

Fall 2020



GOAL:

PLAYER ACTIONS

KEY QUALITIES

MOMENT

Prevent Goals

Protect the goal, Steal the ball

Read and understand the game, Focus

Defending

DURATION

60 minutes

PLAYERS

8-12

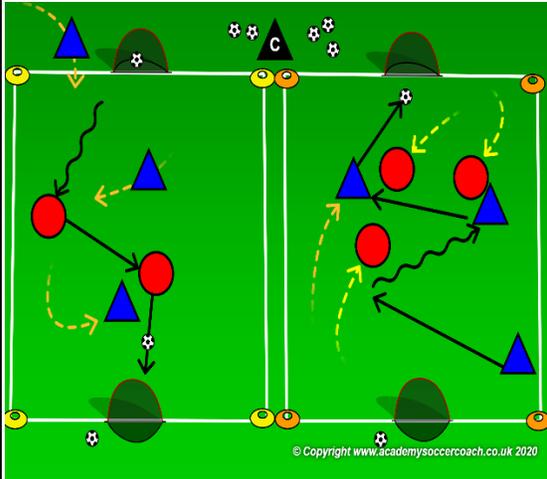
U8

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 back

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? Where should you go if you see the opponent with the ball is closer to your goal than you are?

ANSWERS: Move your body so it is between the ball and your goal. Get back so you are closer to the goal and steal the ball if you can.

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: Guard the Goals

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



OBJECTIVE: Protect the goals from opponents trying to score

PLAYER ACTIONS: Protect your goal, Steal the ball

ORGANIZATION: In a 25Wx35L grid, with several 3-yard triangular shaped goals, the coach will select enough defenders so there is 1 less defender than goals. The rest of the players have a partner & a soccer ball to share. The players with soccer balls try to dribble or pass into or through as many goals as they can in 1 minute. The defenders must guard all the goals & tackle the ball away if a team tries to score. **Rules:** Defenders cannot enter the triangles. If an attacking team can stop the ball with a triangle, they can stop to rest or plan where to attack next. If a defender steals their ball, the attacking team loses all their goals and must start counting over again.

KEY WORDS: block your goal, win the ball

GUIDED QUESTIONS: how do you know where the attackers are? Where can you move to if you see your goal is safe, but another goal is not protected? How do tackle the ball away from the attacker?

ANSWERS: It helps to keep your head up & look around to see if an attacker is coming toward your goal. Try to move your body so you are between the attacker with the ball & the goal he/she is trying to score in. Get close the attacker then either poke the ball away with your toe or put your foot in front of the ball to keep it from going forward.

Note: Remember to focus on the defending players. If a team stops in a triangle, they can no longer score until they come out. What can the defenders to protect a different goal when they do come out?

LESS CHALLENGING: Guard the Goals - Tag

DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.



OBJECTIVE: Protect the goals from opponents trying to score

PLAYER ACTIONS: Protect your goal

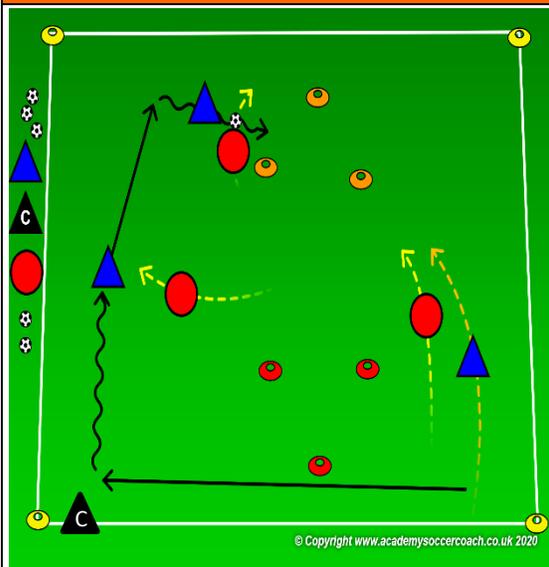
ORGANIZATION: In a 25Wx35L grid, with two x 3-yard triangular shaped goals, the coach will select 2 defenders to guard the goals; 1 defender guards each goal. The rest of the players have a partner & a soccer ball to share. The players with soccer balls try to dribble or pass into or through as many goals as they can in 1 minute. The defenders must guard all the goals & can poke the ball away or simply tag the attacker with the ball. **Rules:** Defenders cannot enter the triangles. If an attacking team can stop the ball with a triangle, they can stop to rest or plan where to attack next. If a defender pokes the ball away from the attackers or can tag the player with the ball, the attacking team loses all their goals and must start counting over again.

KEY WORDS: block your goal, poke the ball away

GUIDED QUESTIONS: When should you stay close to your goal? What can you do if the attacking player kicks the ball too far in front of them & you think you can get to it first? How do tackle the ball away from the attacker?

ANSWERS: If the attackers start to get close to your goal, stay back to block your goal. If an attacker kicks the ball too far in front of them, step closer to it to poke the ball away. Get close the attacker then either poke the ball away with your toe or put your foot in front of the ball to keep it from going forward.

Note: Remember to focus on the defending players. If a team stops in a triangle, they can no longer score until they come out. What can the defenders to protect a different goal when they do come out? Coaches can partner with an attacking player if need be but allow the players to take on the role of defenders.

MORE CHALLENGING: Guard the Goals 3v3**DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.****OBJECTIVE:** Protect the goal from opponents trying to score**PLAYER ACTIONS:** Protect your goal, Steal the ball

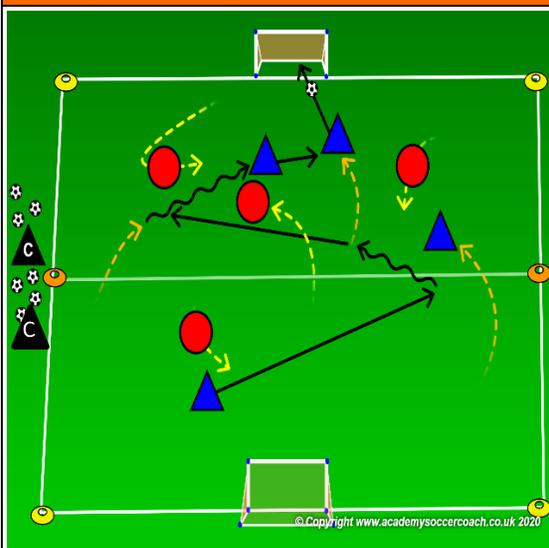
ORGANIZATION: In a 25Wx35L grid, with two x 3-yard triangular shaped goals; 1 in each half of the field, the coach will select 2 teams of 3 players each. Each team scores in 1 goal & defends the other. The team with the ball tries to score by passing or dribbling through the opponent's goal. If the team without the ball steals the ball, they will attack the goal on the other end of the field. **Rules:** Defending team cannot enter the triangular goal they are defending. If a team scores, they leave the soccer ball for the opponents, drop back and protect their goal & meanwhile, the attacking team can try to score before they set up

KEY WORDS: block your goal, win the ball

GUIDED QUESTIONS: When should 2 defenders be close together? Where should the 3rd defending player go if his/her teammates are already protecting the goal? How do tackle the ball away from the attacker?

ANSWERS: If the attacking team has more players in one area of the field, the defending team may want to send another player over to help. If 2 of your teammates are close to the ball, try to find another opening either to the goal or to an opponent to close. Try to win the ball if they try to play it through the opening. Get close the attacker then either poke the ball away with your toe or put your foot in front of the ball to keep it from going forward.

Note: Remember to focus on the defending players. Help the team without the ball identify moments to protect their goal or steal the ball. U8 players could struggle to remain focused when they do not have the ball so encourage them to stay alert so they can steal 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 is your first job if you or your teammate loses the ball? If your teammate is blocking the goal, where should you go?

ANSWERS: The moment your team loses the ball, the first job for everyone on your team is to make sure your goal is protected. If your teammate is already protecting the goal, move between another opponent & the goal in case it is passed to them.

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

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