GOAL: Disrupting the Build up in the opponent’s half to deny chances

**Team Tactical Principles**

- Steal the ball, Make it and keep it compact, Pressure, Cover & Balance

**Age Group: 10-U**

**Key Qualities:**
- Read the game, Take initiative, Focus

### PLAY - SMALL SIDED GAMES

**Objective:**
To get players in a game as they arrive. To prevent the opponent from scoring any goals.

**Organization:**
Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play a game with goalkeepers. Play 2v2, 2v3 and 3v3.

**Rules:**
- All FIFA Laws apply.

**Key Words:**
- Get in front of the ball to close the opening, Work together to keep the opening closed.

**Guided Questions:**
- How do you determine the players’ mood when they arrive? What is the defending team doing to prevent any passes or dribbling forward?

**Answers:**
- Ask questions about their day and listen. The closest defenders move to get in front of the ball and close any openings.

### LESS CHALLENGING ACTIVITY

**Organization:**
- Play 2v3’s in two 20Wx30L fields with small goals. Blue players press the receiver as soon as he/she gets the ball. Build out line is in effect.

**Rules:**
- Out of bounds - Pass or dribble the ball in.

**Activity Duration:** 21 min

**Time Active:** 3 min

**Active Rest:** 30 sec

**Objective:**
Prevent the opponent from playing forward and create scoring opportunities by denying dribbling penetration and forcing an inaccurate pass to regain the ball.

**Organization:**
- Play 4v5 in half field with a regular goal and two counter goals.
- Substitute players every interval.

**Scoring:**
A Blue goal from regaining the ball near the BOL is worth 10 points, any other goal is 1 point.

**Rules:**
- All FIFA Rules Apply. Build up line (BOL) is in effect.

### MORE CHALLENGING ACTIVITY

**Organization:**
- Play 5v6.
- 40Wx40L field with two regular goals.
- Sub players as in the core activity.

**Rules:**
- All FIFA Laws apply.

**Activity Duration:** 21 min

**# of Intervals:** 6

**Time Active:** 3 min

**Active Rest:** 30 sec

**Objective:**
To get players in a game as they arrive. To prevent the opponent from scoring any goals.

**Organization:**
Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play a game with goalkeepers. Play 2v2, 2v3 and 3v3.

**Rules:**
- Out of bounds - Pass or dribble the ball in.

**Key Words:**
- Get in front of the ball to close the opening, Work together to keep the opening closed.

**Guided Questions:**
- Who should be the player going after the ball first to close the opening?
- Where will the other players move to close and keep the opening closed?

**Answers:**
- The closest player to the ball presses the attacker with the ball. The other defenders will move to cover any other passing and dribbling lanes.

### PRACTICE - CORE ACTIVITY

**Objective:**
Prevent the opponent from playing forward and create scoring opportunities by denying dribbling penetration and forcing an inaccurate pass to regain the ball.

**Organization:**
Make two equal teams, play in a 40Wx60L field with goals.

**Time:**
- 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

**Rules:**
- All FIFA Rules Apply.

### PLAY - LET THEM PLAY

**Objective:**
Prevent the opponent from playing forward and create scoring opportunities by denying dribbling penetration and forcing an inaccurate pass to regain the ball.

**Organization:**
Make two equal teams, play in a 40Wx60L field with goals.

**Time:**
- 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

**Rules:**
- All FIFA Rules Apply.

**Key Words:**
- Get in front of the ball to close the opening, Work together to keep the opening closed, Tackle (Poke or Block).

**Guided Questions:**
- When should you encourage the defenders?
- How should you encourage the defenders?

**Answers:**
- Every time they successfully deny penetration or regain the ball. With positive and specific feedback.