### 1. Organized: Is the activity organized in the right way?
- Key Words: step to the ball, pressure, block your goal.

### 2. Game like: Is the activity game like?
- Key Words: pressure, steal the ball, protect your goal.

### 3. Repetitions: Are there repetitions when looking at the overall goal of the session?
- Key Words: close any space between defenders or to the goal that the attackers can play a ball through.

### 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)
- Key Words: get behind them to help them protect the goal.

### 5. Coaching: Is there the right coaching based on the age/level of the players?
- Key Words: Get as close to the ball as you can and block the attacker from going to your goal.