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

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

**KEY QUALITIES:** Understand the game, Focus, Optimal technical abilities

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

**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**

**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**

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

**Organization:** In a 7v7 field (40W x 60L) 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.

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**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?

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**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?