

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

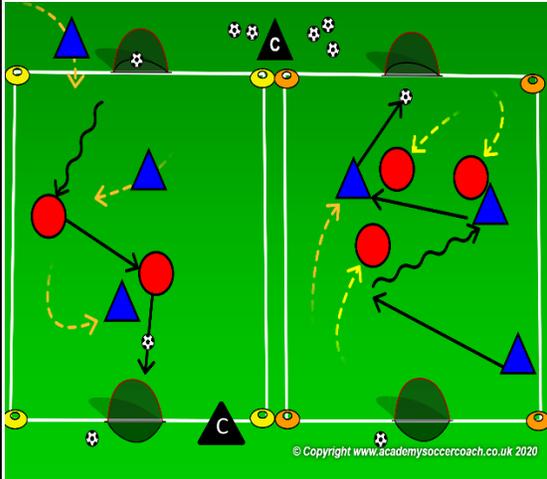
U8

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 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

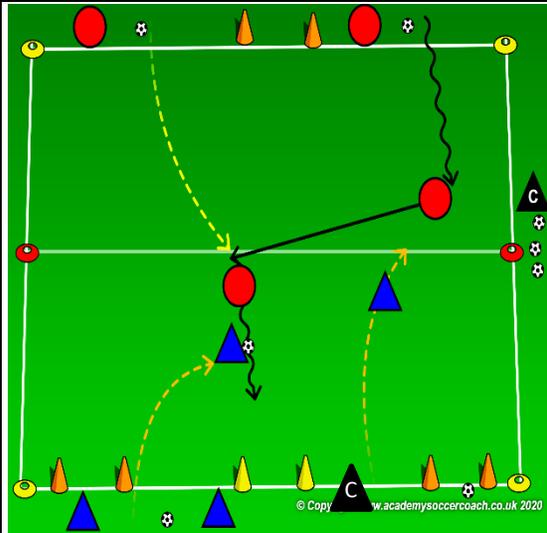
GUIDED QUESTIONS: What should you do if you see your goal is not protected? Where should you go if you see the opponent with the ball is closer to your goal than you are?

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: 2v2 Defend 3 Goals - Counter to 1

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: Divide your 15Wx25L grid, with 3 small goals on one end line and 1 goal on the other, play a 2v2 game. Half the team starts on one end line and half on the other. The team defending the single goal starts with the ball. 2 players from the attacking team enter the field. As soon as they enter, 2 players from the opposite end also enter the field. The team who starts with the ball can attack any of the 3 goals on their opponent's end line. If the defending team wins the ball, they can attack the single goal. **RULES:** defending team cannot enter the field until the attacking team takes their first touch on the soccer ball. Game last for 1 minute. Coach can serve another ball onto the field if the game ball leaves the field or is scored. Multiple goals can be scored within 1 minute. After 1 minute, switch the players on the field and play again.

KEY WORDS: block your goal, win the ball

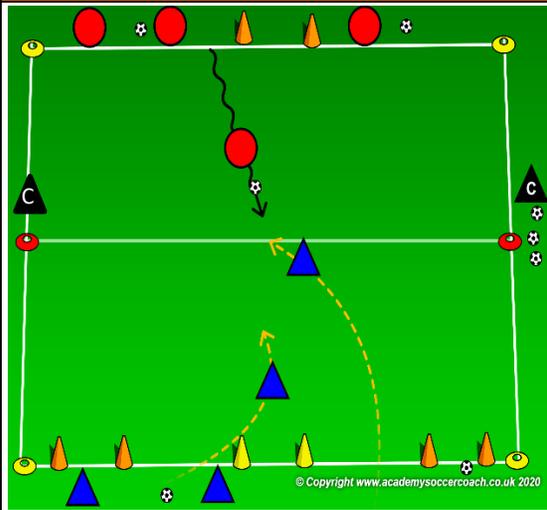
GUIDED QUESTIONS: Which of the 3 goals is most dangerous? Where should a defender be if a goal is dangerous? What should you do if the attacker kicks the ball too far in front of him/her?

ANSWERS: The goal closest to the ball is the most dangerous. Someone should try to block the goal so the attacker can't score. Step closer to the ball and try to poke tackle the ball away from the attacker.

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.

LESS CHALLENGING ACT.: 2v1 Defend 3 Goals - Counter to 1

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



OBJECTIVE: Protect the goals from opponents trying to score

PLAYER ACTIONS: Protect your goal, Steal the ball

ORGANIZATION: Divide your 15Wx25L grid, with 3 small goals on one end line and 1 goal on the other, play a 1v2 game. Half the team starts on one end line and half on the other. The team defending the single goal starts with the ball. 1 player from the attacking team enter the field. As soon as he/she touches the soccer ball, 2 players from the opposite end also enter the field. The team who starts with the ball can attack any of the 3 goals on their opponent's end line. If the defending team wins the ball, they can attack the single goal. **RULES:** defending team cannot enter the field until the attacking team takes their first touch on the soccer ball. Game last for 30 seconds or until a goal is scored or the ball leaves the playing area. Once the game is over, all players exit the field & a new round begins with new players.

KEY WORDS: block your goal, win the ball

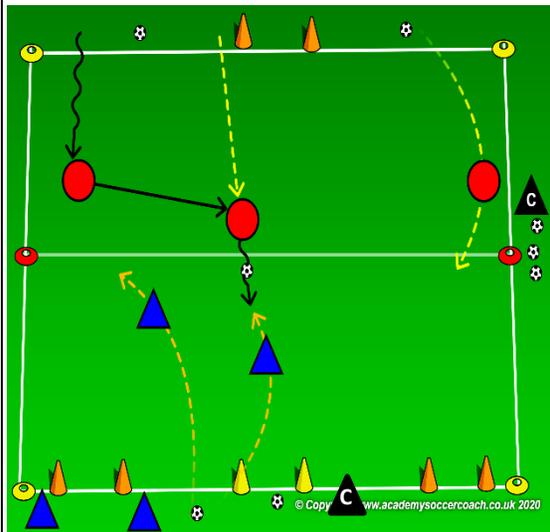
GUIDED QUESTIONS: Which of the 3 goals is most dangerous? Where should a defender be if a goal is dangerous? What should you do if the attacker kicks the ball too far in front of him/her?

ANSWERS: The goal closest to the ball is the most dangerous. Someone should try to block the goal so the attacker can't score. Step closer to the ball and try to poke tackle the ball away from the attacker.

Note: After several rounds, switch who is attacking and who is defending. A tendency is to coach the attacking player or team since they only have 1. This is a defending session, so the emphasis is on the players who start as defenders. What can they do to cooperate and defend the goals?

MORE CHALLENGING ACT.: 2v3 Defend 3 Goals - Counter to 1

DURATION: 18 min.-INT.: 6 – ACT.: 2 min - REST: 1 min.



OBJECTIVE: Protect the goals from opponents trying to score

PLAYER ACTIONS: Protect your goal, Steal the ball

ORGANIZATION: Divide your 15Wx25L grid, with 3 small goals on one end line and 1 goal on the other, play a 2v3 game. Half the team starts on one end line and half on the other. The team defending the single goal starts with the ball. 3 players from the attacking team enter the field. As soon as they enter, 2 players from the opposite end also enter the field. The team who starts with the ball can attack any of the 3 goals on their opponent's end line. If the defending team wins the ball, they can attack the single goal. **RULES:** defending team cannot enter the field until the attacking team takes their first touch on the soccer ball. Game last for 1 minute. Coach can serve another ball onto the field if the game ball leaves the field or is scored. Multiple goals can be scored within 1 minute. After 1 minute, switch the players on the field and play again.

KEY WORDS: block your goal, win the ball

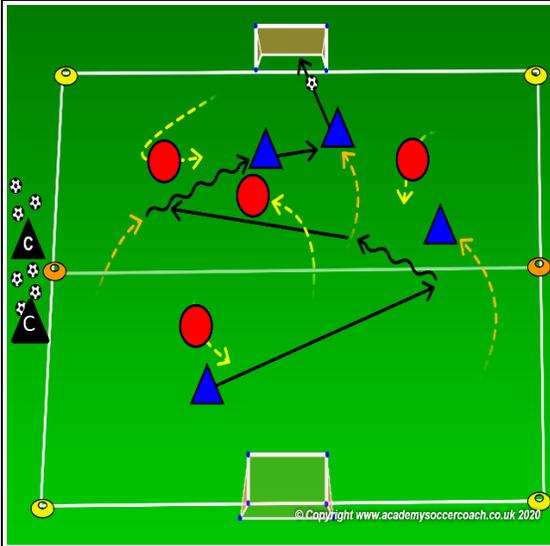
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ANSWERS: The goal closest to the ball is the most dangerous. Someone should try to block the goal so the attacker can't score. Step closer to the ball and try to poke tackle the ball away from the attacker.

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.

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: Which of the 3 goals is most dangerous? Where should a defender be if a goal is dangerous? What should you do if the attacker kicks the ball too far in front of him/her?

ANSWERS: The goal closest to the ball is the most dangerous. Someone should try to block the goal so the attacker can't score. Step closer to the ball and try to poke tackle the ball away from the attacker.

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?**