

Fall 2020



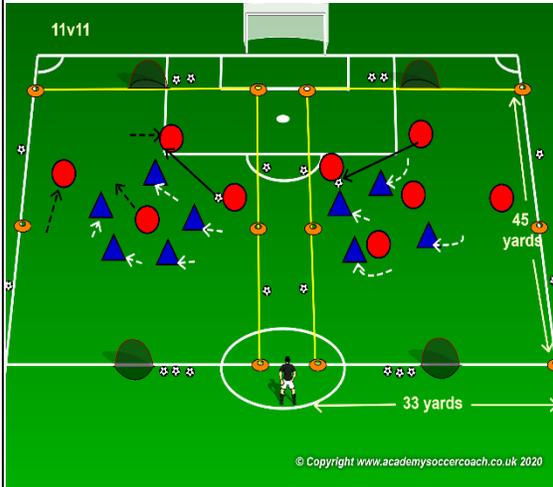
GOAL:	Improve preventing the opponent from building up in their own half - 2			
PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance			
KEY QUALITIES	Read the game, Be Proactive, Optimal physical abilities			
MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS
				18

13+
11V11

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 our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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 protects 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: 6v8 to goals & 2 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 a 11v11 field, set up a 70Wx60L playing area with a regular goal and two dribbling gates as shown. The 6 Blue players: 2 midfielders 2 wingers and 2 strikers against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by dribbling through one of the two 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; 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 the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 5v4 to goal & a dribbling gate

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 a 11v11 field, set up two 33Wx45L fields with a goal and a dribbling gate. 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. 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 protects the goal - 3. We will make it compact and stay compact.

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

MORE CHALLENGING: 6v7 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 a 11v11 field, set up a 70Wx60L playing area with a regular goal and three dribbling gates as shown. The 6 Blue players: 2 midfielders 2 wingers and 2 strikers against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by dribbling through one of the two 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; 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 easy for the players.

2nd PLAY PHASE: The Game – 9V9



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 11v11 field set up a 70Wx90L playing area for a 9v9. The Blue team will play 1-2-4-2 formation and the Red teams will play 1-4-3-1 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?