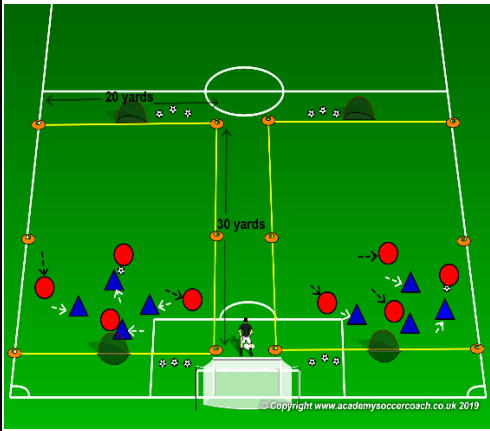
	GOAL:	Improve preventing the opponent from scoring goals - 1				AGE GROUP
	PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				11U-12U
	KEY QUALITIES	Read the game, Take initiative, Focus				
	MOMENT	Defending	DURATION	60 min	PLAYERS	16

1st PLAY PHASE (Intentional Free Play): 4v4 to Goal | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



OBJECTIVE: Deny scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure and cover.

ORGANIZATION: In the defending half of a 9v9 field set up two 20Wx30L fields with a small goal at each end. Play 2v1, up to 4v4. One team has a goalkeeper the other does not. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

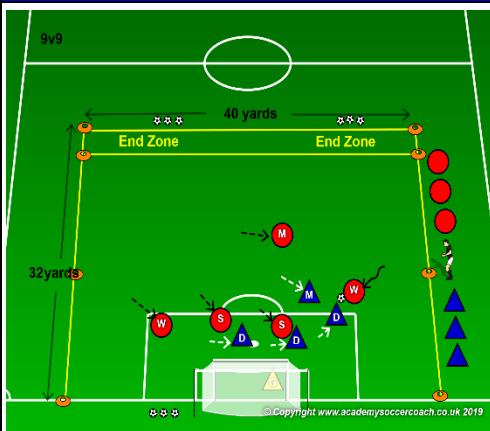
KEY WORDS: Shield the goal, Compactness, Help defend.

GUIDED QUESTIONS: 1. Where should the defender be to shield the goal? 2. How can we close the opening to goal? 3. What can we do after we are compacted in front of the ball?

ANSWERS: 1. In between the ball and the goal blocking any shots or passes forward - 2. We can close the opening to goal by getting and staying compact. - 3. We can pressure the attacker with the ball.

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.

PRACTICE (Core Activity): 5v5 to Goal & an End Zone | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure and cover.

ORGANIZATION: In the defending half of a 9v9 field, set up a 40Wx32L field with a regular goal and a small goal as shown. The 4 Blue defenders score by dribbling the ball into the end zone or by passing to a player entering the end zone. Red team scores in the regular goal. Rotate players every round.

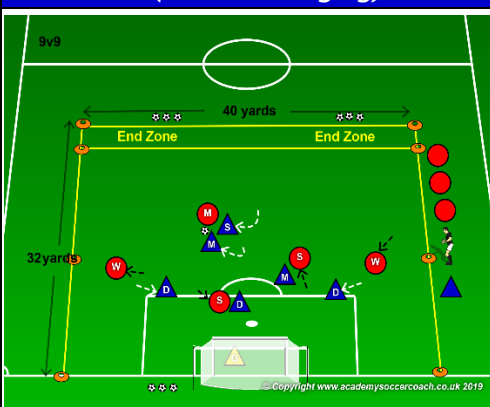
KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do we need to shield the goal? 2. Why do we need to get and stay compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal and force the opponent away from goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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

PRACTICE (Less Challenging): 7v5 to Goal & an End Zone | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure and cover.

ORGANIZATION: In the defending half of a 9v9 field, set up a 40Wx32L field with a regular goal and a small goal as shown. The 4 Blue defenders score by dribbling the ball into the end zone or by passing to a player entering the end zone. Red team scores in the regular goal. Rotate players every round.

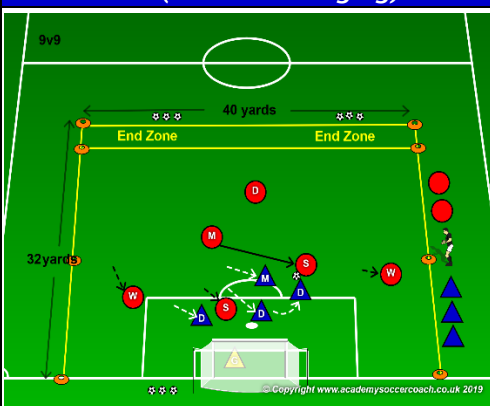
KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do we need to shield the goal? 2. How can we close the opening to goal? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. We need to get compact - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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

PRACTICE (More Challenging): 5v6 to Goal & End Zone | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure and cover.

ORGANIZATION: In the defending half of a 9v9 field, set up a 40Wx32L field with a regular goal and a small goal as shown. The 4 Blue defenders score by dribbling the ball into the end zone or by passing to a player entering the end zone. Red team scores in the regular goal. Rotate players every round.

KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do need to shield the goal? 2. Why do we need to get and stay compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal and force the opponent away from goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, Cover and balance.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-3-2-2 formation and the Red team will play in a 1-2-3-2 formation.

KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do need to shield the goal? 2. Why do we need to get and stay compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal and force the opponent away from goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there effective coaching based on the age and 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?