

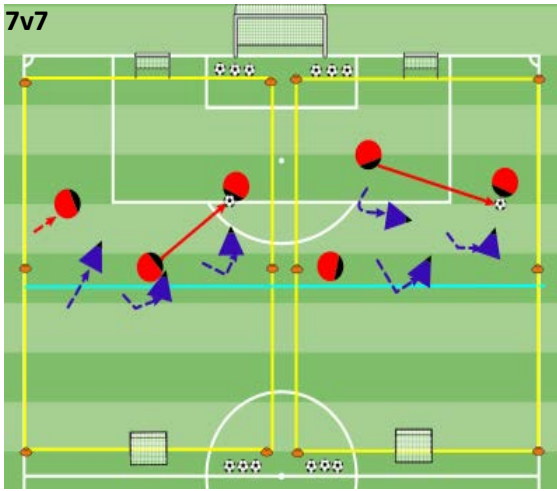


AGE GROUP	GOAL:	Improve preventing the opponent from building up in their own half				 
9U-10U	PLAYER ACTIONS	Protect the goal, Get and make it compact, Pressure, cover and balance				
	KEY QUALITIES	Understand the game, Focus, Optimal physical abilities				
7V7	MOMENT	Attacking	DURATION	60	PLAYERS	12

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

1st PLAY PHASE (intentional Free Play): 3v3 to Goal | **DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 4.5 min -- REST: 2 min**



OBJECTIVE: To regain the ball and preventing the opposition from moving the ball forward.

PLAYER ACTIONS: Steal the ball, Get and make it compact, Pressure, cover and balance

ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

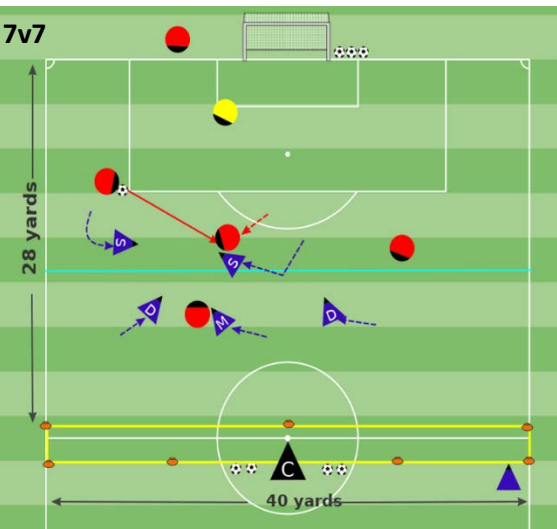
KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward 3. When you are close enough to poke it, tackle it, or steal it.

Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 5v5 to Goal and End Zone | **DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



OBJECTIVE: To regain the ball and preventing the opposition from moving the ball forward.

PLAYER ACTIONS: Steal the ball, Get and make it compact, Pressure, cover and balance

ORGANIZATION: Set up a 40Wx28L field with a 4-yard end-zone as shown in the diagram. Select 4 Red attackers and their goalkeeper, and 5 Blue defenders. The Red team scores by either passing or dribbling into the end zone. The Blue team scores in the regular goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

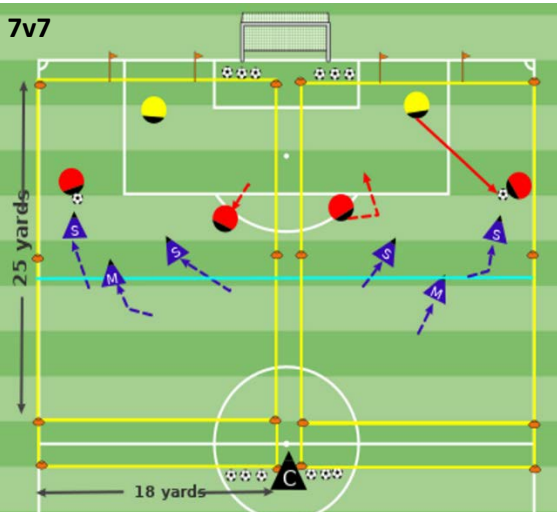
KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward 3. When you are close enough to poke it, tackle it, or steal it.

Note - Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 3v2 to Goal & End Zone | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: To regain the ball and preventing the opposition from moving the ball forward.

PLAYER ACTIONS: Steal the ball, Get and make it compact, Pressure, cover and balance

ORGANIZATION: Set up two or more 18Wx25L with a 4-yard end-zone as shown in the diagram Play a 3v3 to score in the opponent's goal. The 3 Blue players attack the goal with a goalkeeper, Red scores by passing dribbling into the end zone.

KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

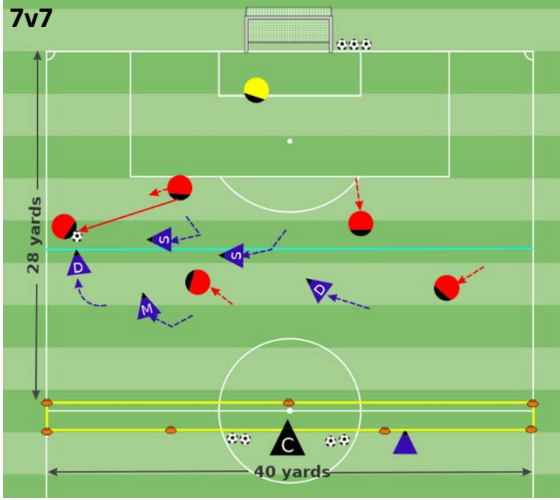
GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note - Switch to this activity if the CORE is too difficult for the players

PRACTICE (More Challenging):5v6 to Goal & End Zone

DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min



OBJECTIVE: To regain the ball and preventing the opposition from moving the ball forward.

PLAYER ACTIONS: Steal the ball, Get and make it compact, Pressure, cover and balance

ORGANIZATION: Set up a 40Wx28L field with a 4-yard end-zone as shown in the diagram. Select 5 Red attackers and their goalkeeper, and 5 Blue defenders. The Red team scores by either passing or dribbling into the end zone. The Blue team scores in the regular goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

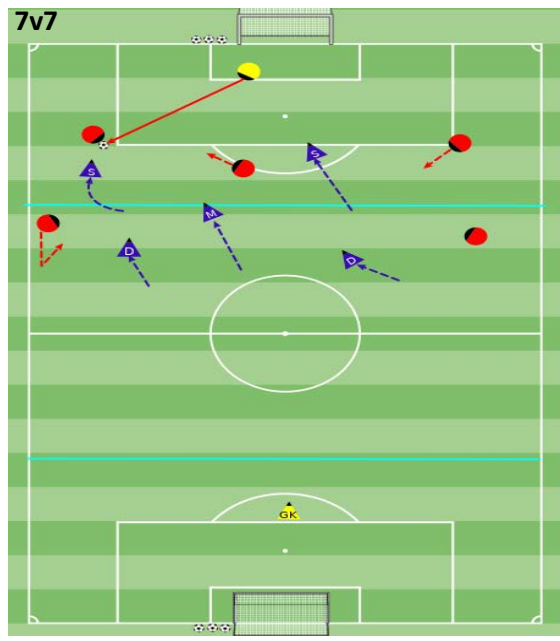
GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note – Switch to this activity if the CORE is not challenging enough.

2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)

DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min



OBJECTIVE: To regain the ball and preventing the opposition from moving the ball forward.

PLAYER ACTIONS: Steal the ball, Get and make it compact, Pressure, cover and balance

ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-3-2 formation and the Red team will play in 1-2-3 formation.

KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 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?

- 1. Did you achieve your goals of the training session?
- 2. What did you do well?
- 3. What could you do better?