

Fall 2020



GOAL: Improve preventing the opponent from building up and creating scoring chances in our half - 1

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

KEY QUALITIES Understand the game, Focus, Optimal technical and physical abilities

MOMENT **Defending** **DURATION** **60 minutes** **PLAYERS** **12**

U9-U10

7v7

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: 2 min



OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance.

ORGANIZATION: In a 7v7 field set up two 19Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and 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: Shield, Compress, Press.

GUIDED QUESTIONS: 1. How do we shield the goal? 2. What do we need to compress the passing lanes forward? 3. Who presses the ball?

ANSWERS: 1. We protect the goal by getting a defender in front of the ball – 2. We need to make it compact and keep it compact – 3. Closest defender to the ball.

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: 3v3 to sm all goals

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance.

ORGANIZATION: In our own half set up two 19Wx25L fields with a goal at each end. Play 3v3. The Blue team: 3 players against the Red Team: 3 players. Each team tries to score in the opponent's goal. 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: Shield, Compress, Press, Help.

GUIDED QUESTIONS: 1. Who should shield the goal? 2. How can we close the passing lanes forward? 3. When should the defender on the ball should press the attacker? 4. How will the other defenders help to regain the ball.

ANSWERS: 1. The closest defender to the ball should get in between the ball and the goal to protect it - 2. We should make it compact and stay compact behind the defender on the ball - 3. When the other defenders are already compacted behind him/her - 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: 3v2 to sm all goals

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance.

ORGANIZATION: In our own half set up two 19Wx25L fields with a goal at each end. Play 3v2. The Blue team: 3 players against the Red Team: 2 players. Each team tries to score in the opponent's goal. 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: Shield, Compress, Press.

GUIDED QUESTIONS: 1. How do we shield the goal? 2. What do we need to compress the passing lanes forward? 3. Who presses the ball?

ANSWERS: 1. We protect the goal by getting a defender in front of the ball – 2. We need to make it compact and keep it compact – 3. Closest defender to the ball.

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

MORE CHALLENGING: 4v5 to 4 small goals



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance.

ORGANIZATION: In a 7v7 field, set up a 40Wx25L playing area with 2 small goals in each end line. The 4 Blue players: 3 defenders and 1 midfielder against 5 Red players: 1 defender, 1 midfielder, 2 wingers and 1 striker. Blue and Red try to score in any of the two small goals. Play with a build out line. All Laws of the game in effect. 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: Shield, Compress, Press, Help.

GUIDED QUESTIONS: 1. Who should shield the goal? 2. How can we close the passing lanes forward? 3. When should the defender on the ball press the attacker? 4. How will the other defenders help to regain the ball.

ANSWERS: 1. The closest defender to the ball should get in between the ball and the goal to protect it - 2. We should make it compact and stay compact behind the defender on the ball - 3. When the other defenders are already compacted behind him/her - 4. They provide cover and balance.

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

2nd PLAY PHASE: The Game – 6V6



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.

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

KEY WORDS: Shield, Compress, Press, Help.

GUIDED QUESTIONS: 1. Who should shield the goal? 2. How can we close the passing lanes forward? 3. When should the defender on the ball should press the attacker? 4. How will the other defenders help to regain the ball.

ANSWERS: 1. The closest defender to the ball should get in between the ball and the goal to protect it - 2. We should make it compact and stay compact behind the defender on the ball - 3. When the other defenders are already compacted behind him/her - 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?**