
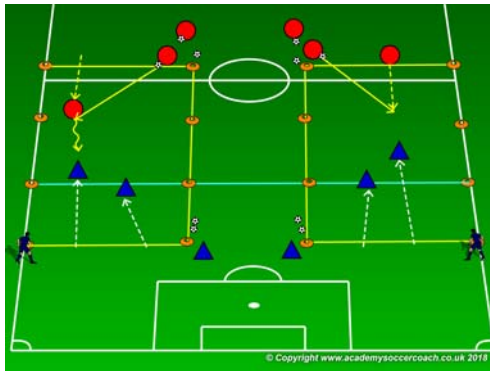



|   |                       |  |               |                       |   |                   |         |                  |    |
|---|-----------------------|--|---------------|-----------------------|---|-------------------|---------|------------------|----|
|    | <b>GOAL:</b>          | Improve preventing the opponent from building up and creating scoring chances in our half - 1  |               |                       |   |                   |         |                  |    |
|   | <b>PLAYER ACTIONS</b> | Outnumber the opponent, steal the ball, pressure/cover/balance   |               |                       |   |                   |         |                  |    |
|   | <b>KEY QUALITIES</b>  | Decision making, take initiative, focus  |               |                       |   |                   |         |                  |    |
|   | <b>AGE GROUP</b>      | U9-U10 / 7v7 / 12 Players  | <b>MOMENT</b> | Defending             | <b>DURATION</b>   | 60 minutes        |         |                  |    |
| <b>1<sup>st</sup> PLAY PHASE</b>  | 1v1, 2v1, 2v2...3v3   | <b>Duration:</b>   | 9 min         | <b>Activity time:</b> | 2.5 min   | <b>Rest time:</b> | 30 sec  | <b>Intervals</b> | 3  |
| As players arrive, play Small Sided Games (1v1 -4v4) please visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description  |                       |  |               |                       |   |                   |         |                  |    |
| <b>PRACTICE (Core Activity):</b>  |                       | <b>Duration:</b>   | 24            | <b>Activity time:</b> | 2 min   | <b>Rest time:</b> | 2 min   | <b>Intervals</b> | 6  |
|   |                       | <b>2v2 TO END LINES:</b><br><b>OBJECTIVE:</b> To outnumber the opponent, win the ball back and score.<br><b>ORGANIZATION:</b> Set up two 18Wx25L yard fields. Place the Red team on one end line and the Blue team on the other. Play 2v2. The game starts when the Red team dribbles the ball into the field or passes to his/her partner. Both teams try to score by dribbling across the end line. Switch players every interval.<br><b>KEY WORDS:</b> Close the attacker down, pressure & cover, work together, tackle (Poke or Block).<br><br><b>GUIDED QUESTIONS:</b> 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do??<br><br><b>ANSWERS:</b> 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover.<br><br><b>NOTES:</b> Start with the <b>Core Activity</b> . If it is too difficult, switch to the <b>Less Challenging Activity</b> . If it is too easy, switch to the <b>More Challenging Activity</b> . |               |                       |   |                   |         |                  |    |
| <b>PRACTICE (Less Challenging):</b>   |                       | <b>Duration:</b>   | 24            | <b>Activity time:</b> | 45 sec  | <b>Rest time:</b> | 45 sec  | <b>Intervals</b> | 16 |
|    |                       | <b>2v1 TO END LINES:</b><br><b>OBJECTIVE:</b> To outnumber the opponent, win the ball back and score.<br><b>ORGANIZATION:</b> Set up two 14Wx25L yard fields. Place the Red team on one end line and the Blue team on the other. Play 2v2. The game starts when the Red team dribbles the ball into the field or passes to his/her partner. Both teams try to score by dribbling across the end line. Switch players every interval.<br><b>KEY WORDS:</b> Close the attacker down, pressure & cover, work together, tackle (Poke or Block).<br><br><b>GUIDED QUESTIONS:</b> 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do??<br><br><b>ANSWERS:</b> 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover.<br><br><b>NOTES:</b> Start with the <b>Core Activity</b> ; if it is too difficult for your players, then switch to the <b>Less Challenging Activity</b> .   |               |                       |   |                   |         |                  |    |
| <b>PRACTICE (More Challenging):</b>   |                       | <b>Duration:</b>   | 24            | <b>Activity time:</b> | 5 min   | <b>Rest time:</b> | 1 min   | <b>Intervals</b> | 4  |
|   |                       | <b>3v3 TO END LINES:</b><br><b>OBJECTIVE:</b> To outnumber the opponent, win the ball back and score.<br><b>ORGANIZATION:</b> Set up two 20Wx25L yard fields. Place the Red team and Blue team players as shown in the diagram. Play 3v3. The game starts when the Red team dribbles the ball into the field or passes to his/her partner, the Blue defender on the Red team's end line will recover back and try to regain the ball working together with the other two defenders.<br><b>KEY WORDS:</b> Close the attacker down, pressure & cover, work together, tackle (Poke or Block).<br><br><b>GUIDED QUESTIONS:</b> 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do??<br><br><b>ANSWERS:</b> 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover.<br><br><b>NOTES:</b> Start with the <b>Core Activity</b> ; if it is too easy for your players, then switch to the <b>More Challenging Activity</b> .     |               |                       |   |                   |         |                  |    |
| <b>2<sup>nd</sup> PLAY PHASE</b>  | 6v6(1-1-3-1v1-1-3-1)  | <b>Duration:</b>   | 27 min        | <b>Activity time:</b> | 11 min  | <b>Rest time:</b> | 2.5 min | <b>Intervals</b> | 2  |
| Finish the session with a scrimmage using all FIFA rules, visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description.   |                       |  |               |                       |   |                   |         |                  |    |
| <b>FIVE ELEMENTS OF TRAINING ACTIVITY</b>   |                       |  |               |                       | <b>TRAINING SESSION SELF REFLECTION QUESTIONS</b>   |                   |         |                  |    |
| <ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game like:</b> Is the activity game like?</li> <li><b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there the right coaching based on the age/level of the players?</li> </ol> |                       |  |               |                       | <ol style="list-style-type: none"> <li>How did you do in achieving the goal of the training session?</li> <li>What did you do well?</li> <li>What could you do better?</li> </ol> |                   |         |                  |    |