

 	GOAL:	Improve preventing the opponent from building up in their own half - 1								
	PLAYER ACTIONS	Pressure/cover/balance, stay compact, steal the ball								
	KEY QUALITIES	Focus, read the game, take initiative								
	AGE GROUP	U11-U12 / 9v9 / 16 Players	MOMENT	Defending	DURATION	60 minutes				
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3	
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description										
PRACTICE (Core Activity):		Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6	
		3v4 TO GOAL AND END ZONE: OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score. ORGANIZATION: Set up two 25Wx35L yard fields with a 6 yard cone goal and a 5 yard end zone. Place the goalkeeper between the cones, the three Red and Blue players inside the end zone. The game starts when the Server plays the ball in from behind the end zone. The Red team tries to get the ball and score by dribbling into the end zone. The Blue team tries to regain the ball and score in the Red team's goal. The Server plays another ball after a goal or the ball goes out at each end. Rotate the server every interval. KEY WORDS: Chase the ball, pressure, get the ball and work together. GUIDED QUESTIONS: 1.- What should you do as soon as the server passes the ball in? 2.- How do you prevent the Red team from going forward? 3.- Why do we need to form a compact block? ANSWERS: 1.- Go after the ball as a unit. 2.- Pressing the player with the ball, do not let him/her turn, work together to steal the ball 3.- To close any opening and force them to play sideways or backwards. NOTES: Start with the Core Activity . If it is too difficult, switch to the Less Challenging Activity . If it is too easy, switch to the More Challenging Activity .								
PRACTICE (Less Challenging):		Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6	
		3v3 TO GOAL AND END ZONE: OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score. ORGANIZATION: Set up two 25Wx35L yard fields with a 6 yard cone goal and a 5 yard end zone. Place the goalkeeper between the cones, two Red and three Blue players inside the end zone. The game starts when the Server plays the ball in from behind the end zone. The Red team tries to get the ball and score by dribbling into the end zone. The Blue team tries to regain the ball and score in the Red team's goal. The Server plays another ball after a goal or the ball goes out at each end. Rotate the server every interval. KEY WORDS: Chase the ball, pressure, get the ball and work together. GUIDED QUESTIONS: 1.- What should you do as soon as the server passes the ball in? 2.- How do you prevent the Red team from going forward? 3.- Why do we need to form a compact block? ANSWERS: 1.- Go after the ball as a unit. 2.- Pressing the player with the ball, do not let him/her turn, work together to steal the ball 3.- To close any openings and force them to play sideways or backwards. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .								
PRACTICE (More Challenging):		Duration:	24 min	Activity time:	7 min	Rest time:	1 min	Intervals	3	
		5v6 TO GOAL AND END ZONE: OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score. ORGANIZATION: Set up a 55Wx45L yard field with a regular goal and a 5 yard end zone. Place the goalkeeper in the goal, the five Red and Blue players inside the end zone. The game starts when the Server plays the ball in from behind the end zone. The Red team tries to get the ball and score by dribbling into the end zone. The Blue team tries to regain the ball and score in the Red team's goal. The Server plays another ball after a goal or the ball goes out at each end. Rotate the server every interval. KEY WORDS: Chase the ball, pressure, get the ball and work together. GUIDED QUESTIONS: 1.- What should you do as soon as the server passes the ball in? 2.- How do you prevent the Red team from going forward? 3.- Why do we need to form a compact block? ANSWERS: 1.- Go after the ball as a unit. 2.- Pressing the player with the ball, do not let him/her turn, work together to steal the ball 3.- To close any openings and force them to play sideways or backwards. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .								
2nd PLAY PHASE		8v8(1-2-2-3v1-3-2-2)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.										
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS					
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 					