

	<b>GOAL:</b>	Improve preventing the opponent from building up in their own half - 2				<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Steal the ball, Make it and Keep it compact, Pressure, Cover & Balance				13+
	<b>KEY QUALITIES</b>	Understand the game, Be proactive, Focus, Optimal physical abilities				
<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>18</b>	<b>11v11</b>

**1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games**      **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



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

**PLAYER ACTIONS:** Make it and keep it compact, Pressure, cover and balance.

**ORGANIZATION:** In the attacking half of an 11v11 field set up two 30Wx40L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. 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:** Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. How can we prevent the opponent from passing or dribbling forward? 2. What should the closest defender to the ball do? 3. Why do we want to drop behind the pressing defender?

**ANSWERS:** 1. Make it compact and keep it compact - 2. Pressure the player with the ball - 3. To provide cover and balance.

**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): 6v8 to Goal & 2 Small Goals**      **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



**OBJECTIVE:** To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

**PLAYER ACTIONS:** Steal the ball, Make it and keep it compact, Pressure, cover and balance.

**ORGANIZATION:** In the attacking half of an 11v11 field, set up a 70Wx65L field with a regular goal and two small goal. The 6 Blue attackers score in the regular goal, Red team scores by passing into one of the two goals. Rotate players every round.

**KEY WORDS:** Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. When can the defender try to steal the ball? 2. What should we do to obstruct the opponent from passing the ball forward? 3. What should the other defenders do to help?

**ANSWERS:** 1. Before it arrives to the attacker's feet, when the player has a bad 1<sup>st</sup> touch or the attacker is facing his/her own goal - 2. Make it compact and keep it compact - 3. 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): 6v8 to Goal & One Small Goal**      **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



**OBJECTIVE:** To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

**PLAYER ACTIONS:** Steal the ball, Make it and keep it compact, Pressure, cover and balance.

**ORGANIZATION:** In the attacking half of an 11v11 field, set up a 70Wx65L field with a regular goal and one small goal. The 6 Blue attackers score in the regular goal, Red team scores by passing into the small goal. Rotate players every round.

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

**GUIDED QUESTIONS:** 1. How can we prevent the opponent from passing or dribbling forward? 2. What should the closest defender to the ball do? 3. Why do we want to drop behind the pressing defender?

**ANSWERS:** 1. Make it compact and keep it compact - 2. Pressure the player with the ball and try to steal it - 3. To provide cover and balance.

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

**PRACTICE (More Challenging): 6v8 to Goal**      **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



**OBJECTIVE:** To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

**PLAYER ACTIONS:** Steal the ball, Make it and keep it compact, Pressure, cover and balance.

**ORGANIZATION:** In the attacking half of an 11v11 field, set up a 70Wx75L field with regular goals. The 6 Blue attackers score in the Red's team goal, Red team scores in the Blues team's goal. Rotate players every round.

**KEY WORDS:** Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. When can the defender try to steal the ball? 2. What should we do to obstruct the opponent from passing the ball forward? 3. What should the other defenders do to help?

**ANSWERS:** 1. Before it arrives to the attacker's feet, when the player has a bad 1<sup>st</sup> touch or the attacker is facing his/her own goal - 2. Make it compact and keep it compact - 3. Provide cover and balance.

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



**OBJECTIVE:** To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

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

**ORGANIZATION:** In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-2-3-3 formation and the Red team will play in 1-4-3-1 formation.

**KEY WORDS:** Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. How do the defenders make it difficult for the opponent to play forward? 2. What should the defender do now that we are organized in front of the ball? 3. What cues are we looking for to try to steal the ball? 4. Why should we try to win the ball close to the opponent's goal?

**ANSWERS:** 1. They make it compact and keep it compact in front of the ball to close any openings - 2. The closest defender to the ball pressures it, the rest provide cover and balance - 3. A pass we can intercept, the opponent's bad first touch and/or facing their own goal to receive the ball - 4. Because if we get the ball we can create a scoring opportunity.

**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?