

Fall 2020



GOAL:

Prevent build up in the opponent's half

PLAYER ACTIONS

Protect the goal, Steal the ball

KEY QUALITIES

Read and understand the game, Focus

MOMENT

Defending

DURATION

60 minutes

PLAYERS

8-12

U8

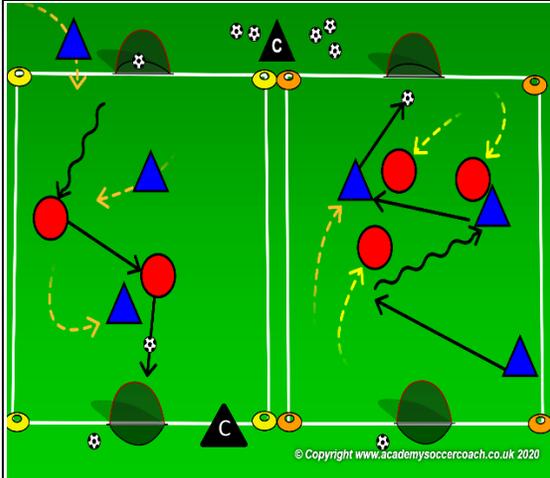
4v4

SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) –

Cover: Distance, body position.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.



OBJECTIVE: To protect your goal &, if possible, steal the ball

PLAYER ACTIONS: Protect the goal, Steal the ball

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

KEY WORDS: block your goal, get back

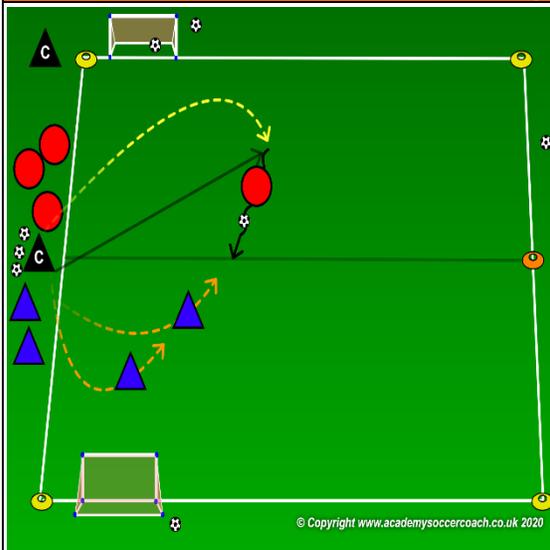
GUIDED QUESTIONS: What should you do if you see your goal is not protected? What does it mean to "tackle the ball?"

ANSWERS: Move so you are blocking the goal. Get close enough to the ball so you can touch it. Once there, either poke the ball away from the opponent by kicking it out of their reach or put your foot close to the ball to block it from being kicked forward.

NOTES: All comments should be directed at the team without the ball. Help them recognize the moments they need to get back to protect their goal and when to step to the ball to try to steal it.

CORE ACTIVITY: 2v1 to Side Goals (reloading game)

DURATION: 18 min. - INTERVALS: 18 - ACTIVITY: 30 sec. - REST: 30 sec.



OBJECTIVE: Protect your goal &, if possible, steal the ball

PLAYER ACTIONS: Protect your goal, Steal the ball

ORGANIZATION: On a 15Wx25L grid & a goal in each end line (close to the nearest corner), play a 2v1 game. The coach starts with all the soccer balls at midfield & on the sideline. Divide the players into 2 teams with 1 starting on the coaches right & the other on the left. Each team will have 1 goal to score in & 1 to defend. The coach will play a ball onto the field. If the coach plays the ball to the right side of the field, the team on the coach's right gets 1 player & the team on the coach's left get 2. Both teams try to score in their opponent's goal. **RULES:** play starts when the coach serves a ball onto the field. Once a goal is scored or the ball leaves the field, all players leave the field & rejoin their team on the sideline. The coach will serve another ball onto the field for the next players on each team to play.

KEY WORDS: block your goal, win the ball

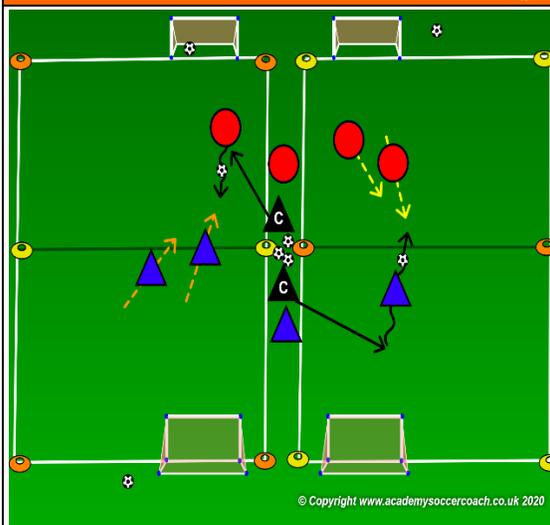
GUIDED QUESTIONS: What should you do if you see your goal is not protected? What does it mean to "tackle the ball?" How can you poke tackle the ball away from the opponent?

ANSWERS: Move so you are blocking the goal. Get close enough to the ball so you can touch it. Once there, either poke the ball away from the opponent by kicking it out of their reach or put your foot close to the ball to block it from being kicked forward. If you are approaching the dribbler from an angle, once you move slightly in front of the dribbler, reach your foot close to the ball and poke it away with your toe.

Note: Remember to focus on the defending players. The team of 2 will need to cooperate to protect their goal & steal the ball. Help guide these players to recognize when to step to the ball & when to drop back to protect their goal. The players will tend to chase the ball. Set up multiple fields to allow for more play time.

LESS CHALLENGING ACT.: 2v1 to Side Goals (players enter 1st)

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



OBJECTIVE: Protect your goal &, if possible, steal the ball

PLAYER ACTIONS: Protect your goal, Steal the ball

ORGANIZATION: On a 15Wx25L grid & a goal in each end line (close to the nearest corner), play a 2v1 game. The coach starts with all the soccer balls at midfield & on the sideline. Once the players have been divided into 2 groups, the coach will appoint which team has 2 players & which has one. After the players enter the field, the coach will play the ball into the team of 1. Both teams have a goal to score in and 1 to defend. **RULES:** play starts when the coach serves a ball onto the field. The game last for 1 minute. If the ball leaves the field, the coach will serve another ball onto the field so the game will continue. After 1 minute, all players leave the field & the coach identifies the next players to enter.

KEY WORDS: block your goal, win the ball

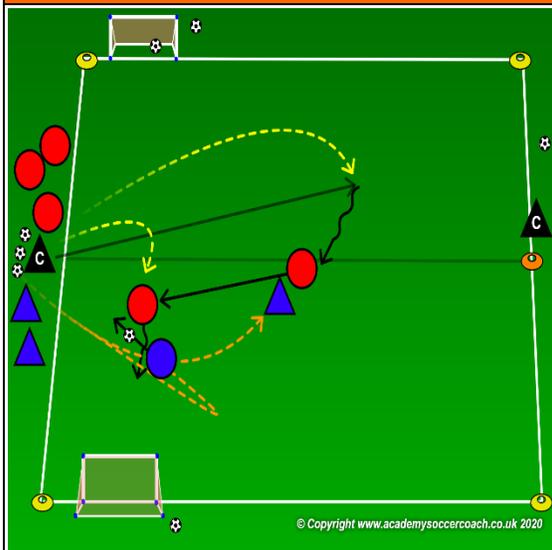
GUIDED QUESTIONS: What should you do if you see your goal is not protected? What does it mean to "tackle the ball?" How can you poke tackle the ball away from the opponent?

ANSWERS: Move so you are blocking the goal. Get close enough to the ball so you can touch it. Once there, either poke the ball away from the opponent by kicking it out of their reach or put your foot close to the ball to block it from being kicked forward. If you are approaching the dribbler from an angle, once you move slightly in front of the dribbler, reach your foot close to the ball and poke it away with your toe.

Note: Remember to focus on the defending players. The team of 2 will need to cooperate to protect their goal & steal the ball. Help guide these players to recognize when to step to the ball & when to drop back to protect their goal. The players will tend to chase the ball. Set up multiple fields to allow for more play time.

MORE CHALLENGING ACT.: 2v2 to Side Goals (reloading game)

DURATION: 18 min.– INT.: 18 – ACT.: 30 sec. - REST: 30 sec.



OBJECTIVE: Protect your goal &, if possible, steal the ball

PLAYER ACTIONS: Protect your goal, Steal the ball

ORGANIZATION: On a 15Wx25L grid & a goal in each end line (close to the nearest corner), play a 2v2 game. The coach starts with all the soccer balls at midfield & on the sideline. Divide the players into 2 teams with 1 starting on the coaches right & the other on the left. Each team will have 1 goal to score in & 1 to defend. The coach will play a ball onto the field. When the coach plays the soccer ball onto the field, both teams send 2 players onto the field. Each team tries to score in their opponent's goal. **RULES:** play starts when the coach serves a ball onto the field. Once a goal is scored or the ball leaves the field, all players leave the field & rejoin their team on the sideline. The coach will serve another ball onto the field for the next players on each team to play.

KEY WORDS: block your goal, win the ball

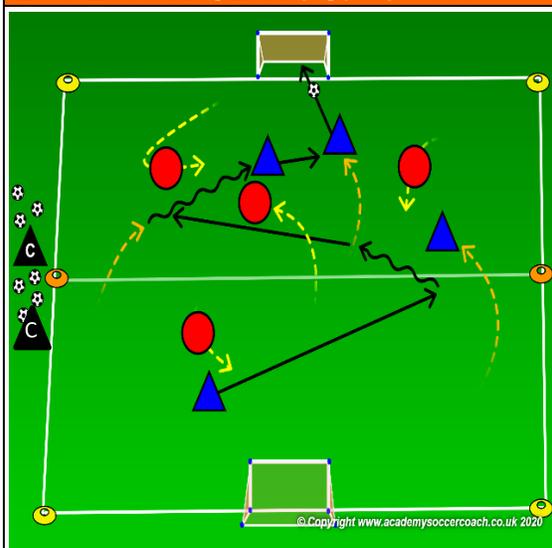
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Note: Remember to focus on the defending players. The team of 2 without the ball will need to cooperate to protect their goal & steal the ball. Help guide these players to recognize when to step to the ball & when to drop back to protect their goal. The players will tend to chase the ball.

2nd. PLAY PHASE: The Game – 4v4

DURATION: 22 min- INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.



OBJECTIVE: Protect the goal from the opponent trying to score & win the ball if you can

PLAYER ACTIONS: Protect your 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: block your goal, win the ball

GUIDED QUESTIONS: What should you do if you see your goal is not protected? What does it mean to "tackle the ball?" How can you poke tackle the ball away from the opponent?

ANSWERS: Move so you are blocking the goal. Get close enough to the ball so you can touch it. Once there, either poke the ball away from the opponent by kicking it out of their reach or put your foot close to the ball to block it from being kicked forward. If you are approaching the dribbler from an angle, once you move slightly in front of the dribbler, reach your foot close to the ball and poke it away with your toe.

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 instead of 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 of the training session?**
2. **What did you do well?**
3. **What could you do better?**