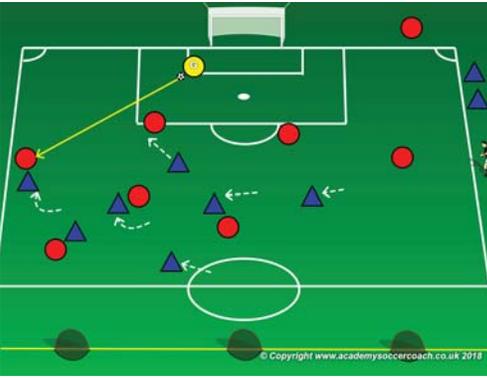


 	GOAL:	Improve preventing the opponent from building up in their own half - 1							
	PLAYER ACTIONS	Steal the ball, pressure cover and balance, outnumber the opponents							
	KEY QUALITIES	Read the game, take initiative, focus							
	AGE GROUP	U13+ / 11v11 / 18 Players	MOMENT	Defending	DURATION	60 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:	7 min	Rest time:	1 min	Intervals	8
		6v6 TO GOAL AND THREE COUNTER GOALS:							
<p>OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score.</p> <p>ORGANIZATION: In a 80Wx68L field with a regular goal on the end line and three counter goals past midfield. Play a 6v6, the Blue team scores in the regular goals and the Red team scores in either of the three counter goals. Rotate players every interval.</p> <p>KEY WORDS: Chase the ball, outnumber the opponent, pressure and cover.</p> <p>GUIDED QUESTIONS: 1.- Why should you try to win the ball 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?</p> <p>ANSWERS: 1.- To prevent them to build up, regains the ball and go to goal. 2.- Pressing the player with the ball and work together to steal the ball 3.- To take away any chance for them to play the ball forward and force them to play backwards or sideways.</p> <p>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.</p>									
PRACTICE (Less Challenging):		Duration:	24 min	Activity time:	4.5 min	Rest time:	1.5 min	Intervals	6
		3v3 TO GOAL AND END ZONE:							
<p>OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score.</p> <p>ORGANIZATION: Set up two 25Wx35L yard fields with a small goal at each end line. Play 4v4 game to score in the opponent's goal. If the defending team regains the ball in the attacking half and score, the goal is worth 100 points. Any other goal is 1 point. Rotate players every interval.</p> <p>KEY WORDS: Chase the ball, outnumber the opponent, pressure and cover.</p> <p>GUIDED QUESTIONS: 1.- Why should you try to win the ball 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?</p> <p>ANSWERS: 1.- To prevent them to build up, regains the ball and go to goal. 2.- Pressing the player with the ball and work together to steal the ball 3.- To take away any chance for them to play the ball forward and force them to play backwards or sideways.</p> <p>NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.</p>									
PRACTICE (More Challenging):		Duration:	24 min	Activity time:	7 min	Rest time:	1 min	Intervals	3
		7v8 TO GOAL AND 3 COUNTER GOALS:							
<p>OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score.</p> <p>ORGANIZATION: In a 80Wx68L field with a regular goal on the end line and three counter goals past midfield. Play a 6v6, the Blue team scores in the regular goals and the Red team scores in either of the three counter goals. Rotate players every interval.</p> <p>KEY WORDS: Chase the ball, outnumber the opponent, pressure and cover.</p> <p>GUIDED QUESTIONS: 1.- Why should you try to win the ball 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?</p> <p>ANSWERS: 1.- To prevent them to build up, regains the ball and go to goal. 2.- Pressing the player with the ball and work together to steal the ball 3.- To take away any chance for them to play the ball forward and force them to play backwards or sideways.</p> <p>NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.</p>									
2nd PLAY PHASE		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? 				