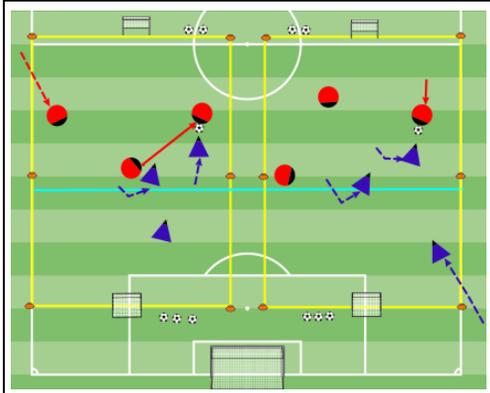


 	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 2				AGE GROUP
	PLAYER ACTIONS	Protect the goal, Pressure, cover and balance, Outnumber the opponent				9U-10U
	KEY QUALITIES	Understand the game, Focus, Optimal technical abilities				
	MOMENT	Defending	DURATION	60 min	PLAYERS	12

1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



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

ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

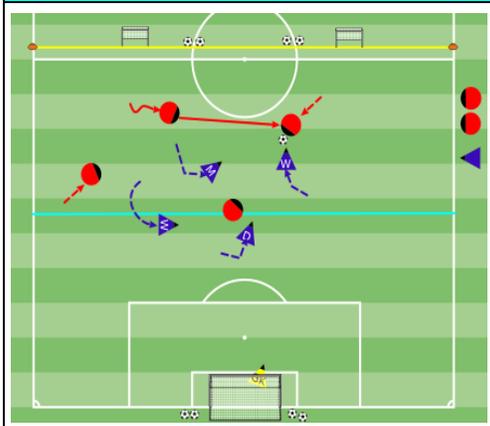
KEY WORDS: Block the way, Attack the ball.

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 the goal. 3. The players behind the pressing defender.

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

PRACTICE (Core Activity): 5v4 to Goal and One Counter Goal **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



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.

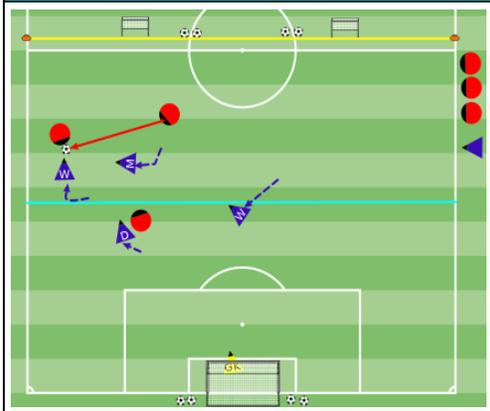
KEY WORDS: Block the way, Attack the ball, Surround them.

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 provide pressure, 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 **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



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.

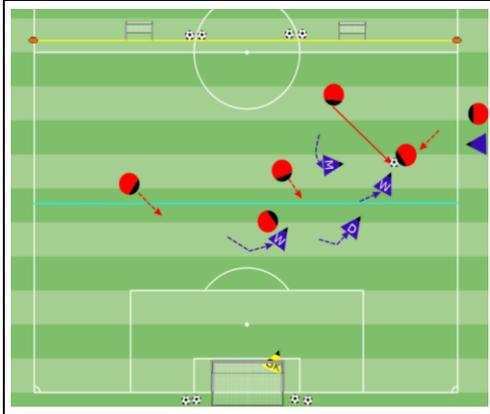
KEY WORDS: Block the way, Attack the ball, Surround them.

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 provide pressure, 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 **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



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

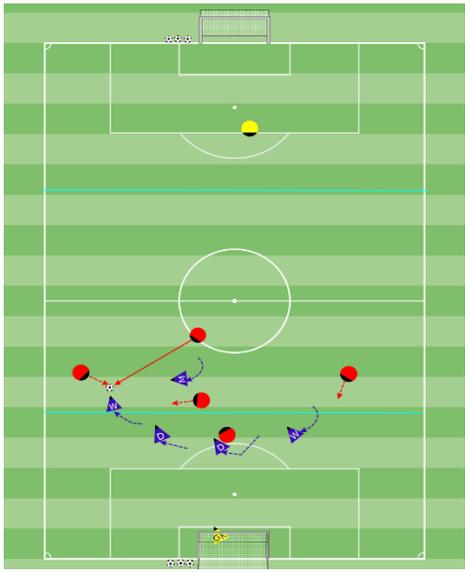
ORGANIZATION: Set up a 40Wx33L field with a regular goal and two counter goals. Select 5 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in either counter goal. Play with a build out line. Rotate players every interval. All Laws of the 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 provide pressure, 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.



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.

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?