<table>
<thead>
<tr>
<th>MOMENT</th>
<th>DURATION</th>
<th>INTERVALS</th>
<th>ACTIVITY</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals</td>
<td>DURATION: 20 min ---</td>
<td>INTERVALS: 3 ---</td>
<td>ACTIVITY: 4.5 min ---</td>
<td>REST: 2 min</td>
</tr>
</tbody>
</table>

OBJECTIVE: To deny scoring chances.

ORGANIZATION: Set up two or more 18Wx20L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

Note - First break: Coach asks questions, players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 5v4 to Goal and an End Zone | DURATION: 20 min --- | INTERVALS: 4 --- | ACTIVITY: 4 min --- | REST: 1 min |

OBJECTIVE: To deny scoring chances.

ORGANIZATION: Set up a 40Wx24L field with a two yard end zone. Select 4 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 5v3 to Goal and End Zone | DURATION: 20 min --- | INTERVALS: 4 --- | ACTIVITY: 4 min --- | REST: 1 min |

OBJECTIVE: To deny scoring chances.

ORGANIZATION: Set up a 40Wx24L field with a two yard end zone. Select 3 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

Note – Switch to this activity if the CORE is too difficult for the players.

PRACTICE (More Challenging): 5v5 to Goal and an End Zone | DURATION: 20 min --- | INTERVALS: 4 --- | ACTIVITY: 4 min --- | REST: 1 min |

OBJECTIVE: To deny scoring chances.

ORGANIZATION: Set up a 40Wx24L field with a two yard end zone. Select 5 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

Note – Switch to this activity if the CORE is not challenging enough.
**OBJECTIVE:** To deny scoring chances.

**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-3-2 formation and the Red team will play in 1-2-3 formation.

**KEY WORDS:** Block the shot, Pressure the ball, Move together.

**GUIDED QUESTIONS:**
1. How can you protect the goal?
2. What should the closest player to the ball do?
3. What must we do to make sure we stay compacted?

**ANSWERS:**
1. By getting in front of the ball and block the shot or pass forward.
2. Pressure the ball.
3. Move to the ball together.

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

### Five Elements of a Training Activity

<table>
<thead>
<tr>
<th>Element</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong> Organized</td>
<td>Is the activity organized in the right way?</td>
</tr>
<tr>
<td><strong>2.</strong> Game-like</td>
<td>Is the activity game-like?</td>
</tr>
<tr>
<td><strong>3.</strong> Repetition</td>
<td>Is there repetition, when looking at the overall goal of the training session?</td>
</tr>
<tr>
<td><strong>4.</strong> Challenging</td>
<td>Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</td>
</tr>
<tr>
<td><strong>5.</strong> Coaching</td>
<td>Is there effective coaching based on the age and level of the players?</td>
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### Training Session Self-Reflection Questions

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>1.</strong> How did you do in achieving the goal of the training session?</td>
</tr>
<tr>
<td><strong>2.</strong> What did you do well?</td>
</tr>
<tr>
<td><strong>3.</strong> What could you do better?</td>
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