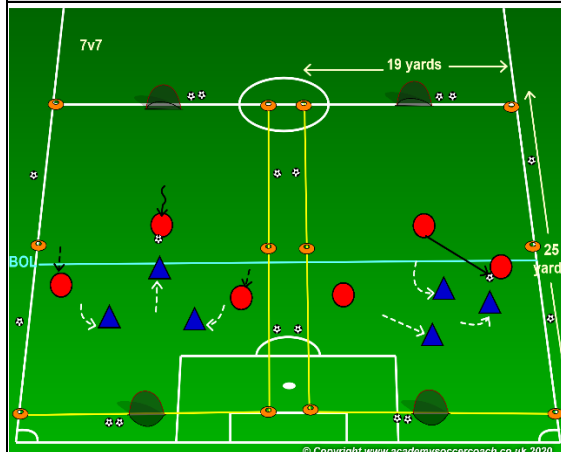


	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 2					U9-U10 7V7
	PLAYER ACTIONS	Make it and Keep it compact, Pressure, Cover & Balance, Outnumber the opponent					
	KEY QUALITIES	Read the game, Be pro-active , Focus					
	MOMENT	Defending	DURATION	60 minutes	PLAYERS	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)**



**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**

**OBJECTIVE:** Keep the opponent from moving the ball forward and regain the ball.

**PLAYER ACTIONS:** Make it and Keep it compact, Pressure, Cover & Balance.

**ORGANIZATION:** In a 7v7 field set up two 19Wx35L 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.

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

**KEY WORDS:** Close passing lanes, Press, Help, Double team.

**GUIDED QUESTIONS:** 1. How can we close the passing lanes? 2. Who presses the attacker with the ball? 3. What do the other defenders do to help defend?

**ANSWERS:** 1. We will make it compact and stay compact - 2. The closest defender to the ball pressures the ball - 3. Provide cover and balance.

**Note** – 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.

**CORE ACTIVITY: 5v4 to goal and 3 small goals**



**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**

**OBJECTIVE:** Keep the opponent from moving the ball forward and regain the ball.

**PLAYER ACTIONS:** Make it and Keep it compact, Pressure, Cover & Balance, Outnumber the opponents.

**ORGANIZATION:** In a 7v7 field, set up a 40Wx35L playing area with a regular goal and three counter goals. The 5 Blue players: 1 GK, 3 defenders, 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. Blue team scores in any of the three counter goals. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

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

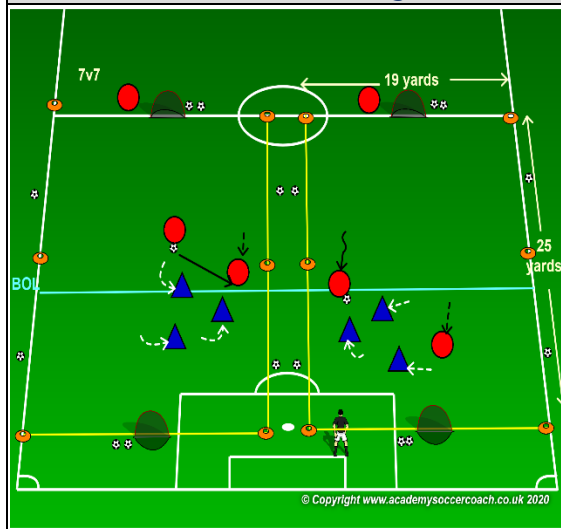
**KEY WORDS:** Close passing lanes, Press, Help, Double team.

**GUIDED QUESTIONS:** 1. As a group what must we do to close passing lanes? 2. When is a good time to press the attacker with the ball? 3. How do the other defenders help? 4. When should we double team?

**ANSWERS:** 1. We must make it compact and stay compact - 2. When we have defenders compacted behind the closest defender to the ball - 3. Provide cover and balance - 4. When we outnumber the opponents.

**Note:** Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

**LESS CHALLENGING: 3v2 to goal**



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

**OBJECTIVE:** Keep the opponent from moving the ball forward and regain the ball.

**PLAYER ACTIONS:** Make it and Keep it compact, Pressure, Cover & Balance, Outnumber the opponents.

**ORGANIZATION:** In our own half of a 7v7 field, set up a 40Wx35L playing area with a regular goal and three counter goals. The 5 Blue players: 1 GK, 3 defenders, 1 midfielder against 3 Red players: 1 midfielder and 2 strikers. Blue team scores in any of the three counter goals. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. 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:** Close passing lanes, Press, Help, Double team.

**GUIDED QUESTIONS:** 1. How can we close the passing lanes? 2. Who presses the attacker with the ball? 3. What do the others defenders do to help defend? 4. When can we double team?

**ANSWERS:** 1. We will make it compact and stay compact - 2. The closest defender to the ball pressures the ball - 3. Provide cover and balance. 4. When we outnumber the opponent.

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

<b>MORE CHALLENGING: 5v5 a goal</b>	<b>DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min</b>
	<p><b>OBJECTIVE:</b> Keep the opponent from moving the ball forward and regain the ball.</p> <p><b>PLAYER ACTIONS:</b> Make it and Keep it compact, Pressure, Cover &amp; Balance, Outnumber the opponents.</p> <p><b>ORGANIZATION:</b> In our own half of a 7v7 field, set up a 40Wx35L playing area with a regular goal and three counter goals. The 5 Blue players: 1 GK, 3 defenders, 1 midfielder against 5 Red players: 1 defender, 1 midfielder, 2 wingers and 1 striker. Blue team scores in any of the three counter goals. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.</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> Close passing lanes, Press, Help, Double team.</p> <p><b>GUIDED QUESTIONS:</b> 1. As a group what must we do to close passing lanes? 2. When is a good time to press the attacker with the ball? 3. How do the other defenders help?</p> <p><b>ANSWERS:</b> 1. We must make it compact and stay compact - 2. When we have defenders compacted behind the closest defender to the ball - 3. Provide cover and balance.</p> <p><b>Note:</b> Switch to this activity if the Core is too easy for the players.</p>
<b>2nd. PLAY PHASE: The Game – 6V6</b>	<b>DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min</b>
	<p><b>OBJECTIVE:</b> Keep the opponent from moving the ball forward and regain the ball.</p> <p><b>PLAYER ACTIONS:</b> Make it and Keep it compact, Pressure, Cover &amp; Balance, Outnumber the opponents.</p> <p><b>ORGANIZATION:</b> 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.</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> Close passing lanes, Press, Help, Double team.</p> <p><b>GUIDED QUESTIONS:</b> 1. As a group what must we do to close passing lanes? 2. When is a good time to press the attacker with the ball? 3. How do the other defenders help?</p> <p><b>ANSWERS:</b> 1. We must make it compact and stay compact - 2. When we have defenders compacted behind the closest defender to the ball - 3. Provide cover and balance.</p> <p><b>Note:</b> All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.</p>

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. <b>Organized:</b> Is the exercise organized in the right way?</p> <p>2. <b>Game like:</b> Is the exercise game like?</p> <p>3. <b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</p> <p>4. <b>Challenging:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>5. <b>Coaching:</b> Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>1. What could you do better?</p>