**PRACTICE (Core Activity): 6v7 to Goal & 3 Small Goals**

**OBJECTIVE:** To pressure the ball in the opponent’s half in order to deny penetration and regain the ball.

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

**ORGANIZATION:** In the attacking half of an 11v11 field, set up a 70Wx60L field with a regular goal and three small goals. The 6 Blue attackers score in the regular goal, Red team scores by passing into one of the three small goals. Rotate players every round.

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

**GUIDED QUESTIONS:** 1. Who should close the direct way or opening to goal? 2. When is a good time to steal the ball? 3. Who should block the way to the goal?

**ANSWERS:** 1. The closest defender should get in front of the ball to protect the goal. 2. When the defender is close enough to tackle it or poke it - 3. Right behind the defender providing cover and balance.

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

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**PRACTICE (Less Challenging): 6v7 to Goal & 3 Small Goals**

**OBJECTIVE:** To pressure the ball in the opponent’s half in order to deny penetration and regain the ball.

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

**ORGANIZATION:** In the attacking half of a 11v11 field, set up a 70Wx60L field with a regular goal and three small goals. The 6 Blue attackers score in the regular goal, Red team scores by passing into one of the three goals. Rotate players every round.

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

**GUIDED QUESTIONS:** 1. Who should close the direct way or opening to goal? 2. When is a good time to steal the ball? 3. Where should the other defenders be if one defender is trying to steal the ball?

**ANSWERS:** 1. The closest defender should get in front of the ball to protect the goal - 2. When the defender is close enough to tackle it or poke it - 3. Right behind the defender providing cover and balance.

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

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**PRACTICE (More Challenging): 6v8 to Goal & 3 Small Goals**

**OBJECTIVE:** To pressure the ball in the opponent’s half in order to deny penetration and regain the ball.

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

**ORGANIZATION:** In the attacking half of an 11v11 field, set up a 70Wx60L field with a regular goal and three small goals. The 6 Blue attackers score in the regular goal, Red team scores by passing into one of the three goals. Rotate players every round.

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

**GUIDED QUESTIONS:** 1. Who should close the direct way or opening to goal? 2. When can the defender try to steal the ball? 3. How can the other defenders help the pressing defender?

**ANSWERS:** 1. The closest defender should get in front of the ball to protect the goal - 2. When the defender is close enough to tackle it or poke it - 3. Right behind the defender providing cover and balance.

**Note:** Switch to this activity if the Core is too easy for the players.
**OBJECTIVE:** To pressure the ball in the opponent’s half in order to deny penetration and regain the ball.

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

**ORGANIZATION:** In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-2-3-3 formation and the Red team will play in 1-4-2-2 formation.

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

**GUIDED QUESTIONS:** 1. How do you make it difficult for the opponent to play forward? 2. Once we are compacted what should the defenders do?

**ANSWERS:** 1. The closest defender to the ball gets in front of the ball to protect the goal - 2. The closest defender to the ball pressures it, the defenders behind provide cover and the farthest defender provides balance.

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

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**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 there the right balance between being successful and unsuccessful?)

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

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**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?**