

	GOAL:	Improve preventing the opponent from building up in their own half - 1					U11-U12 9v9
	PLAYER ACTIONS	Protect the goal, Steal the ball, Pressure, Cover & Balance					
	KEY QUALITIES	Make decisions, Focus, Optimal physical abilities					
	MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS	16	

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: 5 min --REST: 1.5 min**



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

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

ORGANIZATION: In the opponent's half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Prevent, Pinch, Harass and Help.

GUIDED QUESTIONS: 1. What can we do to prevent the pass forward? 2. When is a good time to pinch the ball from the attacker? 3. What should we do harass the attacker with the ball?

ANSWERS: 1. Protect the goal by placing a defender between the ball and the goal - 2. Steal the ball when the attacker has a bad first touch or receiving facing their own goal - 3. Pressure the attacker.

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.

CORE ACTIVITY: 5v6 to goal and two targets **DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



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

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

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx43L field with a regular goal and a two target players as shown. The 5 Blue players: 1 midfielder, 2 wingers and 2 strikers will try to regain the ball and score in the regular goal. The 6 Red players: 1GK, 3 defenders and 2 midfielders will try to score by passing to one of the target players. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Prevent, Pinch, Harass and Help.

GUIDED QUESTIONS: 1. Who and how should we be preventing the forward pass? 2. When is a good time to harass the attacker with the ball? 3. Who should help the pressing defenders?

ANSWERS: 1. The closest defender to the ball should protect the goal by getting in between the ball and goal - 2. Pressure the attacker at the moment of receiving the ball or just before - 3. All the other defenders should provide 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.

LESS CHALLENGING: 3v3 to goal - a small 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 & Balance.

ORGANIZATION: In the opponent's half set up two 22Wx35L fields with a goal and two target players. The Blue team: 3 attackers against the Red Team: GK and two defenders. Blue team scores in the goal. Red scores by passing to one of the target players. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

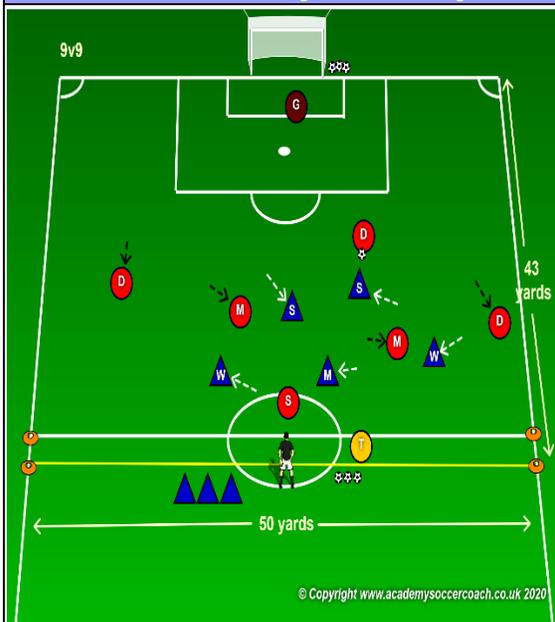
KEY WORDS: Prevent, Pinch, Harass and Help.

GUIDED QUESTIONS: 1. What can we do to prevent the pass forward? 2. When is a good time to pinch the ball from the attacker? 3. Who should harass the attacker with the ball? 4. How can the other defenders help the pressing defender?

ANSWERS: 1. We can protect the goal by placing a defender between the ball and the goal - 2. Pinch it or steal it in a bad first touch or receiving facing their own goal - 3. The closest defenders pressure the ball - 4. They provide cover and balance.

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

MORE CHALLENGING: 5v7 to goal and a target



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

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

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

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx30L field with a regular goal and a two target players as shown. The 5 Blue players: 1 midfielder, 2 wingers and 2 strikers will try to regain the ball and score in the regular goal. The 7 Red players: 1 GK, 3 defenders, 2 midfielders and 1 striker will try to score by passing to one of the target players. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Prevent, Pinch, Harass and Help.

GUIDED QUESTIONS: 1. Who and how should we be preventing the forward pass? 2. When is a good time to harass the attacker with the ball? 3. Who should help the pressing defenders?

ANSWERS: 1. The closest defender to the ball should protect the goal by getting in between the ball and goal - 2. Pressure the attacker at the moment of receiving the ball or just before - 3. All the other defenders should provide cover and balance.

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

2nd PLAY PHASE: The Game – 8V8



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

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

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

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-2-3-2 formation and the red team will play in 1-3-2-2 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Prevent, Pinch, Harass and Help.

GUIDED QUESTIONS: 1. What do we need to do to prevent the forward pass? 2. Who must harass the player with the ball? 3. Where should the other defenders be to help the pressing defender?

ANSWERS: 1. Protect the goal – 2. The closest defender pressures the ball and tries to steal it – 3. Behind the pressing defender providing cover and balance.

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

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