



AGE GROUP	GOAL:	Improve preventing the opponent from building up in their own half				 
13+	PLAYER ACTIONS	Make and Keep it compact, Pressure, cover and balance, Steal the ball				
	KEY QUALITIES	Understand the game, Focus, Take initiative				
11v11	MOMENT	Defending	DURATION	60 minutes	PLAYERS	18 Players

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): 4v5 | **DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Make and Keep it compact, Pressure, cover and balance, Steal the ball.

ORGANIZATION: Set up two or more 30Wx45L fields with a goal and a Gk in one end and a dribbling gate at the other end. Play 1v2, 2v3 up to 4v5. Play for 20 minutes with 2 breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

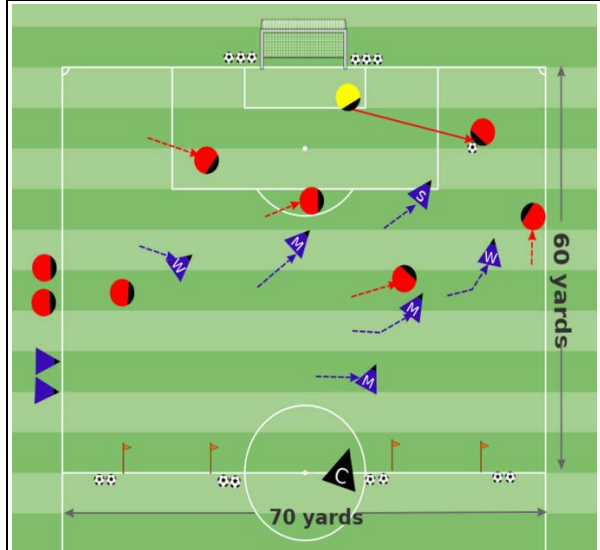
KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

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 press 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): 6v7 to Goal and Dribbling Gates | **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Make and Keep it compact, Pressure, cover and balance, Steal the ball.

ORGANIZATION: Set up a 70Wx60L field with a regular goal and two 10 yards dribbling gated. Select 6 Blue attackers and 6 Red defenders and their goalkeeper. The Red team scores by dribbling through either of the two dribbling gates. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

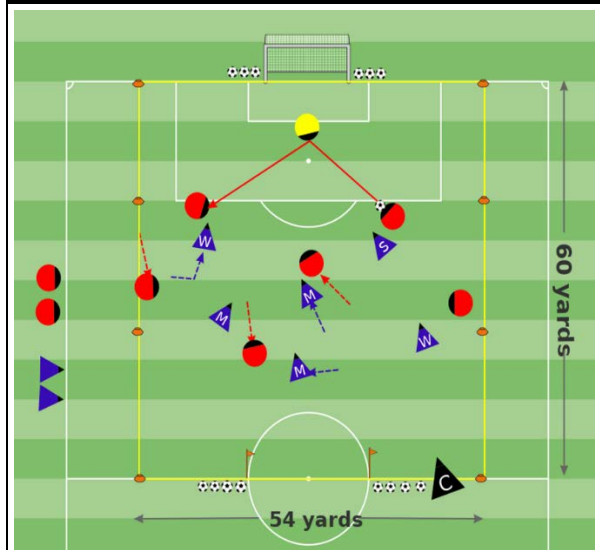
KEY WORDS: Attack the ball, Work together, Tackle or poke.

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

ANSWERS: 1. The closest defender presses 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): 6v7 to Goal & Dribbling Gates | **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Make and Keep it compact, Pressure, cover and balance, Steal the ball.

ORGANIZATION: Set up a 70Wx60L field with a regular goal and a 10 yards dribbling gated. Select 6 Blue attackers and 6 Red defenders and their goalkeeper. The Red team scores by dribbling through the dribbling gate. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

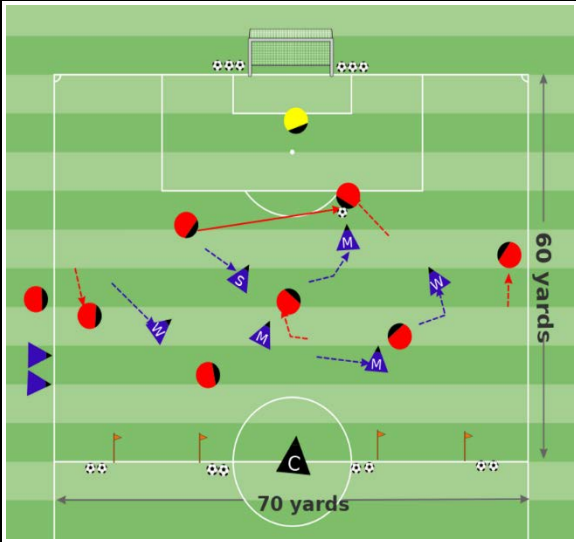
GUIDED QUESTIONS: 1. Who should pressure the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses 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): 6v8 to Goal

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Make and Keep it compact, Pressure, cover and balance, Steal the ball.

ORGANIZATION: Set up a 70Wx60L field with a regular goal and two 10 yards dribbling gated. Select 6 Blue attackers and 7 Red defenders and their goalkeeper. The Red team scores by dribbling through either of the two dribbling gates. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

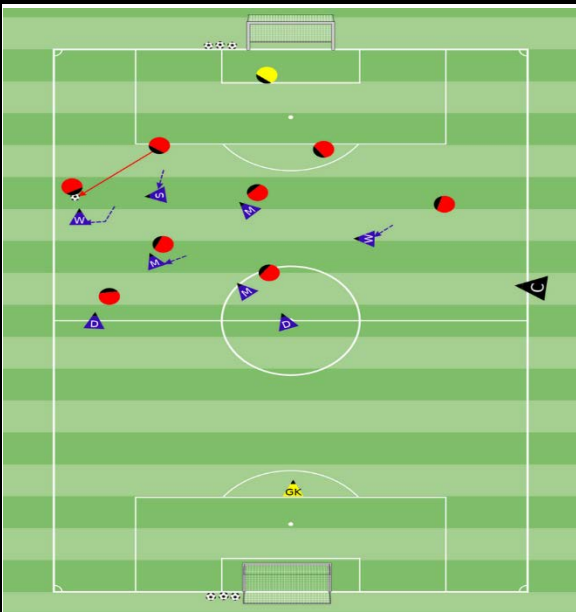
GUIDED QUESTIONS: 1. Who should pressure the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses 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 – 9v9 (GK+8v8+GK)

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



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

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

ORGANIZATION: In a 70Wx120L field play 9v9. The Blue team will play in 1-2-3-3 formation and the Red team will play in 1-4-2-2 formation.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

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

ANSWERS: 1. The closest defender presses 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?

