AGE GROUP: 9U-10U

GOAL: Improve preventing the opponent from scoring goals

PLAYER ACTIONS: Protect the goal, Make and Keep it compact, Pressure cover and balance

KEY QUALITIES: Read the game, Be proactive, Focus

Fall 2019

7v7

MOMENT Attacking DURATION PLAYERS
7v7

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): 3v3 to Goal

OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: Set up two or more 18Wx20L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together

Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 5v4 to Goal and an End Zone

OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: Set up a 40Wx24L field with a two-yard end zone. Select 4 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 5v3 to Goal and an End Zone

OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: Set up a 40Wx24L field with a two-yard end zone. Select 3 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

Note – Switch to this activity if the CORE is too difficult for the players.
FIVE ELEMENTS of TRAINING EXERCISE | TRAINING SESSION SELF-REFLECTION QUESTIONS

1. Organized: Is the exercise organized in the right way?
   1. Did you achieve your goals of the training session?

2. Game like: Is the exercise game like?
   2. What did you do well?

3. Repetitions: Are there repetitions when looking at the overall goal of the session?
   3. What could you do better?

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?