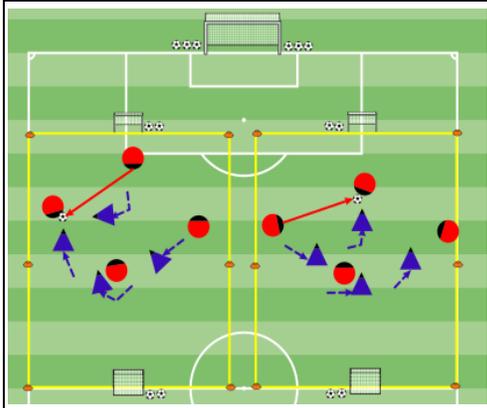


	GOAL:	Improve preventing the opponent from building up in their own half - 2				AGE GROUP
	PLAYER ACTIONS	Get and make it compact, Pressure, cover and balance, Outnumber the opponent				11U-12U
	KEY QUALITIES	Read the Game, Be proactive, Focus				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	16

1st PLAY PHASE (Intentional Free Play): 4v4 to Small Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

ORGANIZATION: Set up two or more 22Wx30L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

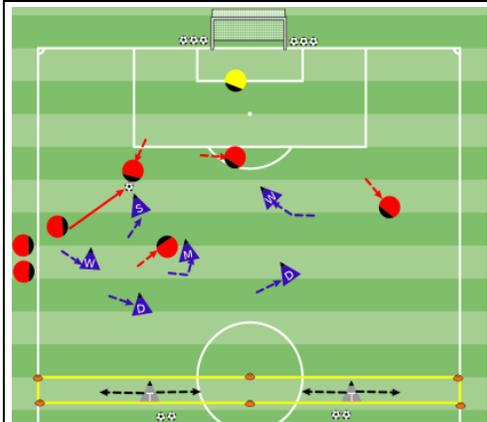
KEY WORDS: Condense, Attack the ball, Double team.

GUIDED QUESTIONS: 1. How can you make a condensed defensive block? 2. Who pressures the ball and who provides cover? 3. Why should you double team if you outnumber the opponent?

ANSWERS: 1. By getting and staying compact to close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. Because with a double team we can steal the ball.

Note - First break: Coach asks questions, players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 6v6 to Goal and 2 Target Players **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To keep the opposition from moving the ball forward and trying to regain the ball.

ORGANIZATION: Set up a 50Wx40L field with a regular goal and two target players as shown in the diagram. Select 5 Red attackers and their goalkeeper, and 6 Blue defenders. The Red team scores by passing to either target player. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

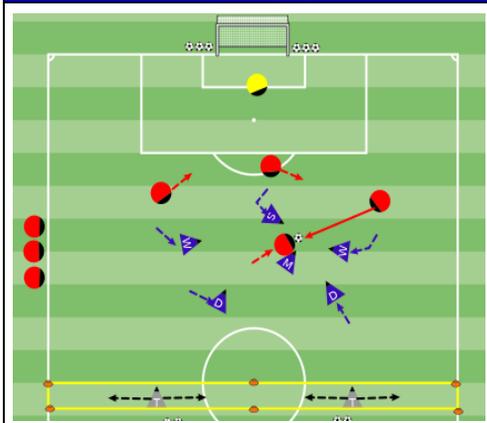
KEY WORDS: Condense, Attack the ball, Double team.

GUIDED QUESTIONS: 1. How can you make a condensed defensive block? 2. Who pressures the ball and who provides cover? 3. Why should you double team if you outnumber the opponent?

ANSWERS: 1. By getting and staying compact to close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. Because with a double team we have a good chance to steal the ball.

Note - Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 6v5 to Goal and 2 Target Players **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To keep the opposition from moving the ball forward and trying to regain the ball.

ORGANIZATION: Set up a 50Wx40L field with a regular goal and two target players as shown in the diagram. Select 4 Red attackers and their goalkeeper, and 6 Blue defenders. The Red team scores by passing to either target player. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Condense, Attack the ball, Double team.

GUIDED QUESTIONS: 1. How can you make a condensed defensive block? 2. Who pressures the ball and who provides cover? 3. Why should you double team if you outnumber the opponent?

ANSWERS: 1. By getting and staying compact to close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. Because with a double team we have a good chance to steal the ball.

Note - Switch to this activity if the CORE is too difficult for the players.

PRACTICE (More Challenging): 6v7 to Goal and 2 Target Players **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To keep the opposition from moving the ball forward and trying to regain the ball.

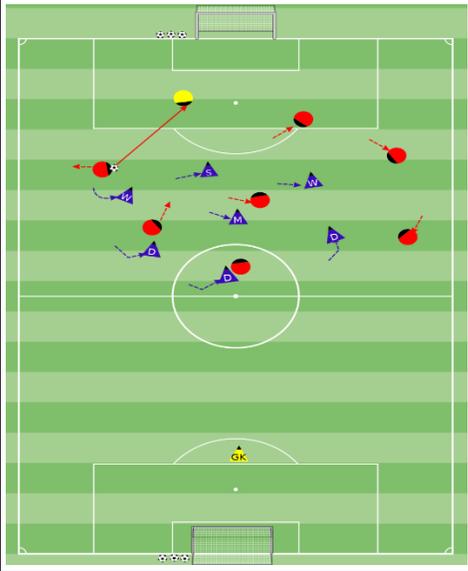
ORGANIZATION: Set up a 50Wx40L field with a regular goal and two target players as shown in the diagram. Select 6 Red attackers and their goalkeeper, and 6 Blue defenders. The Red team scores by passing to either target players. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Condense, Attack the ball, Double team.

GUIDED QUESTIONS: 1. How can you make a condensed defensive block? 2. Who pressures the ball and who provides cover? 3. Why should you double team if you outnumber the opponent?

ANSWERS: 1. By getting and staying compact to close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. Because with a double team we have a good chance to steal the ball.

Note - Switch to this activity if the CORE is not challenging enough.



OBJECTIVE: To keep the opposition from moving the ball forward and trying to regain the ball.

ORGANIZATION: In a 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the Red team will play in 1-3-3-1 formation.

KEY WORDS: Condense, Attack the ball, Double team.

GUIDED QUESTIONS: 1. How can you make a condensed defensive block? 2. Who pressures the ball and who provides cover? 3. Why should you double team if you outnumber the opponent?

ANSWERS: 1. By getting and staying compact to close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. Because with a double team we have a good chance to steal the ball.

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?