
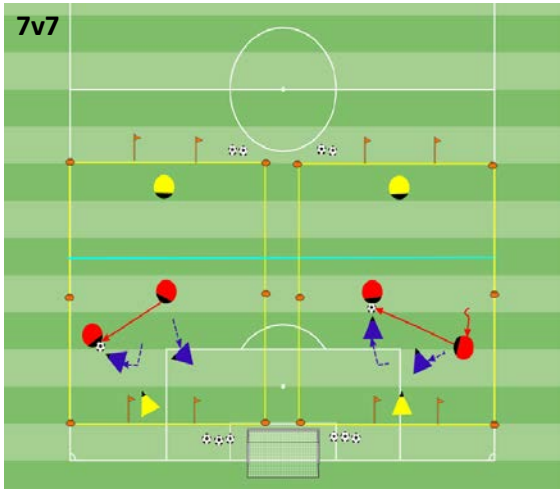


<b>AGE GROUP</b>	<b>GOAL:</b>	Improve preventing the opponent from scoring goals				
9U-10U	<b>PLAYER ACTIONS</b>	Protect the goal, Make and Keep it compact, Pressure cover and balance				
	<b>KEY QUALITIES</b>	Read the game, Be proactive, Focus				
<b>7V7</b>	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60	<b>PLAYERS</b>	12

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

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



**OBJECTIVE:** To deny scoring chances.

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

**ORGANIZATION:** Set up two or more 18Wx20L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribbles when the ball goes out of bounds.

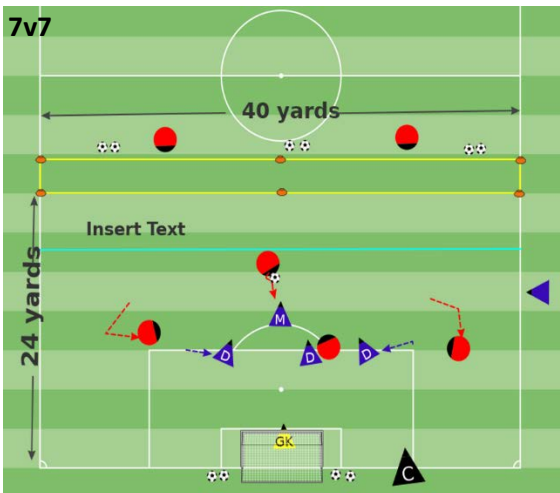
**KEY WORDS:** Block the shot, Pressure the ball, Move together.

**GUIDED QUESTIONS:** 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

**ANSWERS:** 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together

**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 and an End Zone** | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To deny scoring chances.

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

**ORGANIZATION:** Set up a 40Wx24L field with a two-yard end zone. Select 4 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

**KEY WORDS:** Block the shot, Pressure the ball, Move together.

**GUIDED QUESTIONS:** 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

**ANSWERS:** 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

**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 and an End Zone** | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To deny scoring chances.

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

**ORGANIZATION:** Set up a 40Wx24L field with a two-yard end zone. Select 3 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

**KEY WORDS:** Block the shot, Pressure the ball, Move together.

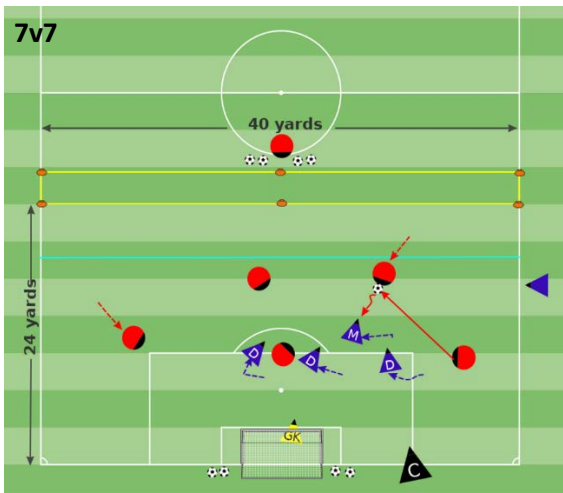
**GUIDED QUESTIONS:** 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

**ANSWERS:** 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

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

**PRACTICE (More Challenging): 5v5 to Goal and an End Zone**

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



**OBJECTIVE:** To deny scoring chances.

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

**ORGANIZATION:** Set up a 40Wx24L field with a two-yard end zone. Select 5 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

**KEY WORDS:** Block the shot, Pressure the ball, Move together.

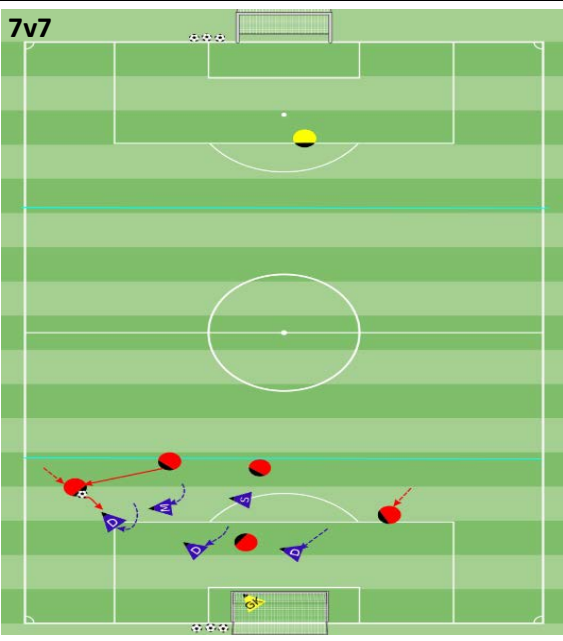
**GUIDED QUESTIONS:** 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

**ANSWERS:** 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

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 deny scoring chances.

**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 1-3-2 formation and the Red team will play in 1-2-3 formation.

**KEY WORDS:** Block the shot, Pressure the ball, Move together.

**GUIDED QUESTIONS:** 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

**ANSWERS:** 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

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?

