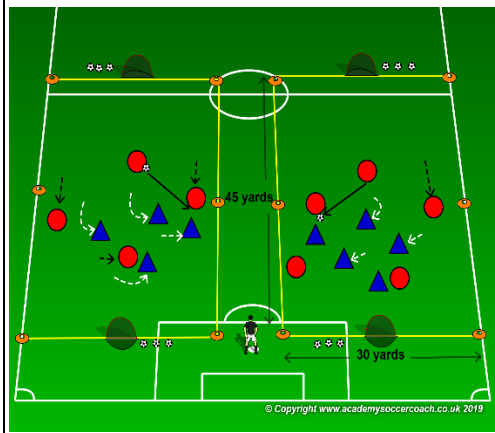
	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 1	AGE GROUP			
	PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance	13+			
	KEY QUALITIES	Read the game, Be pro-active, Focus				
	MOMENT	Defending	DURATION	60 min	PLAYERS	18

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



OBJECTIVE: Deny penetration to prevent scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure, cover and balance.

ORGANIZATION: In the attacking half of an 11v11 field set up two 30Wx45L 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.

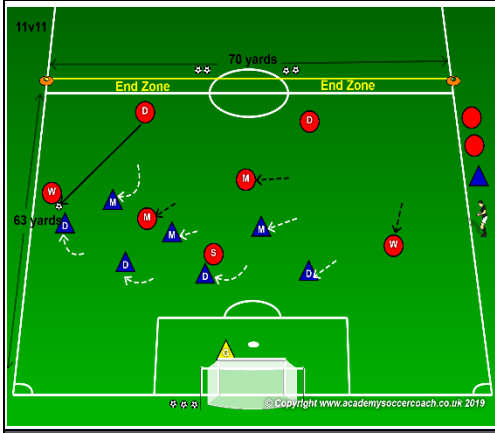
KEY WORDS: Block the way, Press, Close the openings.

GUIDED QUESTIONS: 1. How can we prevent the ball from moving forward? 2. Who should press the attacker with the ball? 3. What can we do to close the openings?

ANSWERS: 1. Block the way forward to protect the goal - 2. The defenders closest to the ball - 3. We need to make it and keep it compact to close the openings.

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): 8v7 to Goal & an End Zone **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5min -- **REST:** 1 min



OBJECTIVE: Deny penetration to prevent scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.

ORGANIZATION: In the defending half of an 11v11 field, set up a 70Wx60L field with a regular goal and 3 yard End Zone. The 7 Blue defenders score by dribbling into the end zone or passing to a player entering it., Red team scores in the regular goal. Rotate players every round.

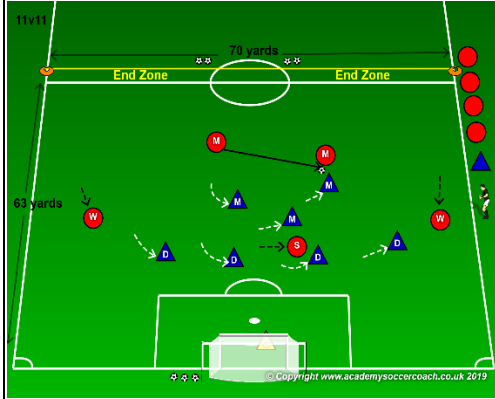
KEY WORDS: Block the way, Press, Close the openings.

GUIDED QUESTIONS: 1. Who should press the ball and block the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?

ANSWERS: 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive 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): 8v5 to Goal & an End Zone **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 min



OBJECTIVE: Deny penetration to prevent scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.

ORGANIZATION: In the defending half of an 11v11 field, set up a 70Wx60L field with a regular goal and a 3 yard End Zone. The 7 Blue defenders score by dribbling into the end zone or passing to a player entering it. Red team scores in the regular goal. Rotate players every round.

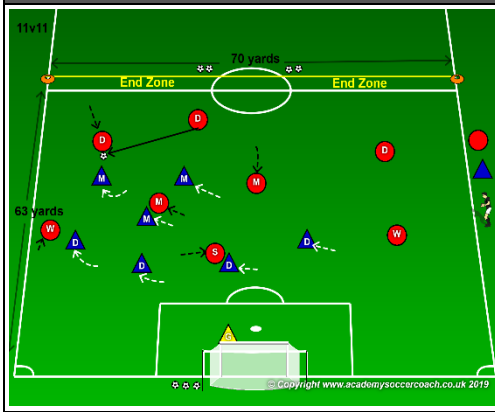
KEY WORDS: Block the way, Press, Close the openings.

GUIDED QUESTIONS: 1. How can we prevent the ball from moving forward? 2. Who should press the attacker with the ball? 3. What can we do to close the openings?

ANSWERS: 1. Block the way forward to protect the goal - 2. The defenders closest to the ball - 3. We need to make it and keep it compact to close the openings.

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

PRACTICE (More Challenging): 8v8 to Goal & an End Zone **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 min



OBJECTIVE: Deny penetration to prevent scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.

ORGANIZATION: In the defending half of an 11v11 field, set up a 70Wx60L field with a regular goal and 3 yard End Zone. The 7 Blue defenders score by dribbling into the end zone or passing to a player entering it. Red team scores in the regular goal. Rotate players every round.

KEY WORDS: Block the way, Press, Close the openings.

GUIDED QUESTIONS: 1. Who should press the ball and block the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?

ANSWERS: 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.

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



OBJECTIVE: Deny penetration to prevent scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.

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

KEY WORDS: Block the way, Press, Close the openings.

GUIDED QUESTIONS: 1. Why should we move together as a defensive block? 2. Once we are compacted what should the defenders do?

ANSWERS: 1. A compacted defensive block will make it difficult for the opponent to play the ball forward - 2. The closest defender to the ball pressures it, the defenders behind provide cover and the farthest defender provides balance.

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?