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

PLAYER ACTIONS
Make it and keep it compact, pressure/cover/steal the ball

KEY QUALITIES
Reading the game, take initiative, focus

AGE GROUP
U13 / 11v11 / 18 Players

1ST PLAY PHASE
Duration: 9 min
Activity time: 2.5 min
Rest time: 30 sec
Intervals 3

MOMENT
Defending

DURATION
60 minutes

As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description

PRACTICE (Core Activity):
Duration: 24
Activity time: 7 min
Rest time: 1 min
Intervals 3

6v6 TO END ZONE AND 2 TARGET PLAYERS:
OBJECTIVE: To stop the opponent's attack, win the ball and score.

ORGANIZATION: Set a 80Wx65L yard field with a two small goals at each end line. Play 6v6, the Blue and Red teams score in either of the two opponent's goals. Rotate players every interval.

KEY WORDS: Stay compact, move with the ball, attack the ball.

GUIDED QUESTIONS: 1.- Why do we need to move together as a block to defend? 2.- What should we force the opponent to do?

ANSWERS: 1.- To stay compact to close and keep closed any opening denying any chances to pass or dribble forward. 2.- Back passes or square passes.

NOTES: Start with the Core Activity. If it is too difficult, switch to the Less Challenging Activity. If it is too easy, switch to the More Challenging Activity.

PRACTICE (Less Challenging):
Duration: 24
Activity time: 5 min
Rest time: 1 min
Intervals 4

6v5 TO END ZONE AND 2 TARGET PLAYERS:
OBJECTIVE: To stop the opponent's attack, win the ball and score.

ORGANIZATION: Set a two 35Wx40L yard fields with a small goals at each end and diagonal across from each other. Play 3v3, the Blue and Red teams play to score in the opponent's goal. Rotate players every interval.

KEY WORDS: Stay compact, move with the ball, attack the ball.

GUIDED QUESTIONS: 1.- Why do we need to move together as a block to defend? 2.- What should we force the opponent to do?

ANSWERS: 1.- To stay compact to close and keep closed any opening denying any chances to pass or dribble forward. 2.- Back passes or square passes.

NOTES: Start with the Core Activity. If it is too difficult for your players, then switch to the Less Challenging Activity.

PRACTICE (More Challenging):
Duration: 24
Activity time: 7 min
Rest time: 1 min
Intervals 3

8v7 TO END ZONE AND ONE TARGET PLAYER:
OBJECTIVE: To stop the opponent's attack, win the ball and score.

ORGANIZATION: Set a 80Wx75L yard field with a regular goals and three small goals. Play 7v8, the Blue team scores in the regular goals, the Red team scores in either of the three small goals. Rotate players every interval.

KEY WORDS: Stay compact, move with the ball, attack the ball.

GUIDED QUESTIONS: 1.- Why do we need to move together as a block to defend? 2.- What should we force the opponent to do?

ANSWERS: 1.- To stay compact to close and keep closed any opening denying any chances to pass or dribble forward. 2.- Back passes or square passes.

NOTES: Start with the Core Activity. If it is too easy for your players, then switch to the More Challenging Activity.

2ND PLAY PHASE
Duration: 27 min
Activity time: 11 min
Rest time: 2.5 min
Intervals 2

Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.

FIVE ELEMENTS OF TRAINING ACTIVITY

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