

 	<b>GOAL:</b>	Improve preventing the opponent from building up and creating scoring chances in our half - 2							
	<b>PLAYER ACTIONS</b>	Make it and keep it compact, pressure/cover/steal the ball							
	<b>KEY QUALITIES</b>	Reading the game, take initiative, focus							
	<b>AGE GROUP</b>	U13+ / 11v11 / 18 Players	<b>MOMENT</b>	Defending	<b>DURATION</b>	60 minutes			
<b>1<sup>st</sup> PLAY PHASE</b>	1v1, 2v1, 2v2...4v4	<b>Duration:</b>	9 min	<b>Activity time:</b>	2.5 min	<b>Rest time:</b>	30 sec	<b>Intervals</b>	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description									
<b>PRACTICE (Core Activity):</b>		<b>Duration:</b>	24	<b>Activity time:</b>	7 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	3
		<b>6v6 TO END ZONE AND 2 TARGET PLAYERS:</b> <b>OBJECTIVE:</b> To stop the opponent's attack, win the ball and score.  <b>ORGANIZATION:</b> 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.  <b>KEY WORDS:</b> Stay compact, move with the ball, attack the ball.  <b>GUIDED QUESTIONS:</b> 1.- Why do we need to move together as a block to defend? 2.- What should we force the opponent to do? <b>ANSWERS:</b> 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.  <b>NOTES:</b> 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.							
<b>PRACTICE (Less Challenging):</b>		<b>Duration:</b>	24	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	4
		<b>6v5 TO END ZONE AND 2 TARGET PLAYERS:</b> <b>OBJECTIVE:</b> To stop the opponent's attack, win the ball and score.  <b>ORGANIZATION:</b> 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.  <b>KEY WORDS:</b> Stay compact, move with the ball, attack the ball.  <b>GUIDED QUESTIONS:</b> 1.- Why do we need to move together as a block to defend? 2.- What should we force the opponent to do? <b>ANSWERS:</b> 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.  <b>NOTES:</b> Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.							
<b>PRACTICE (More Challenging):</b>		<b>Duration:</b>	24	<b>Activity time:</b>	7 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	3
		<b>8v7 TO END ZONE AND ONE TARGET PLAYER:</b> <b>OBJECTIVE:</b> To stop the opponent's attack, win the ball and score.  <b>ORGANIZATION:</b> 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.  <b>KEY WORDS:</b> Stay compact, move with the ball, attack the ball.  <b>GUIDED QUESTIONS:</b> 1.- Why do we need to move together as a block to defend? 2.- What should we force the opponent to do? <b>ANSWERS:</b> 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.  <b>NOTES:</b> Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.							
<b>2<sup>nd</sup> PLAY PHASE</b>	9v9(1-3-2-3v1-3-2-3)	<b>Duration:</b>	27 min	<b>Activity time:</b>	11 min	<b>Rest time:</b>	2.5 min	<b>Intervals</b>	2
Finish the session with a scrimmage using all FIFA rules, visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description.									
<b>FIVE ELEMENTS OF TRAINING ACTIVITY</b>					<b>TRAINING SESSION SELF REFLECTION QUESTIONS</b>				
<ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game like:</b> Is the activity game like?</li> <li><b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there the right coaching based on the age/level of the players?</li> </ol>					<ol style="list-style-type: none"> <li><b>How did you do in achieving the goal of the training session?</b></li> <li><b>What did you do well?</b></li> <li><b>What could you do better?</b></li> </ol>				