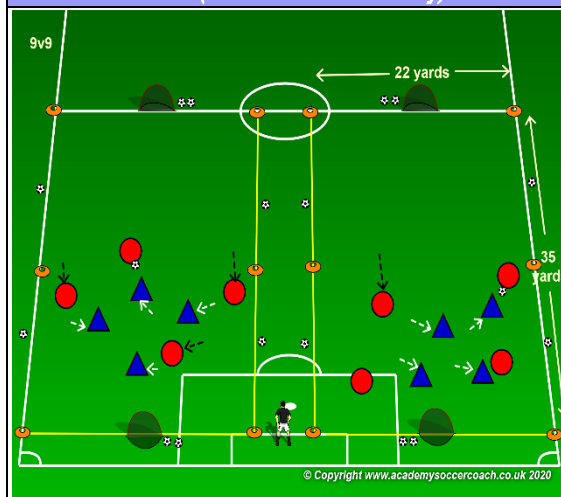


	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 1					U11-U12 9V9
	PLAYER ACTIONS	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent					
	KEY QUALITIES	Understand the game, Focus, Optimal technical and physical abilities					
	MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS	16	

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)



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

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

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or 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: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the ball away? 3. Where should the other defenders be to help?
ANSWERS: 1. Protect the goal - 2. We Pressure the attacker with the ball - 3. They should be behind the pressing defender providing 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 4 small goals



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

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

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In the defensive half of a 9v9 field, set up a 50Wx30L field with 4 small goals as shown. The 5 Blue players: 2 defenders, 1 midfielder and 2 wingers will try to regain the ball and score in one of the two small goals in the midfield. The 4 Red team: 1 midfielder, 2 wingers and 1 striker will try to score in one of the two small goals. 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.

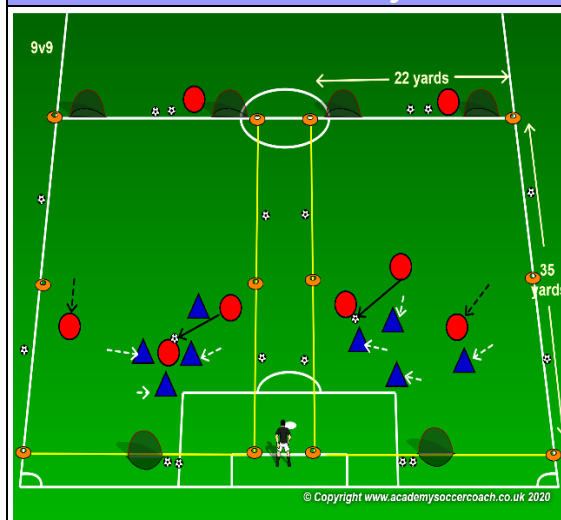
KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Who should get in between the ball and the goal? 2. What does the closest defender do to force the ball away? 3. Who Helps the pressing defender? 4. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the ball will protect the goal - 2. Presses the ball by approaching the attacker on an angle - 3. The other defenders provide cover and balance - 4. We will double when we outnumber the opponent.

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

LESS CHALLENGING: 4v3 to small goals



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

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

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In our half set up two 22Wx35L fields with a small goal on one end and two small goals in the other end. Play 4v3. The Blue team: 4 players against the Red Team: 3 players. Blue team scores in one of the small goals and the Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

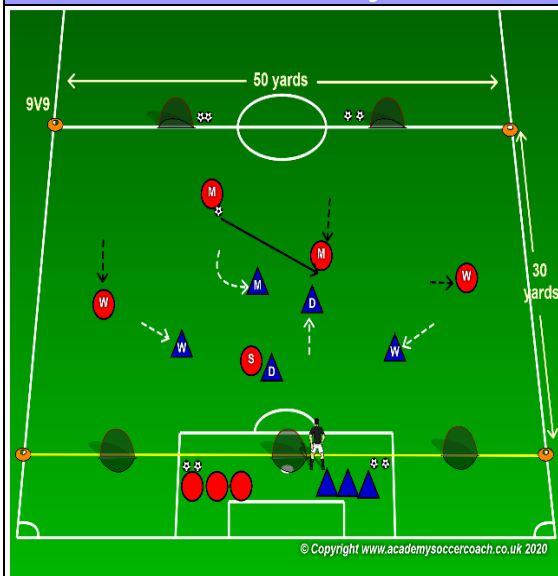
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the ball away? 3. Where should the other defenders be to help?
ANSWERS: 1. Protect the goal - 2. We Pressure the attacker with the ball - 3. They should be behind the pressing defender providing cover and balance.

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

MORE CHALLENGING: 5v5 to small goals



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

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

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In the defensive half of a 9v9 field, set up a 50Wx30L field with 2 small goals on the midline and 3 small in the other end. The 5 Blue players: 2 defenders, 1 midfielder and 2 wingers will try to regain the ball and score in one of the two small goals in the midfield. The 5 Red team: 2 midfielders, 2 wingers and 1 striker will try to score in one of the three small goals. 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.

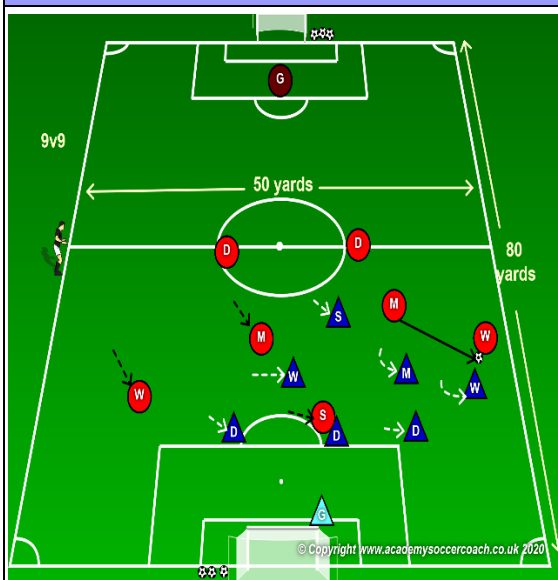
KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Who should get in between the ball and the goal? 2. What does the closest defender do to force the ball away? 3. Who helps the pressing defender? 4. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the ball will protect the goal - 2. Presses the ball by approaching the attacker on an angle - 3. The other defenders provide cover and balance - 4. We will double when we outnumber the opponent.

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

2nd PLAY PHASE: The Game – 8V8



DURATION: 20 min -- **INTERVALS:** 2 -- **ACTIVITY:** 8 min -- **REST:** 2 min

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

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-2-2-3 formation and the Red team will play in 1-3-3-1 formation.

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

KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Why should we get in between the ball and the goal? 2. Who should force the attacker and the ball away? 3. Why do we help the pressing defender? 4. What do we need to do to double team the attacker with the ball?

ANSWERS: 1. To protect the goal - 2. The closest defender to the ball after he got defenders behind him - 3. To provide cover and balance - 4. Outnumber the attacker by having more defenders around.

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?**