

Fall 2020



<b>GOAL:</b>	Improve preventing the opponent from building up in their own half - 2				U11-U12 9v9
<b>PLAYER ACTIONS</b>	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				
<b>KEY QUALITIES</b>	Improve preventing the opponent from building up in their own half - 2				
<b>MOMENT</b>	<b>DEFENDING</b>	<b>DURATION</b>	60 minutes	<b>PLAYERS</b>	

**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, Make it and Keep it compact, Pressure, Cover & Balance.

**ORGANIZATION:** In the opponent's half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. 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, Reduce, Hassel and Help.

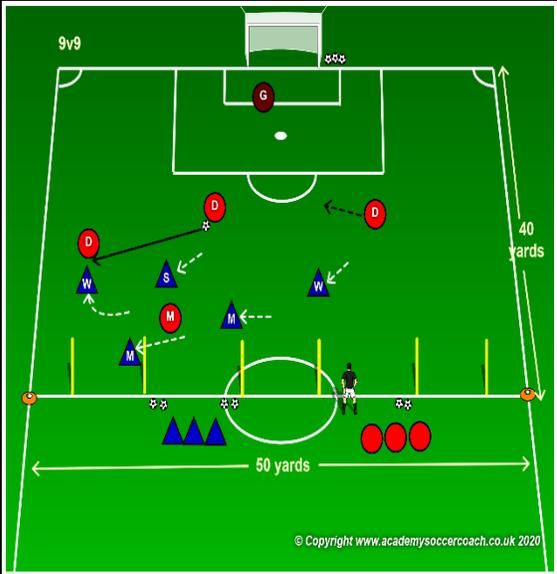
**GUIDED QUESTIONS:** 1. What are we doing when we prevent a forward pass? 2. Who should be preventing the forward pass? 3. How do we reduce the passing lanes?

**ANSWERS:** 1. We are protecting the goal by getting in front of the ball – 2. The closest defender to the ball by getting between the ball and the goal - 3. We will make it compact and stay 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.

**CORE ACTIVITY: 5v5 to goal & 3 dribbling gates**

**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 and Keep it compact, Pressure, Cover & Balance.

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and three 8 yard dribbling gates as shown. The 5 Blue players: 2 midfielders, 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The 5 Red players: 1GK, 3 defenders and 1 midfielder will try to score by dribbling through one of the three dribbling gates. 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, Reduce, Hassel and Help.

**GUIDED QUESTIONS:** 1. Where should you be to prevent the forward pass? 2. How can we reduce the passing lanes? 3. Who should hassle the player with the ball? 4. How do the other defenders help?

**ANSWERS:** 1. Get between the ball and the goal to protect the goal - 2. Make and keep compact - 3. The closest defender to the ball applies pressure - 4 They 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

**LESS CHALLENGING: 4v3 to goal - a small goal**

**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, Make it and Keep it compact, Pressure, Cover & Balance.

**ORGANIZATION:** In the opponent's half set up two 22Wx35L fields with a goal and two dribbling gates as shown. The Blue team: 4 players against the Red Team: 1GK and two attackers. Blue team scores in the goal. Red scores by dribbling in one of the two dribbling gates. 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.

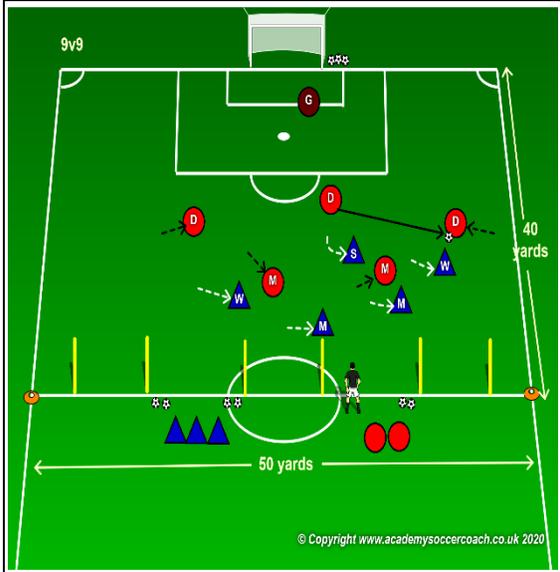
**KEY WORDS:** Prevent, Reduce, Hassel and Help.

**GUIDED QUESTIONS:** 1. What are we doing when we prevent a forward pass? 2. Who should be preventing the forward pass? 3. How do we reduce the passing lanes?

**ANSWERS:** 1. We are protecting the goal. – 2. The closest defender to the ball by getting between the ball and the goal - 3. We make it compact and stay compact.

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

**MORE CHALLENGING: 5v6 to goal & 3 dribbling gates**



**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 and Keep it compact, Pressure, Cover & Balance.

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and three 8 yard dribbling gates as shown. The 5 Blue players: 2 midfielders, 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The 5 Red players: 1GK, 3 defenders and 1 midfielder will try to score by dribbling through to one of the three dribbling gates. 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, Reduce, Hassel and Help.

**GUIDED QUESTIONS:** 1. Where should you be to prevent the forward pass? 2. How can we reduce the passing lanes? 3. Who should hassle the player with the ball? 4. How do the other defenders help?

**ANSWERS:** 1. Between the ball and the goal to protect the goal - 2. Make and keep compact - 3. The closest defender to the ball applies pressure - 4 They provide cover and balance.

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

**2nd PLAY PHASE: The Game - 8v8**



**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, Make it and Keep it compact, Pressure, Cover & Balance.

**ORGANIZATION:** In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-2-3-2 formation and the red team will play in 1-3-2-2 formation

**SKILL ACQUISITION:** Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

**KEY WORDS:** Prevent, Reduce, Hassel and Help.

**GUIDED QUESTIONS:** 1. How do you prevent the pass forward? 2. Where should we be to reduce the passing lanes? 3. What can the closest defender to the ball do to hassle the attacker now that we are compacted? 4. What do the other defenders do to help?

**ANSWERS:** 1. Place a defender in front of the ball to protect the goal - 2. We should be compacted in front of the ball - 3. Pressure the ball - 4. They provide 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?