

Fall 2020



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

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent

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

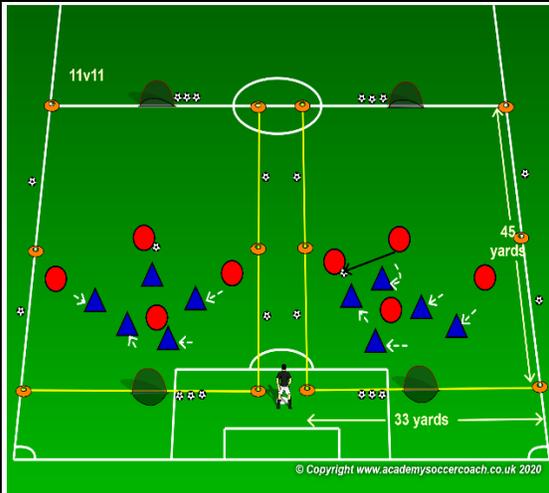
MOMENT DEFENDING **DURATION** 60 minutes **PLAYERS** 18

13+
11V11

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: 1.5 min



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

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. 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: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the ball away? 3. Where should the other defenders be to help?

ANSWERS: 1. Protect the goal - 2. We pressure the attacker with the ball - 3. They should be behind the pressing defender providing cover and balance.

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: 6v5 to four small goals

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



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

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In a 11v11 field, set a 70Wx45L field with 4 small goals as shown. The 6 Blue players: 4 defenders and 2 midfielders will try to regain the ball and score in one of the two small goals in the midfield. The 5 Red players: 2 midfielders, 2 wingers and 1 striker will try to score in one of the two small goals. 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: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Who should get in between the ball and the goal? 2. What does the closest defender do to force the ball away? 3. Who Helps the pressing defender? 4. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the ball will protect the goal - 2. Presses the ball by approaching the attacker on an angle - 3. The other defenders provide cover and balance - 4. We will double when we outnumber the opponent.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 5v4 to small goals

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



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

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In a 11v11 field, set up two 30Wx45L fields with a goal and two dribbling gates. The 5 Blue players will try to score in one of the two small goals. The 4 Red players will score in the small 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: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the ball away? 3. Where should the other defenders be to help?

ANSWERS: 1. Protect the goal - 2. We Pressure the attacker with the ball - 3. They should be behind the pressing defender providing cover and balance.

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

MORE CHALLENGING: 6v6 to goal and two small goals



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

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

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In a 11v11 field, set a 70Wx45L field with 4 small goals as shown. The 6 Blue players: 4 defenders and 2 midfielders will try to regain the ball and score in one of the two small goals in the midfield. The 6 Red players: 3 midfielders, 2 wingers and 1 striker will try to score in one of the two small goals. All Laws of the game in effect. If the Blue team scores, 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: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Who should get in between the ball and the goal? 2. What does the closest defender do to force the ball away? 3. Who Helps the pressing defender? 4. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the ball will protect the goal - 2. Presses the ball by approaching the attacker on an angle - 3. The other defenders provide cover and balance - 4. We will double when we outnumber the opponent.

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

2nd PLAY PHASE: The Game – 9V9



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

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

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-3-3 formation.

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

KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Why should we get in between the ball and the goal? 2. Who should force the attacker and the ball away? 3. Why do we help the pressing defender? 4. What do we need to do to double team the attacker with the ball?

ANSWERS: 1. To protect the goal - 2. The closest defender to the ball after he got defenders behind him - 3. To provide cover and balance - 4. Outnumber the attacker by having more defenders around.

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?