GOAL: Improve preventing the opponent from scoring goals - 2

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

KEY QUALITIES: Read the game, Be proactive, Focus

AGE GROUP: 13+

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: 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 providing cover - 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.

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

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.

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**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?