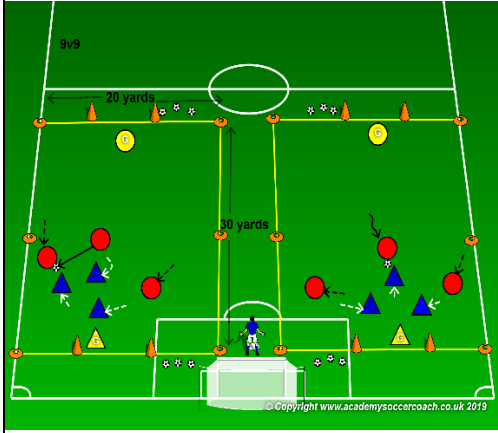
	<b>GOAL:</b>	Improve preventing the opponent from scoring goals - 2				<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent				11U-12U
	<b>KEY QUALITIES</b>	Make decisions, Be proactive, Focus				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

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



**OBJECTIVE:** Prevent scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure and cover.

**ORGANIZATION:** In a 9v9 field, set up two 20Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

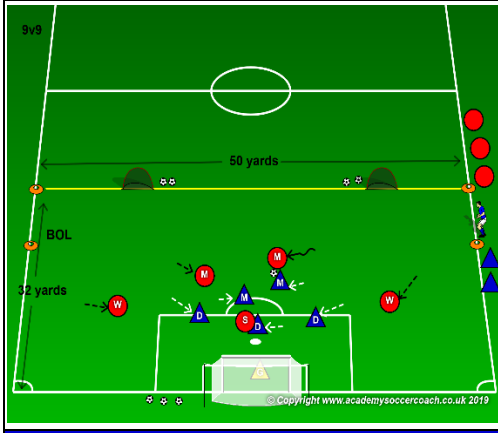
**KEY WORDS:** Block the shot, Work together.

**GUIDED QUESTIONS:** 1. Who should protect the goal? 2. Where should this defender be to prevent the shot? 3. How do we work together to prevent scoring chances?

**ANSWERS:** 1. The closest defender to the ball - 2. The defender should be in between the ball and the goal - 3. Moving together so the closest defender to the ball pressures it and the other provides cover.

**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): 6v5 to Goal & Small Goals** | DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min



**OBJECTIVE:** Prevent scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 5 Blue defenders score in either of the two small goals. Red team scores in the regular goal. Rotate players every round.

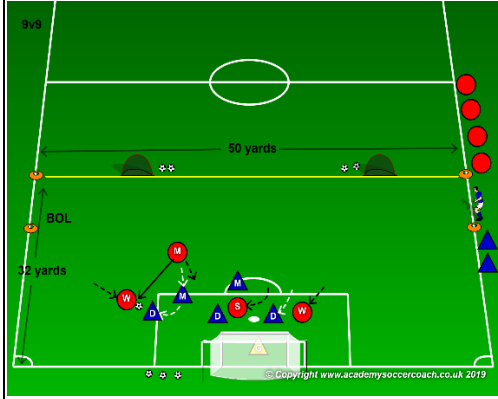
**KEY WORDS:** Block the shot, Together, Double.

**GUIDED QUESTIONS:** 1. Why do we want a defender in front of the attacker with the ball? 2. What should the defenders do after we get compacted? 3. When is a good time to double-team the attacker with the ball?

**ANSWERS:** 1. To block the way forward and to protect the goal - 2. We should provide pressure, cover and balance - 3. When we outnumber the attacker with the ball.

**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): 6v4 to Goal & Small Goals** | DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min



**OBJECTIVE:** Prevent scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 5 Blue defenders score in either of the two small goals. Red team scores in the regular goal. Rotate players every round.

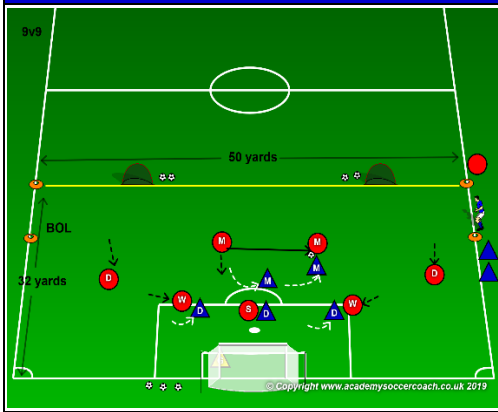
**KEY WORDS:** Block the shot, Together, Double.

**GUIDED QUESTIONS:** 1. Who should step up to protect the goal and pressure the ball? 2. What should the other defenders do? 3. When is a good time to double team the attacker with the ball?

**ANSWERS:** 1. The closest defender to the attacker with the ball. - 2. Provide cover and balance - 3. When we outnumber the attacker with the ball.

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

**PRACTICE (More Challenging): 6v7 to Goal & Small Goals** | DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min



**OBJECTIVE:** Prevent scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 5 Blue defenders score in either of the two small goals. Red team scores in the regular goal. Rotate players every round.

**KEY WORDS:** Block the shot, Together, Double.

**GUIDED QUESTIONS:** 1. Why do we want a defender in front of the attacker with the ball? 2. What should the defenders do after we get compacted? 3. When is a good time to double-team the attacker with the ball?

**ANSWERS:** 1. To block the way forward and to protect the goal - 2. We should provide pressure, cover and balance - 3. When we outnumber the attacker with the ball.

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



**OBJECTIVE:** Prevent scoring chances.

**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 will play in a 1-3-2-2 formation and the Red team will play in a 1-2-4-1 formation.

**KEY WORDS:** Block the shot, Together, Double.

**GUIDED QUESTIONS:** 1. Why do we want a defender in front of the attacker with the ball? 2. What should the defenders do after we get compacted? 3. When is a good time to double-team the attacker with the ball?

**ANSWERS:** 1. To block the way forward and to protect the goal - 2. We should provide pressure, cover and balance - 3. When we outnumber the attacker with the ball.

**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?