

Fall 2020



**GOAL:** Improve preventing the opponent from building up and creating scoring chances in our half - 2

**PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance

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

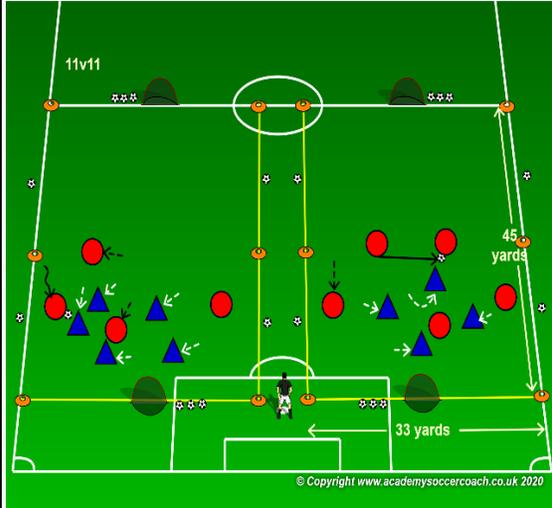
**MOMENT: DEFENDING DURATION: 60 minutes PLAYERS: 18**

13+  
11V11

**SKILL ACQUISITION:** **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

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

**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



**OBJECTIVE:** Prevent the opponents from passing or dribbling the ball forward.

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

**ORGANIZATION:** In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or 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 the openings, Closest defender, Help.

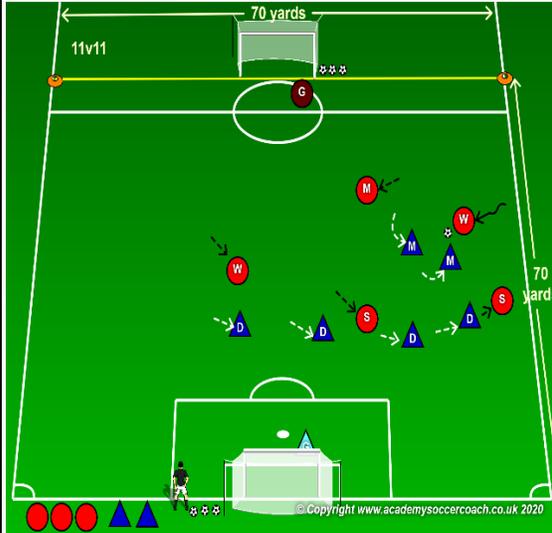
**GUIDED QUESTIONS:** 1. How can we close any opening to pass the ball forward? 2. What should the closest defender to the ball do? 3. Where should the other defender be to help the pressing defender.

**ANSWERS:** 1. Make it compact and stay compact - 2. Protect the goal by getting in front of the ball and pressure the attacker - 3. They should be behind providing 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.

**CORE ACTIVITY: 7v6 to regular goals**

**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



**OBJECTIVE:** Prevent the opponents from passing or dribbling the ball forward.

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

**ORGANIZATION:** In a 11v11 field, set up a 70Wx70L playing area with regular goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 6 Red players: 1 GK, 1 midfielder, 2 wingers and 2 strikers. Both teams score in the opponent's goal. All Laws of the game in effect. If one team scores, the other gets a goal-kick to restart the game. Rotate players every interval.

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

**KEY WORDS:** In front, Close the openings, Closest defender, Help.

**GUIDED QUESTIONS:** 1. Why do we need to do to put a defender in front of the ball? 2. What should we do to close the openings? 3. Where should the closest defender go now that we are compacted? - 4. What do the other defenders do to help?

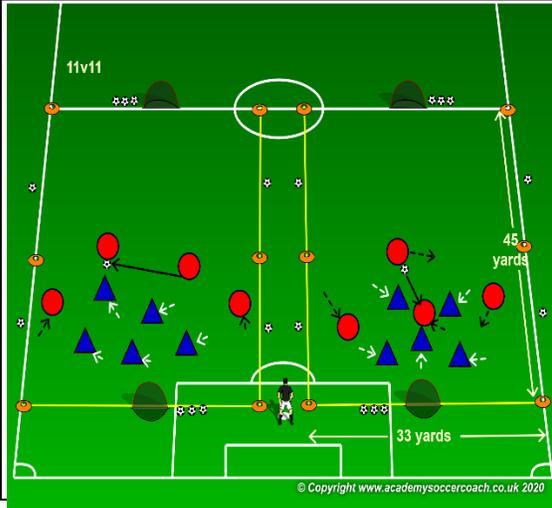
**ANSWERS:** 1. To protect the goal - 2. W

e should make it compact and keep it compact - 3. To pressure the ball - 4. They provide cover and balance.

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

**LESS CHALLENGING: 5v4 to small goals**

**DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



**OBJECTIVE:** Prevent the opponents from passing or dribbling the ball forward.

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

**ORGANIZATION:** In a 11v11 field, set up two 30Wx45L fields with a goal and a mini-goal at each end line. The 5 Blue players and the 4 Red players will score in the opponent's goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

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

**KEY WORDS:** In front, Close the openings, Closest defender, Help.

**GUIDED QUESTIONS:** 1. How can we close any opening to pass the ball forward? 2. What should the closest defender to the ball do? 3. Where should the other defenders be to help the pressing defender.

**ANSWERS:** 1. Make it compact and stay compact - 2. Protect the goal by getting in front of the ball and pressure the attacker - 3. They should be behind providing cover and balance.

**Note:** Switch to this activity if the Core is too difficult for the players.

**MORE CHALLENGING: 1v1 to regular goals**

**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



**OBJECTIVE:** Prevent the opponents from passing or dribbling the ball forward.

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

**ORGANIZATION:** In a 11v11 field, set up a 70Wx70L playing area with regular goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 7 Red players: 1 GK, 2 midfielders, 2 wingers and 2 strikers. Both teams score in the opponent's goal. All Laws of the game in effect. If one team scores, the other gets a goal-kick to restart the game. Rotate players every interval.

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

**KEY WORDS:** In front, Close the openings, Closest defender, Help.

**GUIDED QUESTIONS:** 1. Why do we need to put a defender in front of the ball? 2. What should we do to close the openings? 3. Where should the closest defender go now that we are compacted? - 4. What do the other defenders do to help?

**ANSWERS:** 1. To protect the goal - 2. We should make it compact and keep it compact - 3. To pressure the ball - 4. They provide cover and balance.

**Note:** Switch to this activity if the Core is too easy for the players.

**2<sup>nd</sup> PLAY PHASE: The Game – 9V9**

**DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min**



**OBJECTIVE:** Prevent the opponents from passing or dribbling the ball forward.

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

**ORGANIZATION:** In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-4-2 formation.

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

**KEY WORDS:** In front, Close the openings, Closest defender, Help.

**GUIDED QUESTIONS:** 1. What must we do to close any opening to prevent a forward pass? 2. What are the two main jobs of the closest defender to the ball? 3. What do the other defenders do to help the pressing defender?

**ANSWERS:** 1. We make it compact and stay compact - 2. To protect the goal and pressure the attacker with the ball 3. Get behind and around the pressing defender and provide cover and balance.

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

**FIVE ELEMENTS of TRAINING EXERCISE**

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the proper coaching based on the age/level of the players?

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?