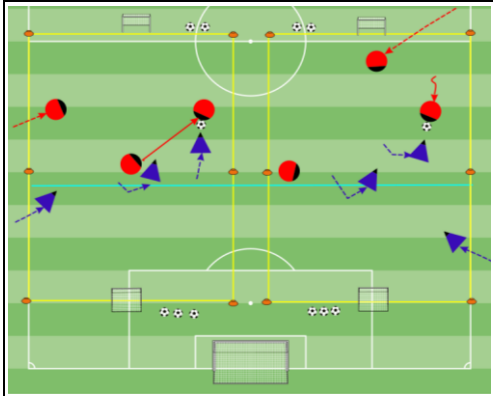
	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 1				AGE GROUP
	PLAYER ACTIONS	Protect the goal, Get and make it compact, Pressure, cover and balance				9U-10U
	KEY QUALITIES	Understand the game, Focus, Optimal technical abilities				
	MOMENT	Defending	DURATION	60 min	PLAYERS	12

1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back.

ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

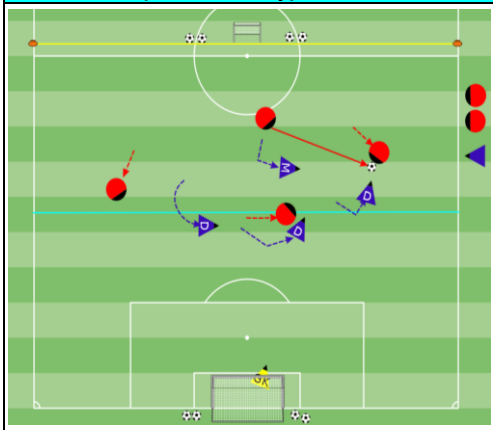
KEY WORDS: Obstruct the ball, Attack the ball.

GUIDED QUESTIONS: 1. Why should you block the way forward? 2. Who should pressure the ball and provide cover?

ANSWERS: 1. To protect the goal. 2. The closest defender to the ball, the defenders behind him/her provides the cover.

Note - First break: Coach asks questions, players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 5v4 to Goal and One Counter Goal **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back.

ORGANIZATION: Set up a 40Wx33L field with a regular goal and one counter goal. Select 4 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

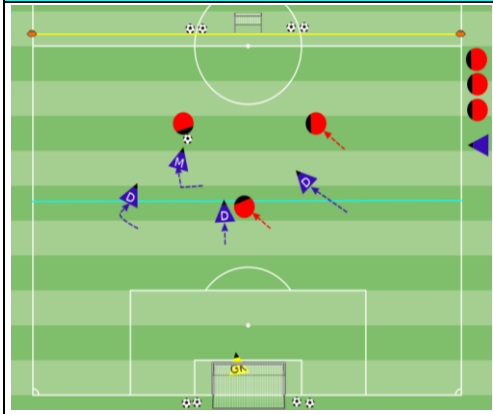
KEY WORDS: Obstruct the ball, Attack the ball, Get together.

GUIDED QUESTIONS: 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

ANSWERS: 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

Note - Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 5v3 to Goal and One Counter Goal **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back.

ORGANIZATION: Set up a 40Wx33L field with a regular goal and one counter goal. Select 3 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

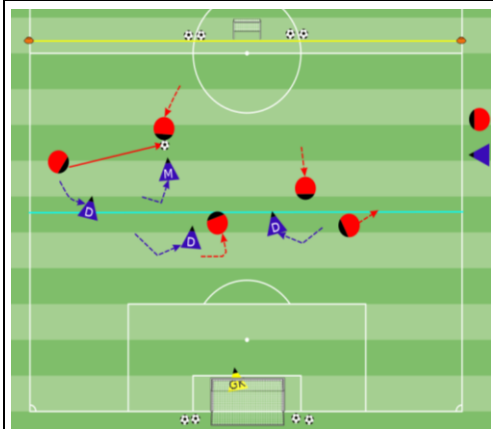
KEY WORDS: Block the ball, Attack the ball, Get and keep it compact.

GUIDED QUESTIONS: 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

ANSWERS: 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

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

PRACTICE (More Challenging): 5v5 to Goal and One Counter Goal **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back.

ORGANIZATION: Set up a 40Wx33L field with a regular goal and one counter goal. Select 4 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the ball, Attack the ball, Get and keep it compact.

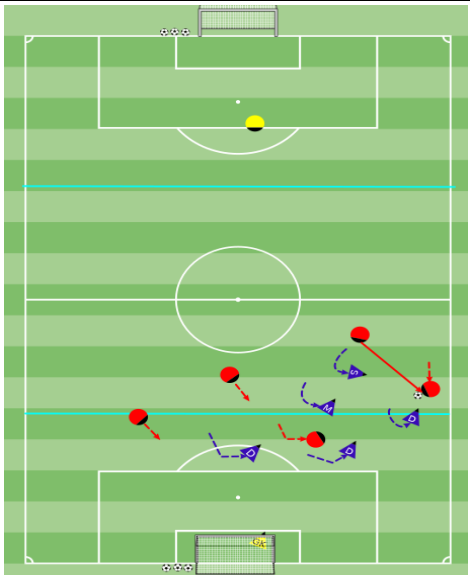
GUIDED QUESTIONS: 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

ANSWERS: 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

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

2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)

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



OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in 1-3-1-1 formation and the Red team will play in 1-2-3 formation.

KEY WORDS: Block the ball, Attack the ball, Get and keep it compact.

GUIDED QUESTIONS: 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

ANSWERS: 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

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?