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|-----------------------|--|-----------------|---------------|----------------|------------------|
| GOAL: | Improve preventing the opponent from building up in their own half - 1 | | | | AGE GROUP |
| PLAYER ACTIONS | Protect the goal, Steal the ball, Pressure, Cover & Balance | | | | 9U-10U |
| KEY QUALITIES | Make decisions, Focus, Optimal physical abilities | | | | |
| MOMENT | Defending | DURATION | 60 min | PLAYERS | 12 |
| | | | | | 7v7 |

1st PLAY PHASE (Intentional Free Play): 3v3 to Goal | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball in the opponent's half.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. Why should you block the way forward? 2. Who pressures the ball? 3. When is a good time to steal the ball?

ANSWERS: 1. To protect the goal - 2. The defender closest to the ball - 3. When the defender is close enough to tackle it or poke it.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

PRACTICE (Core Activity): 3v4 to Goal & Small Goal | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball closer to the opponent's goal.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In the attacking half of a 7v7 field, set up a 32Wx30L field with a regular goal and two small goals as shown. The 3 Blue defenders score in the regular goal, Red team scores by passing into either small goal. Play with the build out line. Rotate players every round.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. How can we prevent the opponent from playing forward? 2. What can the defender in front of the ball do? 3. Why should the other defenders provide coverage and balance?

ANSWERS: 1. Get in front of the ball and protect the goal - 2. Pressure the attacker and try to steal the ball - 3. To close the openings and any other forward option.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

PRACTICE (Less Challenging): 3v3 to Goal & Small Goal | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball closer to the opponent's goal.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In the attacking half of a 7v7 field, set up a 32Wx30L field with a regular goal and two small goals as shown. The 3 Blue defenders score in the regular goal, Red team scores by passing into either small goal. Play with the build out line. Rotate players every round.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. Why should you block the way forward? 2. Who pressures the ball? 3. When is a good time to steal the ball? 4. Who provides cover?

ANSWERS: 1. To protect the goal - 2. The defender closest to the ball - 3. When I am close enough to tackle it or poke it - 4. Defender closest to the defender pressing the ball.

Note: Switch to this activity if the Core is too difficult for the players.

PRACTICE (More Challenging): 3v5 to Goal & Small Goal | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball closer to the opponent's goal.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In the attacking half of a 7v7 field, set up a 32Wx30L field with a regular goal and two small goals as shown. The 3 Blue defenders score in the regular goal, Red team scores by passing into either small goal. Play with the build out line. Rotate players every round.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. How can we prevent the opponent from playing forward? 2. What can we do once in front of the ball? 3. What should the other defenders do to help close the openings?

ANSWERS: 1. Get in front of the ball and protect the goal - 2. Pressure the attacker and try to steal the ball - 3. Provide cover and balance.

Note: Switch to this activity if the Core is too easy for the players.



OBJECTIVE: To regain the ball closer to the opponent's goal.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue and Red teams will play in a 1-2-1-2 formation.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. How can we prevent the opponent from playing forward? 2. What can we do once in front of the ball? 3. What should the other defenders do to help close the openings?

ANSWERS: 1. Get in front of the ball and protect the goal - 2. Pressure the attacker and try to steal the ball - 3. Provide cover and balance if possible.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?