**GOAL**

Disrupt the build up in the opponent’s half to deny chances

**Key Qualities**

Pressure, Cover, Balance, Make it & Keep it compact, Steal the ball

**Age Group**

14-U

**Team Tactical Principles**

Read & understand the game, Focus

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**PLAY - SMALL SIDED GAMES**

**Up to 4v4 Games:** Team with the ball attempts to score in the opponent’s goal.

**Organization:** Set up two 25Wx35L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games)

**Rules:** The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.

**Key Words:** try to keep the team with the ball from playing forward.

**Guided Questions:** How did you check the player’s emotional state as they arrived at practice? Is the team without the ball preventing forward passes (close the openings)?

**Answers:** Greet them by name, make eye contact and give them a high five/handshake/fist pump. Get the players closest to the ball to work together to stop forward passes (close the opening).

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**PRACTICE - CORE ACTIVITY**

**Objective:** Defend as quickly as possible, Regain the ball

**Organization:** On a 55Wx50L field, a big goal at 1 end & 3 counters goals at the other, play a 6v6 game. Blue team player #’s 6, 7, 8, 9, 10 & 11. Red team player #’s 1, 2, 3, 5, 6 & 8. Blue team scores in the big goal and red in any of the counter goals. Sub players after each interval.

**Rules:** All FIFA Laws Apply. (if needed, red team can restart the play)

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**PLAY - LET THEM PLAY**

**Organization:** On a 55Wx80L field and a goal at each end, play an 8v8 game. Blue team plays 1-1-3-3 and the red team plays 1-3-3-1. (Play 2 x 10 min halves with a 2 min halftime)

**Rules:** FIFA laws apply.

**Key Words:** When the team with the ball tries to play through an opening, try to intercept the pass.

**Guided Questions:** Did the players learn from the core activity? Did the players leave exhausted or with a little energy left over?

**Answers:** If the team without the ball is moving as the ball moves, the players have learned. If the players are exhausted, the session may have been too physically demanding. The next session may have to be less intense so the players can process the information.