**Fall 2020**

**GOAL:**
Improve preventing the opponent from building up in their own half

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

**KEY QUALITIES**
Read the game, Be Proactive, Optimal physical abilities

**MOMENT**
DEFENDING DURATION 60 minutes PLAYERS 18

**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 a 11v11 field, set up two 33Wx45L fields with a goal and a dribbling gate as shown. The 5 Blue players will score in the goal. The 4 Red players will score by dribbling through the 10-yard gate. 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. 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; this way, we 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 difficult or to the More Challenging if it is too easy.
**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?

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**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?