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**

<table>
<thead>
<tr>
<th>DEFENDING</th>
<th>DURATION</th>
<th>60 minutes</th>
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<tbody>
<tr>
<td>PLAYERS</td>
<td>18</td>
<td></td>
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</table>

**SKILL ACQUISITION:**

- **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block)
- **Cover:** Distance, body position

**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 this activity if the Core is too difficult for the players.

**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.
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?