**GOAL:** Improve preventing the opponent from scoring goals - 2

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

**KEY QUALITIES**
Make decisions, Take initiative, Focus

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<tr>
<th>MOMENT</th>
<th>Defending</th>
<th>DURATION</th>
<th>PLAYERS</th>
<th>AGE GROUP</th>
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<tbody>
<tr>
<td>1st PLAY PHASE (Intentional Free Play): 3v3 to Gates</td>
<td>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min</td>
<td>12</td>
<td>7v7</td>
<td></td>
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</table>

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.

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<thead>
<tr>
<th>Five Elements of a Training Activity</th>
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<tbody>
<tr>
<td>1. <strong>Organized:</strong> Is the activity organized in the right way?</td>
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<td>2. <strong>Game-like:</strong> Is the activity game-like?</td>
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<td>3. <strong>Repetition:</strong> Is there repetition, when looking at the overall goal of the training session?</td>
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<td>4. <strong>Challenging:</strong> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</td>
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<td>5. <strong>Coaching:</strong> Is there effective coaching based on the age and level of the players?</td>
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<th>Training Session Self-Reflection Questions</th>
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<tr>
<td>1. How did you do in achieving the goal of the training session?</td>
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<tr>
<td>2. What did you do well?</td>
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<td>3. What could you do better?</td>
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