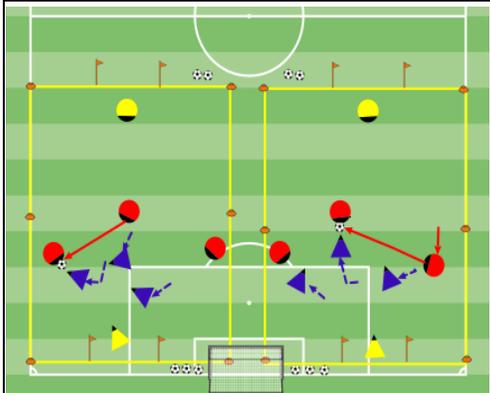


 	GOAL:	Improve preventing the opponent from scoring goals - 2				AGE GROUP
	PLAYER ACTIONS	Protect the goal, Pressure, cover and balance, Stay involved				11U-12U
	KEY QUALITIES	Make decisions, Be proactive, Focus				
	MOMENT	Defending	DURATION	60 min	PLAYERS	12

1st PLAY PHASE (Intentional Free Play): 4v4 to Small Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



OBJECTIVE: To deny scoring chances.

ORGANIZATION: Set up two or more 23Wx30L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

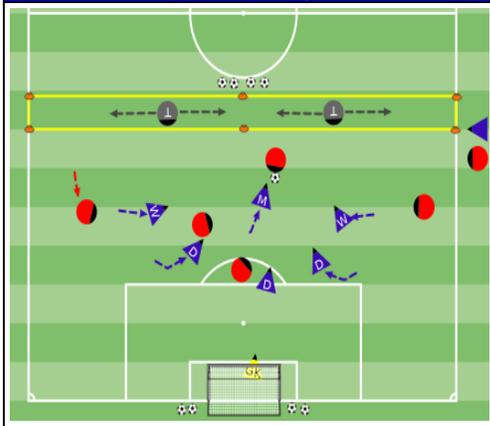
KEY WORDS: Block the shot, Pressure the ball, Focus.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What helps you to stay focused defensively?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Staying involved.

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): 7v5 to Goal to Target Players **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To deny scoring chances.

ORGANIZATION: Set up a 50Wx32L field with a regular goal and one counter goal. Select 5 Red attackers, and 6 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing to either target player. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Focus.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What helps you to stay focused defensively?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Staying involved.

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

PRACTICE (Less Challenging): 7v4 to Goal to Target Players **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To deny scoring chances.

ORGANIZATION: Set up a 50Wx32L field with a regular goal and one counter goal. 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 passing to either target player. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Focus.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What helps you to stay focused defensively?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Staying involved.

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

PRACTICE (More Challenging): 7v6 to Goal to Target Players **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To deny scoring chances.

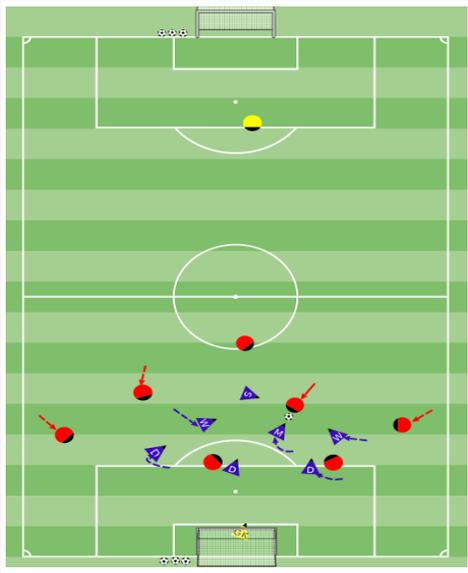
ORGANIZATION: Set up a 50Wx32L field with a regular goal and one counter goal. Select 6 Red attackers, and 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing to either target player. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Focus.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What helps you to stay focused defensively?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Staying involved.

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



OBJECTIVE: To deny scoring chances.

ORGANIZATION: In a 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the Red team will play in 1-3-3-1 formation.

KEY WORDS: Block the shot, Pressure the ball, Focus.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What helps you to stay focused defensively?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Staying involved.

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?