GOAL: Disrupt the build up in your own half to deny chances  
Key Qualities: Be pro-active, Execute technically

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<th>Age Group</th>
<th>Team Tactical Principles</th>
<th>Outnumber the opponents, Stay involved, Pressure, Cover, Balance</th>
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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 2SWx3SL 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:** double team the ball, move to help a teammate

**Guided Questions:** Are the players talking about their day?  
How can you stop the team with the ball from playing quickly to goal?  
Answers: Listen to what the players have to say. This may give you an indication of how their day has gone.  
Get players between the ball and the goal and close any openings where the ball can get through to the goal.

Practice - Core Activity

**Organization:** On a 55Wx50L field, a big goal at 1 end & 2 counter goals at the other, play a 6v6 game. Blue team player 1, 2, 3, 4, 6 & 8. Red team player 4, 6, 7, 8, 9 & 11. Blue team scores in either counter goal. Red team scores in the big goal. Sub player after each interval.

**Key Words:** Be first to the ball, Push up to get closer to the ball

**Guided Questions:** Do the players understand what is meant by close the openings?  
Why is it important to close the openings in the middle of the field?  
Answers: Openings are lanes through the defense and to the goal. The team without the ball should move into areas which block the openings then try to win the ball.  
The shortest distance to the goal is usually straight down the middle. By closing these openings, you force the ball wide or back which slows down the attack.

Play - Let Them Play

**Organization:** On a 50Wx70L field and a goal at each end, play an 7v7 game. Blue team plays 1-3-3-0 and the red team plays 1-1-2-3. (Play 2 x 10 min halves with a 2 min halftime)

**Rules:** FIFA laws apply.

**Key Words:** Challenge the ball, Close down

**Guided Questions:** Were my instructions to the players clear and helpful?  
Did you allow the game to flow for long periods with minimal interruptions?  
Answers: Keep your instructions brief and specific to 1 idea.  
Watch to see if the players make adjustments from your information.  
Watch the play from the side to determine if the players understood the session. From the middle, the focus tends to be on the ball and over coaching occurs.