

Fall 2020



GOAL:

Improve preventing the opponent from building up in their own half - 1

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

18

13+
11V11

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 our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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.

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CORE ACTIVITY: 6v7 to goals 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 a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores 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 defender?

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.

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LESS CHALLENGING: 4v4 to goal & target player

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 a 11v11 field, set up two 33Wx45L fields with a goal and a target player. The 4 Blue players will try to score in the goal. The GK and 3 Red players will score by passing to the target player. 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 defender pressures the ball - 4. They provide cover and balance.

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

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MORE CHALLENGING: 6v8 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 a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 8 Red players: 1 GK, 4 defenders and 3 midfielders. Blue team scores in the regular goal. Red team scores 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 defender?

ANSWERS: 1. The closest defender to the ball should protect the goal by getting in between the ball and the 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 – 9V9



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 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-2-3-3 formation and the Red teams will play 1-4-2-2 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?