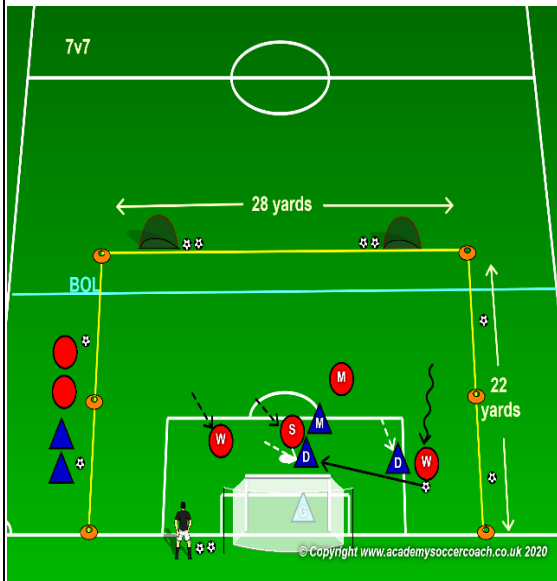


|  |                |  |          |            |         |    |               |
|--|----------------|--|----------|------------|---------|----|---------------|
|  | GOAL:          | Improve preventing the opponent from scoring goals - 1 |          |            |         |    | U9-U10<br>7V7 |
|  | PLAYER ACTIONS | Protect the goal, Pressure, Cover & Balance            |          |            |         |    |               |
|  | KEY QUALITIES  | Make decisions, Be proactive, Focus                    |          |            |         |    |               |
|  | MOMENT         |  | DURATION | 60 minutes | PLAYERS | 12 |               |

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

|  |   |
|--|---|
| <b>1<sup>st</sup> PLAY PHASE (Intentional Free Play)</b>                           | <b>DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min</b>   |
|    | <p><b>OBJECTIVE:</b> Deny scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Pressure and cover.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p> <p><b>SKILL ACQUISITION:</b> Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.</p> <p><b>KEY WORDS:</b> Prevent, Force, Help.</p> <p><b>GUIDED QUESTIONS:</b> 1. What should we do to prevent the shot goal? 2. How should we force the ball away? 3. How do we help the pressing defender?</p> <p><b>ANSWERS:</b> 1. Protect the goal by standing between the ball and the goal - 2. The closest defender pressures the attacker with the ball - 3. By providing cover.</p> <p><b>Note</b> – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.</p>  |
| <b>CORE ACTIVITY: 3v3 to goal – small goals</b>                                    | <b>DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min</b>   |
|   | <p><b>OBJECTIVE:</b> Deny scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Pressure and cover.</p> <p><b>ORGANIZATION:</b> In our own half set up two 19Wx25L fields with a goal and two small goals. Play 3v3. The Blue team: 1Gk and 2 defender's players against the Red Team: 3 players. The Red team scores in the goal and the Blue team scores by passing to one of the two small goals. Play with kick-ins or dribble-ins when the ball goes out of bounds.</p> <p><b>SKILL ACQUISITION:</b> Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.</p> <p><b>KEY WORDS:</b> Prevent, Force, Help.</p> <p><b>GUIDED QUESTIONS:</b> 1. Who and how should prevent the shot at a goal? 2. After we are protecting the goal what should we do to force the ball away? 3. Where should the other defender be to help?</p> <p><b>ANSWERS:</b> 1. The closest defender should protect the goal by getting in between the ball and goal - 2. Pressure the attacker with the ball - 3. Provide cover.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p> |
| <b>LESS CHALLENGING: 3v2 to goal 1- small goals</b>                                | <b>DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min</b>   |
|  | <p><b>OBJECTIVE:</b> Deny scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Pressure and cover.</p> <p><b>ORGANIZATION:</b> In our own half set up two 19Wx25L fields with a goal and two small goals. Play 3v3. The Blue team: 1Gk and 2 defender's players against the Red Team: 2 players. The Red team scores in the goal and the Blue team scores by passing to one of the two small goals. Play with kick-ins or dribble-ins when the ball goes out of bounds.</p> <p><b>SKILL ACQUISITION:</b> Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.</p> <p><b>KEY WORDS:</b> Prevent, Force, Help.</p> <p><b>GUIDED QUESTIONS:</b> 1. What should we do to prevent the shot goal? 2. How should we force the ball away? 3. How do we help the pressing defender?</p> <p><b>ANSWERS:</b> 1. Protect the goal by standing between the ball and the goal - 2. The closest defender pressures the attacker with the ball - 3. By providing cover.</p> <p><b>Note:</b> Switch to this activity if the Core is too difficult for the players.</p>  |

**MORE CHALLENGING: 4v4 to goal****DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min****OBJECTIVE:** Deny scoring chances.**PLAYER ACTIONS:** Protect the goal, Pressure and cover.

**ORGANIZATION:** In a 7v7 field, set up a 28Wx22L playing area with a regular goal and two small goals 2 small goals as shown. The 4 Blue players: 1GK, 2 defenders and 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. The Red team scores in the goal, the Blue team scores by passing in one of the two small goals. Play with a build out line. All Laws of the game in effect. Rotate players every interval.

**SKILL ACQUISITION:** Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

**KEY WORDS:** Prevent, Force, Help.

**GUIDED QUESTIONS:** 1. Who and how should prevent the shot at goal? 2. After we are protecting the goal what should we do to force the ball away? 3. Where should the other defender be to help?

**ANSWERS:** 1. The closest defender should protect the goal by getting in between the ball and goal - 2. Pressure the attacker with the ball - 3. Provide cover.

**Note:** Switch to this activity if the Core is too easy for the players.

**2nd. PLAY PHASE: The Game – 6V6****DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min****OBJECTIVE:** Deny scoring chances.**PLAYER ACTIONS:** Protect the goal, Pressure and cover.

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

**SKILL ACQUISITION:** Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

**KEY WORDS:** Prevent, Force, Help.

**GUIDED QUESTIONS:** 1. Who and how should prevent the shot at goal? 2. After we are protecting the goal what should we do to force the ball away? 3. Where should the other defender be to help?

**ANSWERS:** 1. The closest defender should protect the goal by getting in between the ball and goal - 2. Pressure the attacker with the ball - 3. Provide cover.

**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. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**