

Fall 2020



**GOAL:**

**Prevent build up in your defensive half**

**PLAYER ACTIONS**

**Protect your goal, Pressure the ball, Steal the ball**

**KEY QUALITIES**

**Read & understand the game, Take initiative**

**MOMENT**

**Defending**

**DURATION**

**60 minutes**

**PLAYERS**

**8-12**

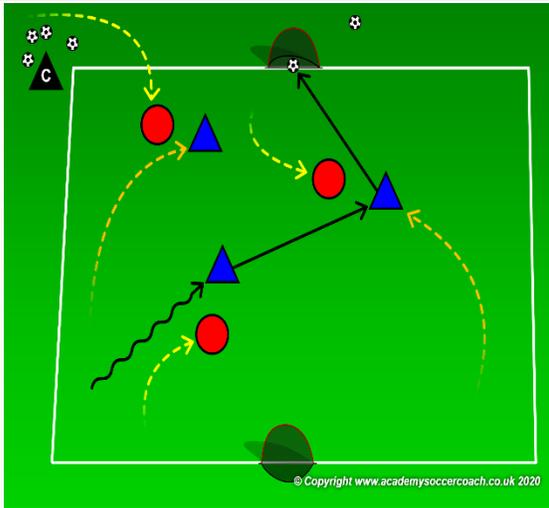
**U8**

**4v4**

**SKILL ACQUISITION: Pressure:** Angle, speed, distance of approach, footwork – **Types of Tackles:** Poke, Block, intercept

**1st PLAY PHASE (Intentional Free Play)**

**DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 5 min. - REST: 1 min.**



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

**PLAYER ACTIONS:** Protect the goal, Steal the ball

**ORGANIZATION:** On your 25W x 35L game field, set up two (13W x 20L) fields with a 4-yard space between. Place a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game starts 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once 1 field is at 3v3, start a second game on the field next to it.

**KEY WORDS:** step to the ball, get the ball

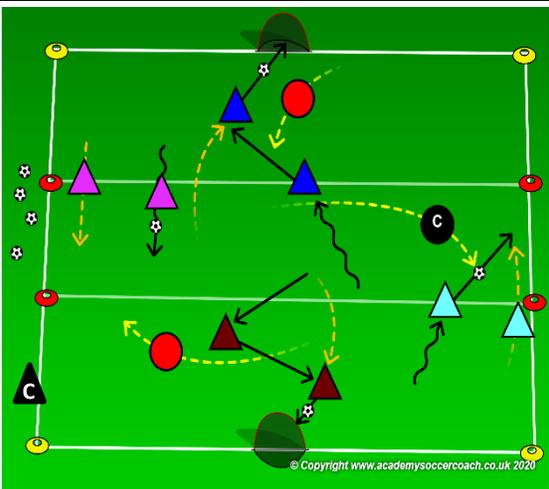
**GUIDED QUESTIONS:** If you are the closest defender to the ball, what should you do? When should you try to steal the ball from the opponent?

**ANSWERS:** Step closer to ball and pressure it. Do not let the player with the ball go straight to goal. If the opponent kicks the ball too far in front of themselves, step closer and try to tackle the ball away.

**NOTES:** Remember to focus on the team without the ball. At the first break, ask questions which generate thoughts about when to pressure the ball & when to tackle the ball. Second break, elicit answers from the same questions to determine the level of understanding from the players.

**CORE ACTIVITY: 2v1+1+1 – Defend Each Zone**

**DURATION: 18 min - INTERVALS: 9 -ACTIVITY: 1 min. - REST: 1 min.**



**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:** 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 to 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

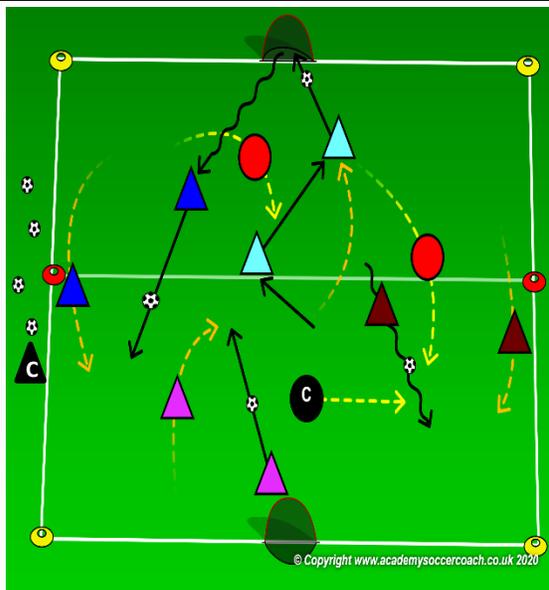
**GUIDED QUESTIONS:** Why is it important to step closer to the ball? When should you try to tackle the ball? How should you approach the ball, so you are pressuring the ball & blocking your goal at the same time?

**ANSWERS:** 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.

**NOTES:** 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.

**LESS CHALLENGING ACTIVITY: 2v1 (or more) Defend the Zones**

**DURATION: 18 min - INTERVALS: 9 -ACTIVITY: 1 min. - REST: 1 min.**



**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:** Divide 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 to 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

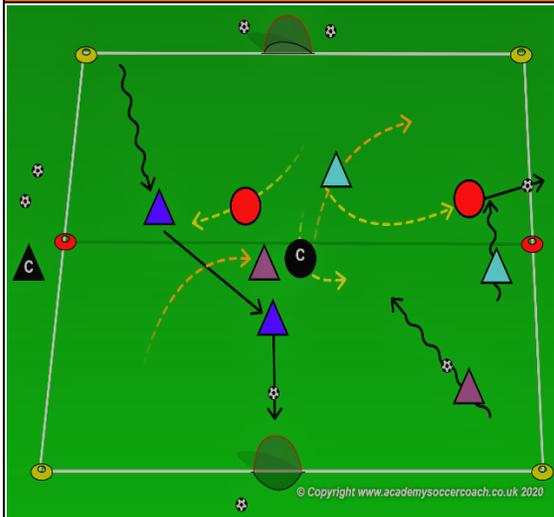
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**ANSWERS:** to force the head of the attacker down & make mistakes? If the attacker kicks the ball too far in front of him/her, step in to tackle it. Bend your run to block the goal then begin to move closer to the ball to steal it.

**NOTES:** 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. Coach should not be the free defender.

**MORE CHALLENGING: Multiple Teams of 2 vs 3 Defenders**

**DURATION: 18 min - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.**



**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:** Divide your 25W x 35L game field in 1/2 & a goal on each end line. Coach will select 3 players to defend. Each defender must protect both goals. 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 to goal at the opposite end.

**RULES:** if the attacker misses 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

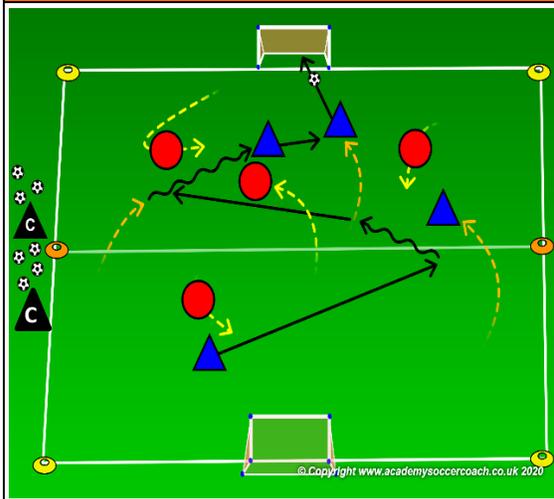
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**ANSWERS:** to force the head of the attacker down & make mistakes? If the attacker kicks the ball too far in front of him/her, step in to tackle it. Bend your run to block the goal then begin to move closer to the ball to steal it.

**NOTES:** 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.

**2nd. PLAY PHASE: The Game – 4v4**

**DURATION: 20 min - INTERVALS: 2 - ACTIVITY: 10 min. - REST: 2 min.**



**OBJECTIVE:** To deny the opponent's ability to create scoring chances or score goals.

**PLAYER ACTIONS:** Protect the goal, Steal the ball

**ORGANIZATION:** In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9-minute halves with a 2-minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

**KEY WORDS:** force to the sides, win the ball, block your goal

**GUIDED QUESTIONS:** 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?

**ANSWERS:** 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.

**NOTES:** Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task in the moment of the players on the field. The game must be played so try not to dwell on the restarts.

**FIVE ELEMENTS of TRAINING EXERCISE**

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

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?

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