. The 5 Blue players: 1 GK, 3 defenders, 1 midfielder against 4 Red players: 1 midfielder and 2 strikers.

**SKILL ACQUISITION:** Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

**KEY QUALITIES:** Close passing lanes, Press, Help, Double team.

**GUIDED QUESTIONS:**
1. As a group what must we do to close passing lanes?
2. When is a good time to press the attacker with the ball?
3. How do the other defenders help?
4. When should we double team?

**ANSWERS:**
1. We must make it compact and stay compact.
2. A good time to press the attacker with the ball.
3. The other defenders.
4. When we outnumber the opponent.

**Note:** Switch to this activity if the Core is too difficult for the players.
FIVE ELEMENTS of TRAINING EXERCISE | TRAINING SESSION SELF-REFLECTION QUESTIONS
---|---
1. Organized: Is the exercise organized in the right way? | 1. How did you achieve your goals in the training session?
2. Game like: Is the exercise game like? | 2. What did you do well?
3. Repetitions: Are there repetitions when looking at the overall goal of the session? | 1. What could you do better?
4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) |