**Team Tactical Principles**

**Key Qualities**
- Make decisions
- Be pro-active
- Focus

**Age Group** 10-U

**GOAL** Improving team/player in preventing scoring from central areas

**Key Words:** Protect the goal, Steal the ball, Make it compact and Keep it compact

**Objective:**
To play when they arrive. To score and prevent the opponent from scoring.

**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.

**Time:** 3 games of 2.5 minutes, 30 second rest, for a total of 9 minutes.

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

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**PLAY - SMALL SIDED GAMES**

**Key Words:** Get in front of the ball to close the opening and deny the shot. Work together to keep the opening closed.

**Guided Questions:**
- How fast did the players get to play?
- How are the players working to protect the goal?

**Answer:** As they arrive they started to play. The players are protecting the goal by getting in front of the ball.

**Objective:**
To play when they arrive. To score and prevent the opponent from scoring.

**Organization:**
- Play 3v3's in two 20Wx30L fields with a cone goal and goals.

**Scoring:**
Every time the Blue players block a shot they get a point.

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

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**Activity Duration** 21 min  
**# of Intervals** 6  
**Time Active** 3 min  
**Active Rest** 30 sec  

**More Challenging Activity**

**Organization:**
- Play 4v5.
- 24Wx24L field with two regular goals.
- Sub players as in the core activity.

**Rules:** All FIFA Laws apply.

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**Objective:**
Prevent the opponent from creating scoring opportunities by denying passing, dribbling penetration, or shooting the ball.

**Organization:**
- Play 3v3 in a 24Wx20L field with a regular goal and two target players. Red team scores in the regular goal, Blue team by passing to the target players. Red team gets 3 opportunities to score by getting a ball from the corner.

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

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**Objective:**
Prevent the opponent from creating scoring opportunities by denying passing, dribbling penetration or shooting 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.

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**PLAY - LET THEM PLAY**

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

**Guided Questions:**
- If an attacker dribbles towards the goal to take a shot, what should the defender do? - What should other defenders do to help?

**Answers:**
The closest player gets in between the ball and the goal to close the opening. They can double team to keep the opening closed and tackle or steal the ball.