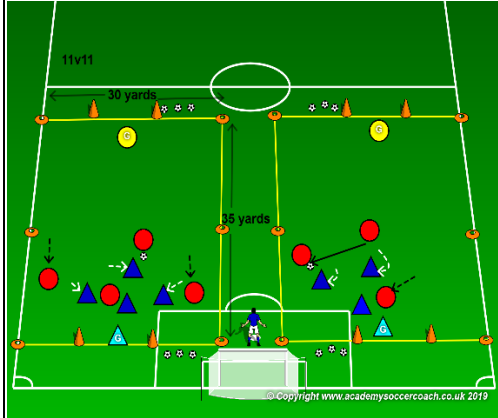
	<b>GOAL:</b>	Improve preventing the opponent from scoring goals - 2				<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent				13+
	<b>KEY QUALITIES</b>	Read the game, Be proactive, Focus				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>18</b>

**1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games**      **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



**OBJECTIVE:** Prevent scoring chances.

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

**ORGANIZATION:** In the defending half of an 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

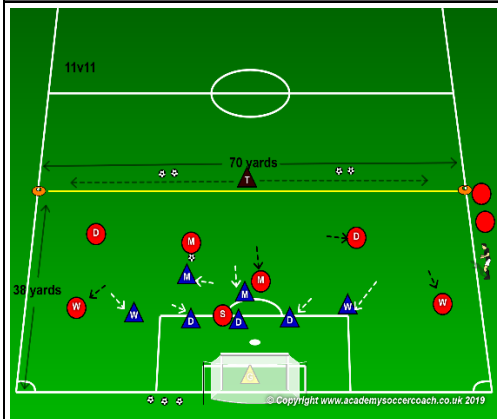
**KEY WORDS:** Shield the goal, Work together and Double.

**GUIDED QUESTIONS:** 1. How can we deny any shooting opportunities? 2. What should the other defenders do? 3. Why do we need to work together?

**ANSWERS:** 1. By getting a defender between the ball and the goal to shield the goal - 2. Get behind the defender and provide cover - 3. To close all the openings and deny any shots at goal.

**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): 8v7 to Goal & a Target Player**      **DURATION:** 20 min --- : 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



**OBJECTIVE:** Prevent scoring chances and regain the ball.

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

**ORGANIZATION:** In the defending half of an 11v11 field, set up a 70Wx38L field with a regular goal and a target player. The 7 Blue defenders score by passing to the target player, Red team scores in the regular goal. Rotate players every round.

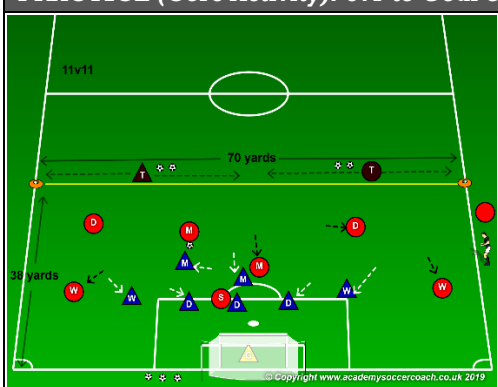
**KEY WORDS:** Shield the goal, Work together and Double.

**GUIDED QUESTIONS:** 1. What should the closest defender to the ball do? 2. Where should the other defenders be? 3. Why should we work together? 4. When is a good time to double-team the attacker with the ball?

**ANSWERS:** 1. Protect or shield the goal by getting between the ball and the goal - 2. Behind the defender protecting the ball providing cover and balance - 3. To get organized, compacted and close the openings - 4. 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 (Core Activity): 8v7 to Goal & 2 Target Players**      **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



**OBJECTIVE:** Prevent scoring chances and regain the ball.

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

**ORGANIZATION:** In the defending half of an 11v11 field, set up a 70Wx38L field with a regular goal and two target player. The 7 Blue defenders score by passing to one of the target players, Red team scores in the regular goal. Rotate players every round.

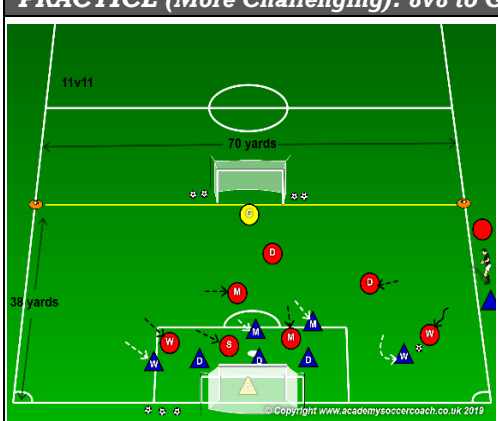
**KEY WORDS:** Shield the goal, Work together and Double.

**GUIDED QUESTIONS:** 1. How can we deny any shooting opportunities? 2. What should the other defenders do? 3. Why should we need to work together?

**ANSWERS:** 1. By getting a defender between the ball and the goal to shield the goal - 2. Get behind the defender and provide cover - 3. To close all the openings and deny any shots at goal

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

**PRACTICE (More Challenging): 8v8 to Goal**      **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



**OBJECTIVE:** Prevent scoring chances and regain the ball.

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

**ORGANIZATION:** In the defending half of an 11v11 field, set up a 70Wx38L field with a regular goal and two small goals. The 6 Blue defenders score by passing into either small goal, Red team scores in the regular goal. Rotate players every round.

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

**GUIDED QUESTIONS:** 1. What should the closest defender to the ball do? 2. Where should the other defenders be? 3. Why should we work together? 4. When is a good time to double-team the attacker with the ball?

**ANSWERS:** 1. Protect or shield the goal by getting between the ball and the goal - 2. Behind the defender protecting the ball providing cover and balance - 3. To get organized, compacted and close the openings - 4. 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 and regain the ball.

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

**ORGANIZATION:** In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-3-2-3 formation and the Red team will play in 1-3-2-3 formation.

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

**GUIDED QUESTIONS:** 1. What should we do if the opponent is near our goal in possession of the ball? 2. Why is it important to work together when defending? 3. Why do we want our teammates to help us defend near our goal?

**ANSWERS:** 1. We should have one defender protecting the goal by getting in front of the ball - 2. Because moving as a unit will make it easier to provide pressure, cover and balance - 3. To outnumber the attackers and try to double-team the player 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?