

	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 1							
	PLAYER ACTIONS	Pressure/cover/balance, stay compact, steal the ball							
	KEY QUALITIES	Read the game, take initiative, focus							
	AGE GROUP	U11-U12 / 9v9 / 16 Players	MOMENT	Defending	DURATION	60 minutes			
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	24	Activity time:	5 min	Rest time:	1 min	Intervals	4
		5v5 TO SMALL GOALS: OBJECTIVE: To deny chances, win the ball and score. ORGANIZATION: Set up two 55Wx.45L yard field with a small goal at each end. Play 5v5, Blue and Red teams play to score in the opponent's goal. Rotate players every interval. KEY WORDS: Move with the ball, pressure and cover. GUIDED QUESTIONS: 1.- How can we close the opening to prevent them from passing or dribbling forward? 2.- Who should press the ball? 3.- What do the other defenders do? ANSWERS: 1.- Have a defender pressing the ball and from a compact defensive block. 2.- The player closest players to the ball pressures it . 3.- They will provide cover to close any openings. NOTES: Start with the Core Activity. If it is too difficult, switch to the Less Challenging Activity. If it is too easy, switch to the More Challenging Activity.							
PRACTICE (Less Challenging):		Duration:	24	Activity time:	4.5 min	Rest time:	1.5 min	Intervals	4
		4v3 TO SMALL GOALS: OBJECTIVE: To deny chances, win the ball and score. ORGANIZATION: Set up two 25Wx.35L yard fields with a small goal at each end. Play 4v3, Blue and Red teams play to score in the opponent's goal. Rotate players every interval. KEY WORDS: Move with the ball, pressure and cover. GUIDED QUESTIONS: 1.- How can we close the opening to prevent them from passing or dribbling forward? 2.- Who should press the ball? 3.- What do the other defenders do? ANSWERS: 1.- Have a defender pressing the ball and from a compact defensive block. 2.- The player closest players to the ball pressures it . 3.- They will provide cover to close any openings. NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.							
PRACTICE (More Challenging):		Duration:	24	Activity time:	7 min	Rest time:	1 min	Intervals	3
		8v6 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To deny chances, win the ball and score. ORGANIZATION: Set up two 80Wx.50L yard field with a regular goal on top of the 18 yard line and 2 counter goals past midfield. Play 8v6, the Blue team scores in either of the two counter goals and the Red team in the regular goal. Rotate players every interval. KEY WORDS: Move with the ball, pressure and cover. GUIDED QUESTIONS: 1.- How can we close the opening to prevent them from passing or dribbling forward? 2.- Who should press the ball? 3.- What do the other defenders do? ANSWERS: 1.- Have a defender pressing the ball and from a compact defensive block. 2.- The player closest players to the ball pressures it . 3.- They will provide cover to close any openings. NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.							
2nd PLAY PHASE	9v9(1-4-3-1v1-3-2-3)	Duration:	27 min	Activity time:	11 min	Rest time:	2.5 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				