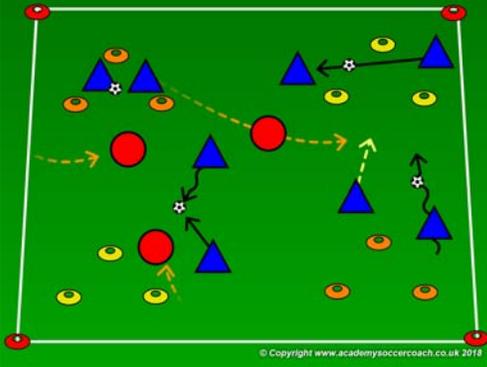
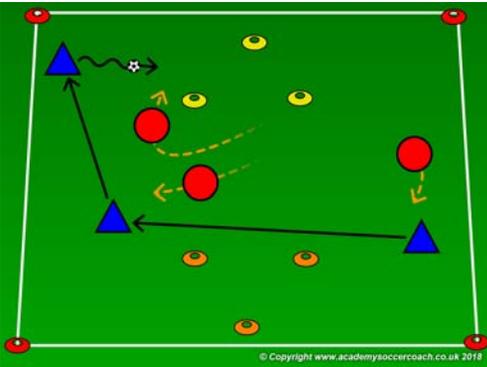


	GOAL:	Improve defending in the defensive third								
	PLAYER ACTIONS	Protect the goal, steal the ball								
	KEY QUALITIES	Read and understand the game, focus								
	AGE GROUP	U8/4v4	MOMENT	Defending	DURATION	60 min.				
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 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:	18 min.	Activity time:	1 min.	Rest time:	30 sec.	Intervals	12	
		Guard The Goals: Organization: In a 20Wx30L grid, with several 3 yard triangle shaped goals. Select enough defenders so there is 1 less defender than goals. The rest of the players have a partner and a soccer ball for each pair. The players with a soccer ball try to dribble or pass through as many goals as they can in 1 minute. The defenders must guard all the goals and tackle the ball away if a team tries to score. Rules: Defenders cannot enter the triangles so if an attacking team can stop the ball in a triangle they can rest. Key Words: try to win the ball, pressure the ball, tackle the ball. Guided Questions: 1.- How do you know where the attackers are? 2.- What can you do if no one is attacking goal you are closest to? Answers: 1.- Keep your head up and always look around to see if they are close. 2.- Move to help one of your teammates to protect a different goal. Notes: Don't worry if an attacking team stops to rest in a goal. The emphasis is on the teams without the ball. If a team is stopped in a goal, they cannot continue to score.								
PRACTICE (Less Challenging):		Duration:	18 min.	Activity time:	1 min.	Rest time:	30 sec.	Intervals	12	
		Guard The Goal Tag: Organization: In a 20Wx30L grid, with two 3 yard triangle shaped goals. Select 2 defenders, 1 defender defends each goal. The rest of the players have a partner and share a soccer ball. The players with a soccer ball try to dribble or pass through as many goals as they can in 1 minute. The defenders must guard all the goals. If the defender can poke their ball away or even tag them, the attackers score goes back to zero. Rules: Defenders cannot enter the triangles so if an attacking team can stop the ball in a triangle they can rest. Key Words: try to win the ball, pressure the ball, tackle the ball. Guided Questions: 1.- When should stay close to the goal you are defending? 2.- What can you do if the attackers kick the ball too far in front of themselves? Answers: 1.- If the attackers are close to your call, stay back. If the defenders are far away, step up. 2.- Step closer to the ball to see if you can poke tackle it away. Notes: If too many goals are still getting scored, add another defender who can roam all over the field.								
PRACTICE (More Challenging):		Duration:	18 min.	Activity time:	2 min.	Rest time:	1 min.	Intervals	6	
		3v3 Guard The Goal: Organization: In a 20Wx30L grid, with two 3 yard triangle shaped goals. Select 2 teams of 3 players each. Each team defends 1 goal and scores in the other. The team with a soccer ball tries to dribble or pass through the opponent's goal. If the defending team must win the ball, they can attack the goal at the other end of the field. Rules: Defenders cannot enter the triangles so if an attacking team can stop the ball in a triangle they can rest. Key Words: try to win the ball, pressure the ball, tackle the ball. Guided Questions: 1.- When should 2 defenders be close together? 2.- What can you do if the attackers kick the ball too far in front of themselves? Answers: 1.- If the other team has has more players on one side the defending can send players over to help. 2.- Step closer to the ball to see if you can poke tackle it away. Notes: If too many goals are still being scored, reduce the number of attackers on the team who is scoring the most so the focus will remain on defending.								
2nd PLAY PHASE		The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 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? 					