**Core Activity: Pressure**

**Objective:**
To deny the opponent's ability to build up and create scoring chances.

**Player Actions:**
Pressure the ball, steal the ball

**Organization:**
Divide your 25W x 35L game field into thirds & a goal on each end line. Coach will select 1 player to defend each 1/3 of the field. Each defender must remain in their zone (1/3). The rest of the players will have a partner & a soccer ball to share. The attackers try to dribble or pass through each third & score in the goal at one end. Once they have scored, they will play back through the thirds & try to score in goal at the opposite end. **RULES:** if the attackers miss the goal, no point scored & they play to the other end. If a defender steals their soccer ball, they lose all their points & must start scoring over again.

**Key Words:**
- Force to the sides, win the ball, block your goal
- Why is it important to step closer to the ball? When should you try to tackle the ball? How should you approach the ball, so you are pressuring the ball & blocking your goal at the same time?
- To force the head of the attacker down & make mistakes? If the attacker kicks the ball too far in front of him/her, step in to tackle it. Bend your run to block the goal then begin to move closer to the ball to steal it.

**Answers:**
- Defenders can count the number of times they steal the ball & challenge new defenders to beat their score. Coach can defend 1 zone if needed or partner with a player to attack.

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**Less Challenging Activity: 2v1 (or more) Defend the Zones**

**Objective:**
To deny the opponent’s ability to build and create scoring chances.

**Player Actions:**
Pressure the ball, Protect the goal, Steal the ball

**Organization:**
Define your 25W x 35L game field in 1/2 & a goal on each end line. Coach will select 1 player to defend each 1/2 of the field & 1 more defender who can enter both halves. Each defender must remain in their 1/2 except for the identified defender who can go anywhere. The rest of the players will have a partner & a soccer ball to share. The attackers try to dribble or pass through each 1/2 & score in the goal at one end. Once they have scored, they will play back through the field & try to score in goal to the opposite end. **RULES:** if the attackers miss the goal, no point scored & they play to the other end. If a defender steals their soccer ball, they lose all their points & must start scoring over again.

**Key Words:**
- Force to the sides, win the ball, block your goal
- Why is it important to step closer to the ball? When should you try to tackle the ball? How should you approach the ball, so you are pressuring the ball & blocking your goal at the same time?
- To force the head of the attacker down & make mistakes? If the attacker kicks the ball too far in front of him/her, step in to tackle it. Bend your run to block the goal then begin to move closer to the ball to steal it.

**Answers:**
- Defenders can count the number of times they steal the ball & challenge new defenders to beat their score. Coach can defend 1 zone if needed or partner with a player to attack.
FIVE ELEMENTS of TRAINING EXERCISE

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

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?