GOAL: Improve preventing the opponent from scoring goals - 2

PLAYER ACTIONS: Protect the goal, make it and keep it compact, mark the player/mark the area

KEY QUALITIES: Reading the game, focus, take initiative

<table>
<thead>
<tr>
<th>1ST PLAY PHASE</th>
<th>1V1, 2V1, 2V2...4V4</th>
<th>U11-U12 / 8V8 / 16 Players</th>
<th>MOMENT</th>
<th>Defending</th>
<th>DURATION</th>
<th>60 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duration:</td>
<td></td>
<td></td>
<td>Activity time:</td>
<td></td>
<td></td>
<td>Rest time:</td>
</tr>
</tbody>
</table>

As players arrive, play Small Sided Games (1v1 - 4v4) please visit [http://www.mayouthsoccer.org/coaches/play_practice_play/](http://www.mayouthsoccer.org/coaches/play_practice_play/) for full description.

**PRACTICE (Core Activity):**

| Duration: | 24 | Activity time: | 5 min | Rest time: | 1 min | Intervals | 6 |

**PRACTICE (Less Challenging):**

| Duration: | 24 | Activity time: | 3 min | Rest time: | 3 min | Intervals | 4 |

**PRACTICE (More Challenging):**

| Duration: | 24 | Activity time: | 7 min | Rest time: | 1 min | Intervals | 3 |

**2nd PLAY PHASE**

| Duration: | 27 | Activity time: | 11 min | Rest time: | 2.5 min | Intervals | 2 |


**FIVE ELEMENTS OF TRAINING ACTIVITY**

1. Organized: Is the activity organized in the right way?
2. Game like: Is the activity game like?
3. Repetitions: Are there repetitions when looking at the overall goal of the session?
4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)
5. Coaching: Is there the right coaching based on the age/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?