

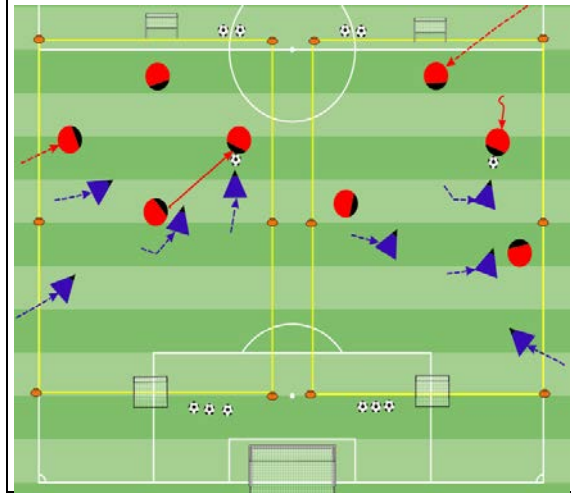


GE GROUP	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half					 
11U-12U	PLAYER ACTIONS	Protect the goal, Pressure, cover and balance, Outnumber the opponent					
	KEY QUALITIES	Make decisions, Focus, Optimal physical abilities					
9v9	MOMENT	Defending	DURATION	60 minutes	PLAYERS	16 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): 4v4 to Goal **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: Protect the goal, Pressure, cover and balance, Outnumber the opponent

ORGANIZATION: Set up two or more 22Wx30L fields with a goal at each end. Play 1v1, 2v1 up to 4v4 Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

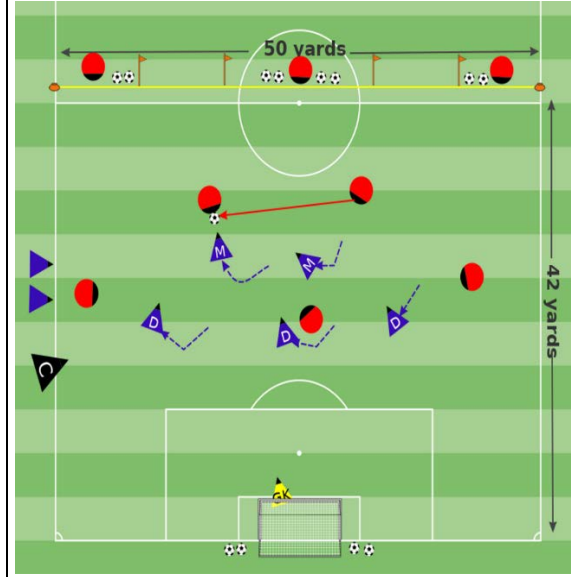
KEY WORDS: Shield the goal, Press, Double team.

GUIDED QUESTIONS: 1. What do you need to do to shield the goal? 2. Who pressures the ball? When is a good time to double team and steal the ball? 3. When is a good time to double team and steal the ball?

ANSWERS: 1. Protect the goal by getting defenders in between the ball and the goal. 2. The defenders closest to the ball. 3. To stay compacted and prevent the ball from moving forward.

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): 5v6 to Goal & two 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: Protect the goal, Pressure, cover and balance, Outnumber the opponent

ORGANIZATION: Set up a 50Wx42L field with a regular goal and two 6 yard dribbling gates. Select 5 Red attackers, 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. All Laws of the game in effect.

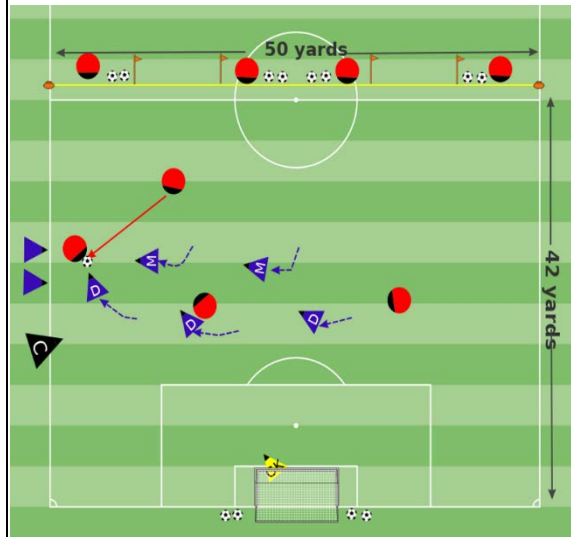
KEY WORDS: Shield the goal, Press, Double team.

GUIDED QUESTIONS: 1. What do you need to do to shield the goal? 2. Who and where should you send the attacker when pressing him/her? 3. When is a good time to double team and steal the ball?

ANSWERS: 1. Protect the goal by getting defenders in between the ball and the goal. 2. Closest defender presses the ball and send him or her away from the goal or into other defenders. 3. When we outnumber the opponent around the ball.

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

PRACTICE (Less Challenging): 4v6 to Goal & two 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: Protect the goal, Pressure, cover and balance, Outnumber the opponent

ORGANIZATION: Set up a 50Wx42L field with a regular goal and two 6 yard dribbling gates. Select 4 Red attackers, 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. All Laws of the game in effect.

KEY WORDS: KEY WORDS: Shield the goal, Press, Double team.

GUIDED QUESTIONS: 1. What do you need to do to shield the goal? 2. Who pressures the ball and provides cover and balance? 3. When is a good time to double team and steal the ball?

ANSWERS: 1. Protect the goal by getting defenders in between the ball and the goal. 2. The closest defender to the ball and the others provide cover and balance. 3. When we outnumber the opponent around the ball.

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

PRACTICE (More Challenging): 6v6 to Goal & two 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: Protect the goal, Pressure, cover and balance, Outnumber the opponent

ORGANIZATION: Set up a 50Wx42L field with a regular goal and two 6 yard dribbling gates. Select 6 Red attackers, 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. All Laws of the game in effect.

KEY WORDS: Shield the goal, Press, Double team.

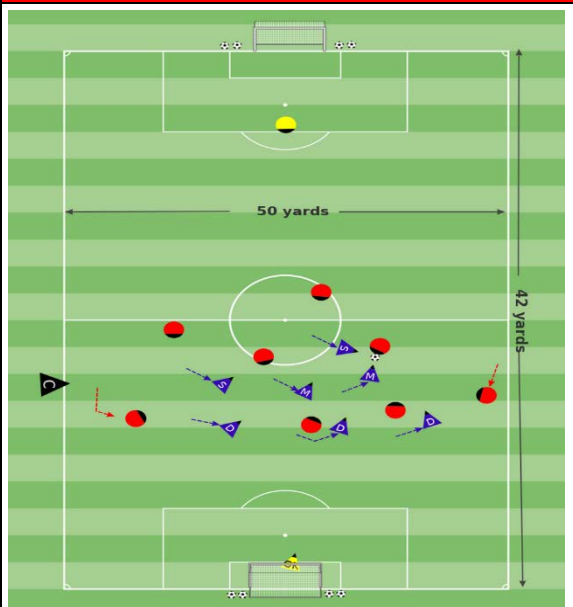
GUIDED QUESTIONS: 1. What do you need to do to shield the goal? 2. Who pressures the ball and provides cover and balance? 3. When is a good time to double team and steal the ball?

ANSWERS: 1. Protect the goal by getting defenders in between the ball and the goal. 2. The closest defender to the ball and the others provide cover and balance. 3. When we outnumber the opponent around the ball.

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

2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+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: Protect the goal, Pressure, cover and balance, Outnumber the opponent

ORGANIZATION: In a 50Wx80L field play 8v8. The Blue team will play in 1-3-2-2 formation and the Red team will play in 1-2-2-3 formation.

KEY WORDS: Shield the goal, Press, Double team.

GUIDED QUESTIONS: 1. How can we force the opponents to play sideways? 2. 3. What do we need to do to regain the ball?

ANSWERS: 1. By protecting the goal and obstructing the path forward. 2. Who pressures the ball and provides cover and balance? 3. We need to do Outnumber the opponent, double team the player with the ball and try to regain 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?

