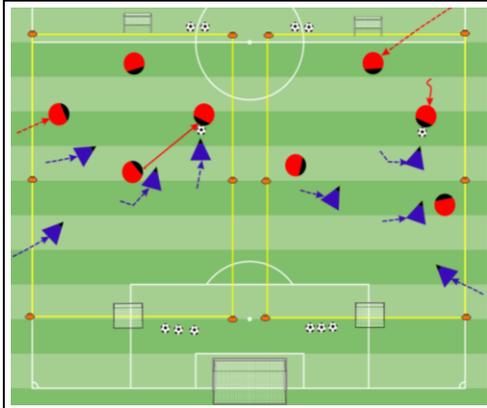


 	<b>GOAL:</b>	Improve preventing the opponent from building up and creating scoring chances in our half - 2	<b>AGE GROUP</b>			
	<b>PLAYER ACTIONS</b>	Protect the goal, Pressure, cover and balance, Outnumber the opponent				<b>11U-12U</b>
	<b>KEY QUALITIES</b>	Make decisions, Focus, Optimal technical abilities				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1<sup>st</sup> PLAY PHASE (Intentional Free Play): 4v4 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 22Wx30L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

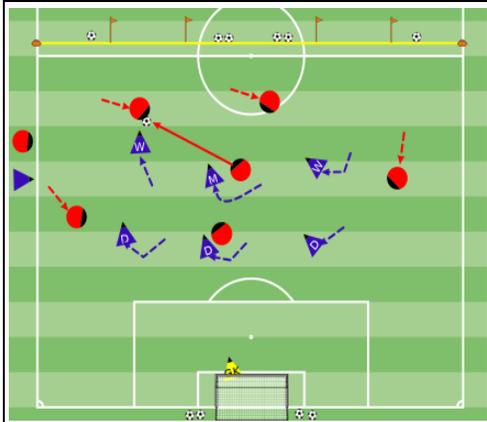
**KEY WORDS:** Shield the goal, Double team, Move together.

**GUIDED QUESTIONS:** 1. What do you need to do to shield the goal? 2. When is a good time to double team and steal the ball? 3. Why do you need to move together as a defensive block?

**ANSWERS:** 1. Protect the goal by getting defenders in between the ball and the goal. 2. When we outnumber the opponent around the ball. 3. To stay compacted and prevent the ball from moving forward.

**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): 7v6 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 50Wx42L field with a regular goal and two 6 yard dribbling gates. Select 6 Red attackers, and 6 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. All Laws of the game in effect.

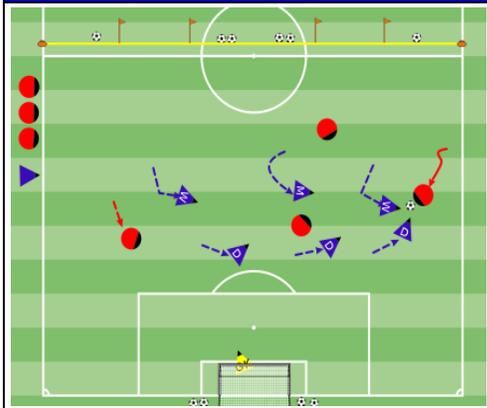
**KEY WORDS:** Shield the goal, Double team, Move together.

**GUIDED QUESTIONS:** 1. What do you need to do to shield the goal? 2. When is a good time to double team and steal the ball? 3. Why do you need to move together as a defensive block?

**ANSWERS:** 1. Protect the goal by getting defenders in between the ball and the goal. 2. When we outnumber the opponent around the ball. 3. To stay compacted and prevent the ball from moving forward.

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

**PRACTICE (Less Challenging): 7v4 to Goal and 3 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 50Wx42L field with a regular goal and two 6 yard dribbling gates. Select 4 Red attackers, and 6 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. All Laws of the game in effect.

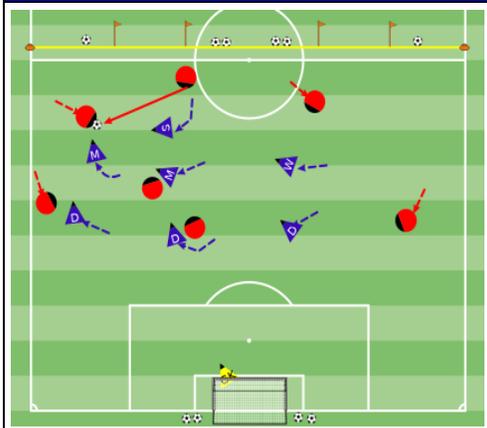
**KEY WORDS:** Shield the goal, Double team, Move together.

**GUIDED QUESTIONS:** 1. What do you need to do to shield the goal? 2. When is a good time to double team and steal the ball? 3. Why do you need to move together as a defensive block?

**ANSWERS:** 1. Protect the goal by getting defenders in between the ball and the goal. 2. When we outnumber the opponent around the ball. 3. To stay compacted and prevent the ball from moving forward.

**Note -** Switch to this activity if the CORE is too difficult for the players.

**PRACTICE (More Challenging): 8v7 to Goal and 3 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.

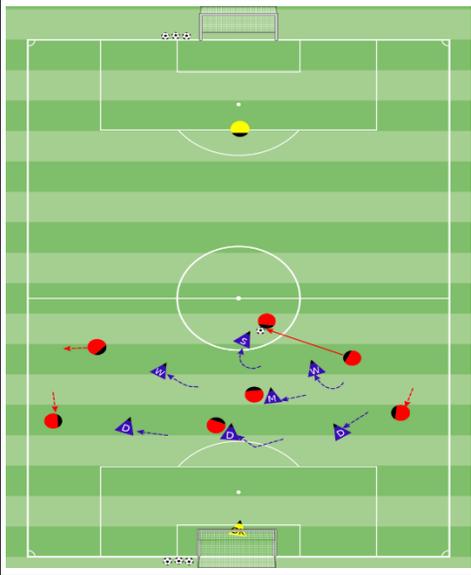
**ORGANIZATION:** Set up a 50Wx42L field with a regular goal and two 6 yard dribbling gates. Select 7 Red attackers, and 7 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. All Laws of the game in effect.

**KEY WORDS:** Shield the goal, Double team, Move together.

**GUIDED QUESTIONS:** 1. What do you need to do to shield the goal? 2. When is a good time to double team and steal the ball? 3. Why do you need to move together as a defensive block?

**ANSWERS:** 1. Protect the goal by getting defenders in between the ball and the goal. 2. When we outnumber the opponent around the ball. 3. To stay compacted and prevent the ball from moving forward.

**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 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the Red team will play in 1-3-3-1 formation.

**KEY WORDS:** Obstruct the ball, Attack the ball, Move together.

**GUIDED QUESTIONS:** 1. How can we protect the ball? 2. Who should pressure the ball and provide cover? 3. Why do you need to move together as a defensive block?

**ANSWERS:** 1. By obstructing the path forward. 2. The closest defender to the ball, the defenders behind him/her provides the cover. 3. To stay compacted prevent the ball from moving forward.

**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?