

	<b>GOAL:</b>	Improve preventing the opponent from building up in their own half - 2	<b>AGE GROUP</b>			
	<b>PLAYER ACTIONS</b>	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance	11U-12U			
	<b>KEY QUALITIES</b>	Read the game, Take initiative, Focus, Optimal physical abilities				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | 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, Make it compact, and Keep it compact.

**ORGANIZATION:** In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

**KEY WORDS:** Block the opening, Work together, Hassle the opponent.

**GUIDED QUESTIONS:** 1. How do we force the opponents to play sideways or backwards? 2. How do we need to work together?

**ANSWERS:** 1. Get the defender in front of the ball to protect the goal and block the way forward - 2. Moving together to close the opening by getting and staying compact.

**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.

**PRACTICE (Core Activity): 6v7 to Goal and Small Goals** | DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min



**OBJECTIVE:** Disrupt the opponent's build up to regain the ball closer to their goal.

**PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance.

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and two small goals as shown. The 6 Blue defenders score in the regular goal, Red team scores by passing into one of the small goals. Rotate players every round.

**KEY WORDS:** Block the opening, Work together, Hassle the opponent, Help to defend.

**GUIDED QUESTIONS:** 1. Why do we want a defender to get in front of the ball? 2. What do we need to do to close the openings? 3. If a defender is pressing the ball, what do the other defenders need to provide?

**ANSWERS:** 1. To protect the goal and prevent forward play - 2. Work together to get compact and stay compact. - 3. They need to 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.

**PRACTICE (Less Challenging): 6v5 to Goal & Small Goals** | DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and two small goals as shown. The 6 Blue defenders score in the regular goal, Red team scores by passing into one of the small goals. Rotate players every round.

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

**GUIDED QUESTIONS:** 1. How do we force the opponents to play sideways or backwards? 2. Why do we need to work together? 3. Who presses the attacker with the ball, and what do the other defenders do?

**ANSWERS:** 1. Get the defender in front of the ball to protect the goal and block the way forward - 2. To make it and keep it compact.- 3. The closest defender presses, the others provide cover and balance.

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

**PRACTICE (More Challenging): 6v8 to Goal & Small Goals** | DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the regular goal, Red team scores by passing into the small goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Block the opening, Work together, Hassle the opponent, Help to defend.

**GUIDED QUESTIONS:** 1. Why do we want a defender to get in front of the ball? 2. What do we need to do to close the openings? 3. If a defender is pressing the ball, what do the other defenders need to provide?

**ANSWERS:** 1. To protect the goal and prevent forward play - 2. Work together to get compact and stay compact. - 3. They need to provide cover and balance.

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



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

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

**ORGANIZATION:** In a 9v9 field (50Wx80L) play 9v9. The Blue team will play in a 1-2-3-2 formation. The Red team will play in 1-3-3-1.

**KEY WORDS:** Block the opening, Work together, Hassle the opponent, Help to defend.

**GUIDED QUESTIONS:** 1. When do we want a defender to get in front of the ball? 2. What do we need to do to close the openings? 3. If a defender is pressing the ball, what do the other defenders need to provide?

**ANSWERS:** 1. As soon as the attacker is receiving the ball. - 2. Work together to get compact and stay compact. - 3. They need to provide cover and balance.

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

### 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?

### 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?