

Fall 2020



GOAL:	Improve preventing the opponent from scoring goals - 1			
PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance			
KEY QUALITIES	Read the game, Take initiative, Focus			
MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS
				18

13+
11V11

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

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To deny scoring chances.

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

ORGANIZATION: In our own half set up two or more 33Wx38L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

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.

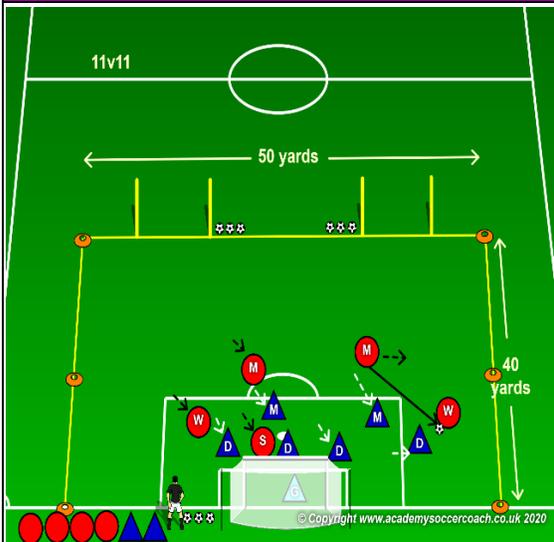
GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted?

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.

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.

CORE ACTIVITY: 7v5 to goal and dribbling gates

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



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.

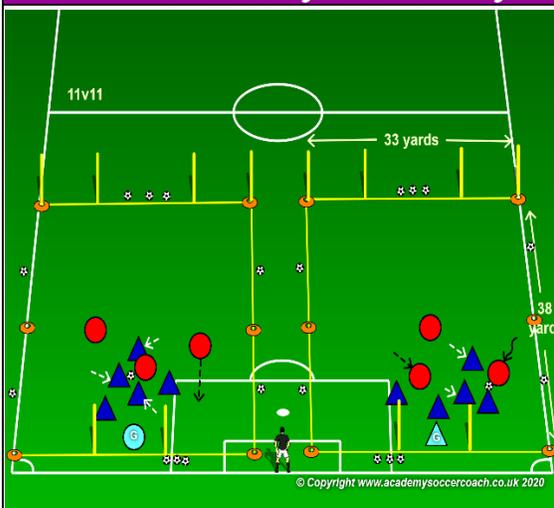
GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

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

LESS CHALLENGING: 6v3 to goal & two small goals

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



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.

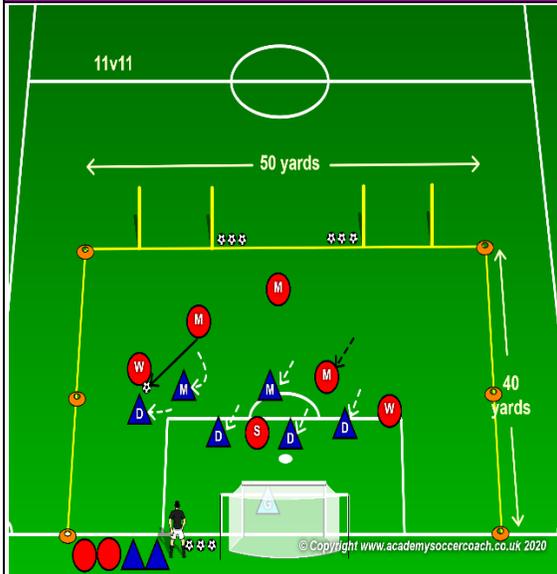
KEY WORDS: In Between, Minimize, Press, Help.

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

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.

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

MORE CHALLENGING: 7v6 to goal and two small goals



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

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 6 Red players: 3 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. Why do we get in between the ball and the goal? 2. What must we do to minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

ANSWERS: 1. To protect 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 easy for the players.

2nd PLAY PHASE: The Game – 9v9



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

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 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red team will play 1-2-3-3 formation.

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. Why do we get in between the ball and the goal? 2. What must we do to minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

ANSWERS: 1. To protect 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: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?