**GOAL:** Improve preventing the opponent from scoring goals

**KEY QUALITIES:** Read the game, Take initiative, Focus

**PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance

**MOMENT:** DEFENDING

**DURATION:** 60 minutes

**PLAYERS:** 18

**SKILL ACQUISITION:**
- **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block)
- **Cover:** Distance, Body position

**OBJECTIVE:**
- 1st PLAY PHASE (Intentional Free Play): To deny scoring chances.
- **KEY WORDS:** In Between, Minimize, Press, Help.

**CORE ACTIVITY: 7v5 to goal and dribbling gates**
- **OBJECTIVE:** To deny scoring chances.
- **PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.
- **ORGANIZATION:** In a 11v11 field, set up a 50Wx40L playing area with a regular goal and two dribbling gates. The 7 Blue players: 1 GK, 4 defenders, 2 midfielders against 5 Red players: 2 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the dribbling gates. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.
- **SKILL ACQUISITION:** Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
- **KEY WORDS:** In Between, Minimize, Press, Help.

**GUIDED QUESTIONS:**
1. What are we doing when we get between the ball and the goal?
2. How must we minimize the passing lanes?
3. Who should press the ball after we are compacted?
4. What should we do to help?

**ANSWERS:**
1. We are protecting the goal
2. We must make it compact and keep it compact
3. The closest defender to the ball pressures the ball
4. Provide cover and balance.

**LESS CHALLENGING: 6v3 to goal & two small goals**
- **OBJECTIVE:** To deny scoring chances.
- **PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.
- **ORGANIZATION:** In a 11v11 field, set up two 33Wx38L fields with a goal and two dribbling gates. The 5 Blue players will try to score by dribbling through one of the two gates. The 3 Red players will score in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.
- **SKILL ACQUISITION:** Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
- **KEY WORDS:** In Between, Minimize, Press, Help.

**GUIDED QUESTIONS:**
1. What are we doing when we get between the ball and the goal?
2. How must we minimize the passing lanes?
3. Who should press the ball after we are compacted?
4. What should we do to help?

**ANSWERS:**
1. We are protecting the goal
2. We must make it compact and keep it compact
3. The closest defender to the ball pressures the ball
4. Provide cover and balance.

**Note:** Switch to this activity if the Core is too difficult for the players.
### FIVE ELEMENTS of TRAINING EXERCISE

<table>
<thead>
<tr>
<th>Element</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organized</td>
<td>Is the exercise organized in the right way?</td>
</tr>
<tr>
<td>Game like</td>
<td>Is the exercise game like?</td>
</tr>
<tr>
<td>Repetitions</td>
<td>Are there repetitions when looking at the overall goal of the session?</td>
</tr>
<tr>
<td>Challenging</td>
<td>Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</td>
</tr>
<tr>
<td>Coaching</td>
<td>Is there the proper coaching based on the age/level of the players?</td>
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</tbody>
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### TRAINING SESSION SELF-REFLECTION QUESTIONS

<table>
<thead>
<tr>
<th>Question</th>
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<tbody>
<tr>
<td>1. How did you achieve your goals in the training session?</td>
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<tr>
<td>2. What did you do well?</td>
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<tr>
<td>3. What could you do better?</td>
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