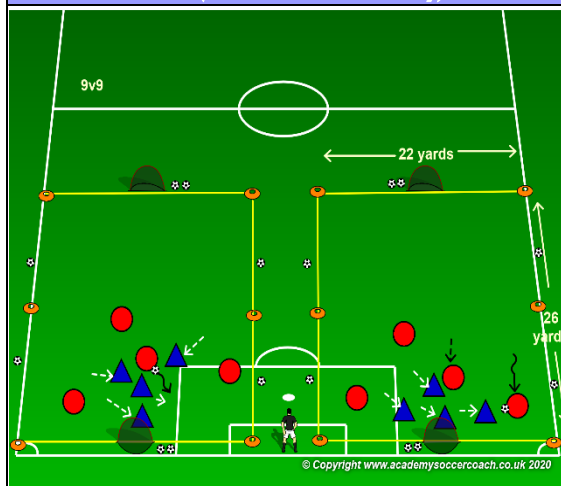


	GOAL:	Improve preventing the opponent from scoring goals - 2					U11-U12 9V9
	PLAYER ACTIONS	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent					
	KEY QUALITIES	Make decisions, Be proactive, Focus					
	MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS	16	

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

### 1<sup>st</sup> PLAY PHASE (Intentional Free Play)



**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 9v9 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play 3 rounds for a total of 20 minutes with two 1.5 minute breaks. 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:** Block the shot, Hassle, Help.

**GUIDED QUESTIONS:** 1. What do we need to do to block the shot? 2. How can we hassle the opponent with the ball? 3. Where should the other defenders help?

**ANSWERS:** 1. Get a defender in front of the ball to protect the goal - 2. Pressure the attacker - 3. They should be providing cover behind the pressing defender.

**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: 6v5 to regular goals



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

**OBJECTIVE:** Deny Scoring chances.

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

**ORGANIZATION:** In our half of a 9v9 field, set up a 50Wx30L field with two regular goals as shown. The 6 Blue players: 1GK, 3 defenders and 2 midfielders will try to regain the ball and score in the Red's goal. The 5 Red players: 1GK, 1 midfielder, 2 wingers and 1 striker will try to score in the Blue's goal. 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.

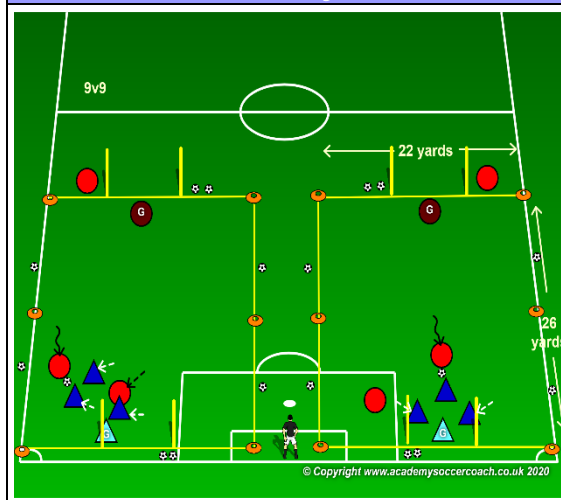
**KEY WORDS:** Block the shot, Hassle, Help and Double.

**GUIDED QUESTIONS:** 1. How can a defender block the shot to goal? 2. Who will hassle the player with the ball? 3. How can the other defenders help the pressing defender? 4. When should we double team?

**ANSWERS:** 1. Protect the goal by getting in between the ball and goal - 2. The closest defender will pressure the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.

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

### LESS CHALLENGING: 4v3 to goal



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

**OBJECTIVE:** Deny Scoring chances.

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

**ORGANIZATION:** In our half set up two 22Wx26L fields with two goals. Play 4v3. The Blue team: 1 GK and 3 players against the Red Team: 1 GK and 2 players. Both teams score in the opponent's 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:** Block the shot, Hassle, Help.

**GUIDED QUESTIONS:** 1. What do we need to do to block the shot? 2. How can we hassle the opponent with the ball? 3. Where should the other defenders help?

**ANSWERS:** 1. Get a defender in front of the ball to protect the goal - 2. Pressure the attacker - 3. They should be providing cover behind the pressing defender.

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

**MORE CHALLENGING: 6v6 to regular goals****DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 5 min --REST: 1.5 min****OBJECTIVE:** Deny Scoring chances.**PLAYER ACTIONS:** Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.

**ORGANIZATION:** In our half of a 9v9 field, set up a 50Wx30L field with two regular goals as shown. The 6 Blue players: 1GK, 3 defenders and 2 midfielders will try to regain in the ball and score in the Red's goal. The 6 Red players: 1GK, 1 midfielder, 2 wingers and 2 strikers will try to score in the Blue's goal. 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:** Block the shot, Hassle, Help and Double.

**GUIDED QUESTIONS:** 1. How can a defender block the shot to goal? 2. Who will hassle the player with the ball? 3. How can the other defenders help the pressing defender? 4. When should we double team?

**ANSWERS:** 1. Protect the goal by getting in between the ball and goal - 2. The closest defender will pressure the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.

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

**2<sup>nd</sup> PLAY PHASE: The Game – 8V8****DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min****OBJECTIVE:** Deny Scoring chances.**PLAYER ACTIONS:** Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.

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

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

**KEY WORDS:** Block the shot, Hassle, Help and Double.

**GUIDED QUESTIONS:** 1. Why do we want to block the shot? 2. When should we hassle the attacker with the ball? 3. How can the other defender help the pressing defender? 4. What should we do to double team the attacker with the ball?

**ANSWERS:** 1. To protect the goal - 2. We put pressure as soon as he is about to receive the ball - 3. By providing cover and balance - 4. Outnumber the attacker with the ball.

**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?**