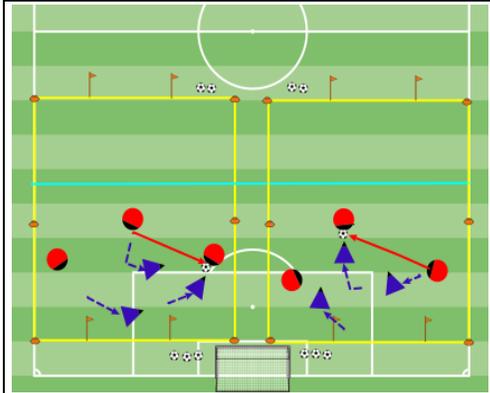


 	<b>GOAL:</b>	Improve preventing the opponent from scoring goals - 2				<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Protect the goal, Pressure cover and balance, Outnumber the opponent				<b>9U-10U</b>
	<b>KEY QUALITIES</b>	Make decisions, Take initiative, Focus				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>12</b>

**1<sup>st</sup> PLAY PHASE (Intentional Free Play): 3v3 to Gates**      **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



**OBJECTIVE:** To prevent scoring chances.

**ORGANIZATION:** Set up two or more 18Wx20L fields with a 5 yard gate at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. Teams score by passing or dribbling through the gate.

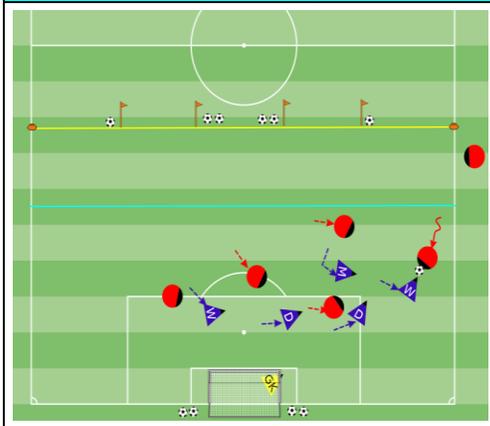
**KEY WORDS:** Block the shot, Pressure the ball, Move together.

**GUIDED QUESTIONS:** 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

**ANSWERS:** 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

**Note -** First break: Coach asks questions, players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

**PRACTICE (Core Activity): 6v5 to Goal and Two Gates**      **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To prevent scoring chances.

**ORGANIZATION:** Set up a 40Wx24L field with a regular goal and two dribbling gates. Select 5 Red attackers, and 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

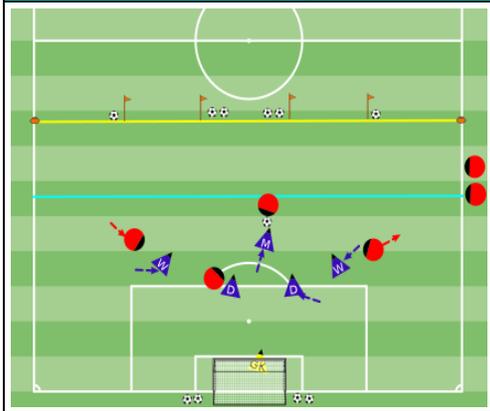
**KEY WORDS:** Block the shot, Pressure the ball, Move together.

**GUIDED QUESTIONS:** 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

**ANSWERS:** 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

**Note –** Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

**PRACTICE (Less Challenging): 6v4 to Goal and Two Gates**      **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To prevent scoring chances.

**ORGANIZATION:** Set up a 40Wx24L field with a regular goal and two dribbling gates. Select 4 Red attackers, and 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

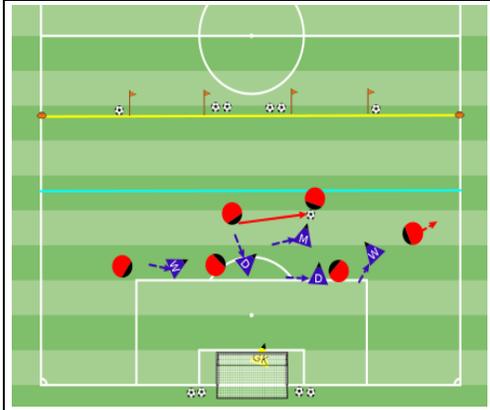
**KEY WORDS:** Block the shot, Pressure the ball, Move together.

**GUIDED QUESTIONS:** 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

**ANSWERS:** 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

**Note –** Switch to this activity if the CORE is too difficult for the players.

**PRACTICE (More Challenging): 6v6 to Goal and two Gates**      **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To prevent scoring chances.

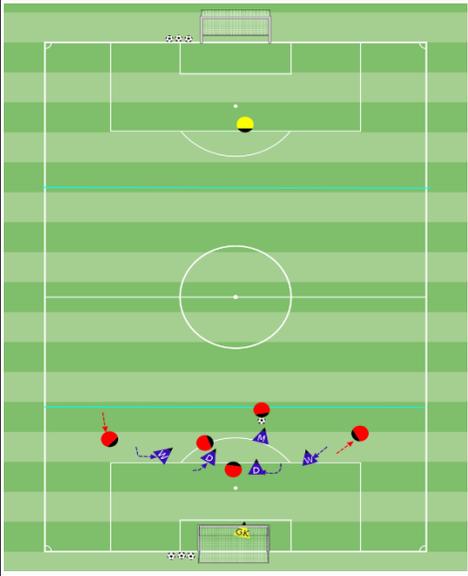
**ORGANIZATION:** Set up a 40Wx24L field with a regular goal and two dribbling gates. Select 6 Red attackers, and 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

**KEY WORDS:** Block the shot, Pressure the ball, Move together.

**GUIDED QUESTIONS:** 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

**ANSWERS:** 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

**Note –** Switch to this activity if the CORE is not challenging enough.



**OBJECTIVE:** To prevent scoring chances.

**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-2-3 formation and the Red team will play in 1-3-2 or 1-1-3-1 formation.

**KEY WORDS:** Block the shot, Pressure the ball, Move together.

**GUIDED QUESTIONS:** 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

**ANSWERS:** 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

**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?