

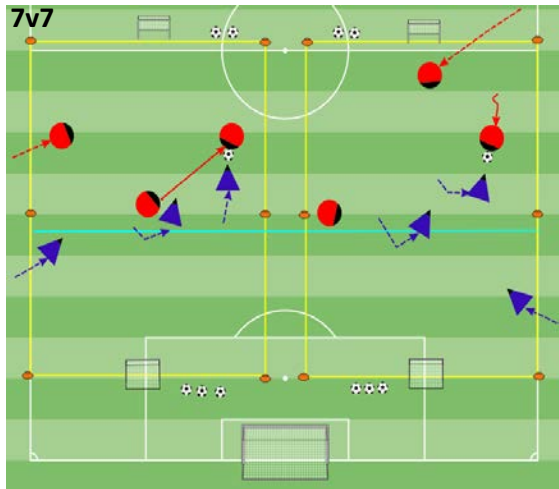


AGE GROUP	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half				 
9U-10U	PLAYER ACTIONS	Protect the goal, Get and make it compact, Pressure, cover and balance				
	KEY QUALITIES	Understand the game, Focus, Optimal physical abilities				
7V7	MOMENT	Attacking	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 prevent the opposition from moving the ball forward and regain the ball back.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & 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.

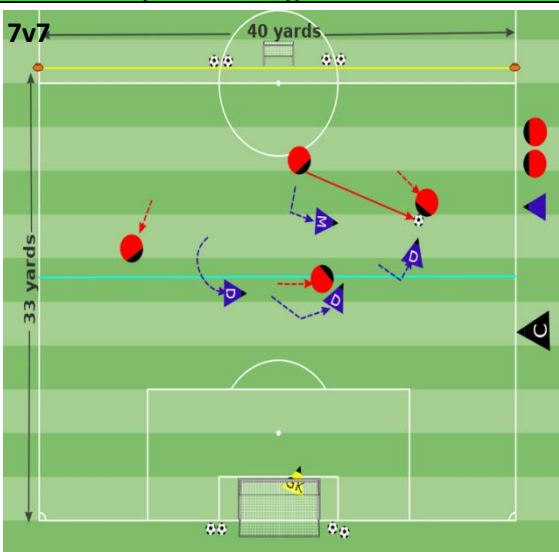
KEY WORDS: Obstruct the ball, Attack the ball.

GUIDED QUESTIONS: 1. Why should you block the way forward? 2. Who should pressure the ball and provide cover?

ANSWERS: 1. To protect the goal. 2. The closest defender to the ball, the defenders behind him/her provides the cover.

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): 5v4 to Goal & 1 counter goal | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



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

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: Set up a 40Wx33L field with a regular goal and one counter goal. Select 4 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

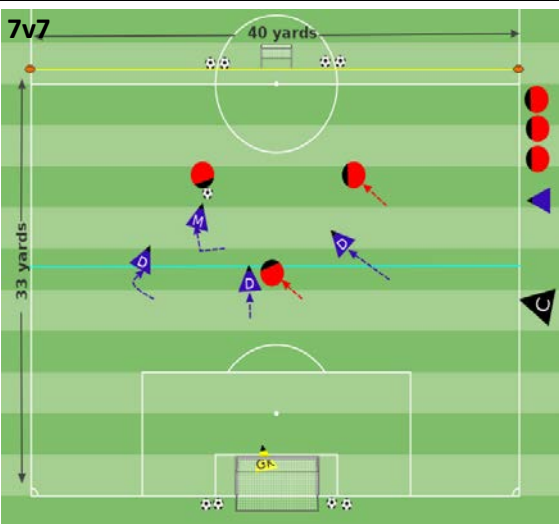
KEY WORDS: Obstruct the ball, Attack the ball, Get together.

GUIDED QUESTIONS: 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

ANSWERS: 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

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

PRACTICE (Less Challenging): 5v3 to Goal & 1 counter goal | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



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

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: Set up a 40Wx33L field with a regular goal and one counter goal. Select 3 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

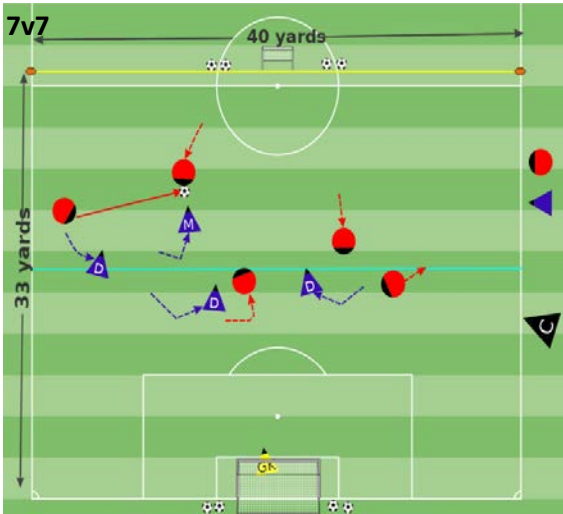
KEY WORDS: Block the ball, Attack the ball, Get and keep it compact.

GUIDED QUESTIONS: 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

ANSWERS: 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

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

PRACTICE (More Challenging): 5v5 to Goal & 1 counter goal | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back.
PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: Set up a 40Wx33L field with a regular goal and one counter goal. Select 4 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

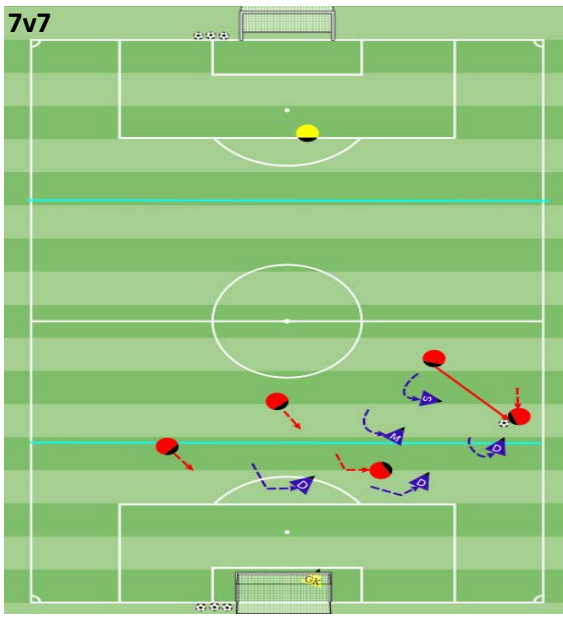
KEY WORDS: Block the ball, Attack the ball, Get and keep it compact.

GUIDED QUESTIONS: 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

ANSWERS: 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

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 prevent the opposition from moving the ball forward and regain the ball back.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in 1-3-1-1 formation and the Red team will play in 1-2-3 formation.

KEY WORDS: Block the ball, Attack the ball, Get and keep it compact.

GUIDED QUESTIONS: 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

ANSWERS: 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

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

FIVE ELEMENTS of TRAINING EXERCISE

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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

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

