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<th>AGE GROUP</th>
<th>9U-10U</th>
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**GOAL:** Improve preventing the opponent from building up and creating scoring chances in our half - 2

**PLAYER ACTIONS**
- Protect the goal, Pressure, cover and balance, Outnumber the opponent

**KEY QUALITIES**
- Understand the game, Focus, Optimal technical abilities

### PRACTICE (Core Activity): 5v4 to Goal and One Counter Goal

- **OBJECTIVE:** To prevent the opposition from moving the ball forward and regain the ball back.
- **ORGANIZATION:** Set up a 40Wx33L field with a regular goal and two counter goals. Select 4 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in either counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.
- **KEY WORDS:** Block the way, Attack the ball, Surround them.
- **GUIDED QUESTIONS:** 1. Why should you Protect the goal? 2. Why do we attack the players with the ball? 3. Who should provide cover for the player attacking the ball?
- **ANSWERS:** 1. To block the way forward to the goals and force them to go wide. 2. To try to steal the ball or force him/her away from goal. 3. The players behind the pressing defender.
- **Note –** Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

### PRACTICE (Less Challenging): 5v3 to Goal & Two Counter Goals

- **OBJECTIVE:** To prevent the opposition from moving the ball forward and regain the ball back.
- **ORGANIZATION:** Set up a 40Wx33L field with a regular goal and two counter goals. Select 3 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in either counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.
- **KEY WORDS:** Block the way, Attack the ball, Surround them.
- **GUIDED QUESTIONS:** 1. Why should you Protect the goal? 2. Why do we attack the players with the ball? 3. Who should provide cover for the player attacking the ball?
- **ANSWERS:** 1. To block the way forward to the goals and force them to go wide. 2. To try to steal the ball or force him/her away from goal. 3. The players behind the pressing defender.
- **Note –** Switch to this activity if the CORE is too difficult for the players.

### PRACTICE (More Challenging): 5v5 to Goal & Two Counter Goals

- **OBJECTIVE:** To prevent the opposition from moving the ball forward and regain the ball back.
- **ORGANIZATION:** Set up a 40Wx33L field with a regular goal and two counter goals. Select 5 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in either counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.
- **KEY WORDS:** Block the way, Attack the ball, Surround them.
- **GUIDED QUESTIONS:** 1. Why should you Protect the goal? 2. Why do we attack the players with the ball? 3. Who should provide cover for the player attacking the ball?
- **ANSWERS:** 1. To block the way forward to the goals and force them to go wide. 2. To try to steal the ball or force him/her away from goal. 3. The players behind the pressing defender.
- **Note –** Switch to this activity if the CORE is not challenging enough.
### 2nd PLAY PHASE: The Game – 6v6 (GK+5v5+GK)

| DURATION: 20 min | INTERVALS: 2 | ACTIVITY: 8 min | REST: 2 min |

**OBJECTIVE:** To prevent the opposition from moving the ball forward and regain the ball back.

**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-2-3 formation and the Red team will play in 1-3-2 formation.

**KEY WORDS:** Block the way, Attack the ball, Surround them.

**GUIDED QUESTIONS:**
1. Why should you Protect the goal?
2. Why do we attack the players with the ball?
3. Who should provide cover for the player attacking the ball?

**ANSWERS:**
1. To block the way forward to the goals and force them to go wide.
2. To provide pressure, try to steal the ball or force him/her away from goal.
3. The players behind the pressing defender.

**Note** – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

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### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there effective coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?