**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

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>MOMENT</th>
<th>DURATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>U11-U12 / 9v9 / 16 Players</td>
<td>Defending</td>
<td>60 minutes</td>
</tr>
</tbody>
</table>

### 1ST PLAY PHASE

1. **PLAY PHASE**
   - 1v1, 2v1, 2v2...4v4

2. **Duration:** 9 min
3. **Activity time:** 2.5 min
4. **Rest time:** 30 sec
5. **Intervals:** 3

As players arrive, play Small Sided Games (1v1 - 4v4) please visit [http://www.mayouthsoccer.org/coaches/play_practice_play/](http://www.mayouthsoccer.org/coaches/play_practice_play/) for full description.

**PRACTICE (Core Activity):**

1. **Duration:** 24 min
2. **Activity time:** 5 min
3. **Rest time:** 1 min
4. **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.

**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):**

1. **Duration:** 24 min
2. **Activity time:** 4.5 min
3. **Rest time:** 1.5 min
4. **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 Read 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.

**NOTES:** Start with the **Core Activity**. If it is too difficult for your players, then switch to the **Less Challenging Activity**.

**PRACTICE (More Challenging):**

1. **Duration:** 24 min
2. **Activity time:** 7 min
3. **Rest time:** 1 min
4. **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

1. **PLAY PHASE**
   - 9v9(1-4-3-1v1-3-2-3)

2. **Duration:** 27 min
3. **Activity time:** 11 min
4. **Rest time:** 2.5 min
5. **Intervals:** 2


**FIVE ELEMENTS OF TRAINING ACTIVITY**

| 1. Organized: Is the activity organized in the right way? | 1. How did you do in achieving the goal of the training session? |
| 2. Game like: Is the activity game like? | 2. What did you do well? |
| 3. Repetitions: Are there repetitions when looking at the overall goal of the session? | 3. What could you do better? |
| 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) | |
| 5. Coaching: Is there the right coaching based on the age/level of the players? | |