

	<b>GOAL:</b>	Improve preventing the opponent from scoring goals - 1							
	<b>PLAYER ACTIONS</b>	Protect the goal, press/cover/balance, make it and keep it compact							
	<b>KEY QUALITIES</b>	Decision making, focus, take initiative							
	<b>AGE GROUP</b>	U11-U12 / 8V8 / 16 Players	<b>MOMENT</b>	Defending	<b>DURATION</b>	60 min			
<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>	2 min	<b>Rest time:</b>	2 min	<b>Intervals</b>	6
		<p><b>5v4 TO A REGULAR GOAL AND A CONE GOAL:</b>  <b>OBJECTIVE:</b> To prevent the opponent from scoring.  <b>ORGANIZATION:</b> Set up a 36Wx30L yard field with a regular goal and 5 yard cone goal on the opposite end line. Start with the Red team central player either dribbling the ball in or passing it to another Red player. The Red team scores in the regular goal and the Blue team by either dribbling or passing through the cone goal. Play for two minutes or until one teams scores. After 2 minutes restart a new game. The Red team always starts with the ball. Rotate players every interval.  <b>KEY WORDS:</b> Defend the goal, pressure, cover, block the shot.</p> <p><b>GUIDED QUESTIONS:</b> 1.- What can you do to protect the goal? 2.- Where should you try to force the player with the ball?  3.- What should the other defenders do?  <b>ANSWERS:</b> 1.- Go after the ball, get in front of the attacker with the ball to block the way to the goal. 2.- To the side line or backwards . 3.- Get compacted behind the ball to provide cover, if possible double team the player with the ball.</p> <p><b>NOTES:</b> Start with the <b>Core Activity</b>. If it is too difficult, switch to the <b>Less Challenging Activity</b>. If it is too easy, switch to the <b>More Challenging Activity</b>.</p>							
<b>PRACTICE (Less Challenging):</b>		<b>Duration:</b>	24	<b>Activity time:</b>	1min	<b>Rest time:</b>	1 min	<b>Intervals</b>	12
		<p><b>4v3 TO A REGULAR GOAL AND A CONE GOAL:</b>  <b>OBJECTIVE:</b> To prevent the opponent from scoring.  <b>ORGANIZATION:</b> Set up a 36Wx30L yard field with a regular goal and 5 yard cone goal on the opposite end line. Start with the Red team player either dribbling the ball in or passing it to another Red player. The Red team scores in the regular goal and the Blue team by either dribbling or passing through the cone goal. Play for two minutes or until one team scores. After 2 minutes restart a new game. The Red team always starts with the ball. Rotate players every interval.  <b>KEY WORDS:</b> Defend the goal, pressure, cover, block the shot.</p> <p><b>GUIDED QUESTIONS:</b> 1.- What can you do to protect the goal? 2.- Where should you try to force the player with the ball?  3.- What should the other defenders do?  <b>ANSWERS:</b> 1.- Go after the ball, get in front of the attacker with the ball to block the way to the goal. 2.- To the side line or backwards . 3.- Get compacted behind the ball to provide cover. If possible double team the player with the ball.</p> <p><b>NOTES:</b> Start with the <b>Core Activity</b>; if it is too difficult for your players, then switch to the <b>Less Challenging Activity</b>.</p>							
<b>PRACTICE (More Challenging):</b>		<b>Duration:</b>	24	<b>Activity time:</b>	2 min	<b>Rest time:</b>	2 min	<b>Intervals</b>	6
		<p><b>5v5 TO REGULAR GOAL AND A CONE GOAL:</b>  <b>OBJECTIVE:</b> To prevent the opponent from scoring.  <b>ORGANIZATION:</b> Set up a 46Wx30L yard field with a regular goal and a 5 yard cone goal on the opposite end line. Start with the Red team central player either dribbling the ball in or passing it to another Red player. The Red team scores in the regular goal and the Blue team by either dribbling or passing through the cone goal. Play for two minutes or until one teams scores. After 2 minutes restart a new game. The Red team always starts with the ball. Rotate players every interval.  <b>KEY WORDS:</b> Defend the goal, pressure, cover, block the shot.</p> <p><b>GUIDED QUESTIONS:</b> 1.- What can you do to protect the goal? 2.- Where should you try to force the player with the ball?  3.- What should the other defenders do?  <b>ANSWERS:</b> 1.- Go after the ball, get in front of the attacker with the ball to block the way to the goal. 2.- To the side line or backwards . 3.- Get compacted behind the ball to provide cover. If possible double team the player with the ball.</p> <p><b>NOTES:</b> Start with the <b>Core Activity</b>; if it is too easy for your players, then switch to the <b>Less Challenging Activity</b>.</p>							
<b>2<sup>nd</sup> PLAY PHASE</b>	8v8(1-3-2-2v1-2-2-3)	<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>How did you do in achieving the goal of the training session?</li> <li>What did you do well?</li> <li>What could you do better?</li> </ol>				