

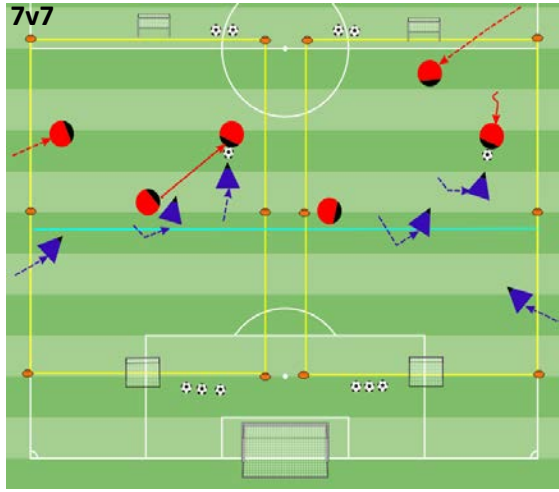


<b>AGE GROUP</b>	<b>GOAL:</b>	Improve preventing the opponent from building up and creating scoring chances in our half				<b>Fall 2019</b>
9U-10U	<b>PLAYER ACTIONS</b>	Protect the goal, Get and make it compact, Pressure, cover and balance				 
	<b>KEY QUALITIES</b>	Understand the game, Focus, Optimal physical abilities				
<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.

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



**OBJECTIVE:** To prevent the opposition from moving the ball forward and regain the ball back.

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

**ORGANIZATION:** Set up two or more 18Wx25L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

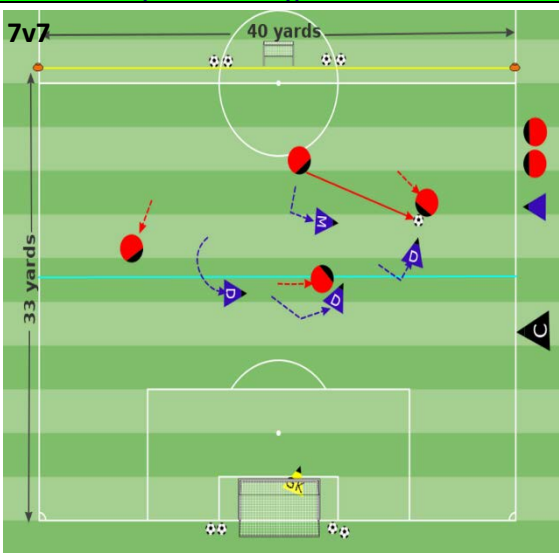
**KEY WORDS:** Obstruct the ball, Attack the ball.

**GUIDED QUESTIONS:** 1. Why should you block the way forward? 2. Who should pressure the ball and provide cover?

**ANSWERS:** 1. To protect the goal. 2. The closest defender to the ball, the defenders behind him/her provides the cover.

**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 & 1 counter goal** | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To prevent the opposition from moving the ball forward and regain the ball back.

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

**ORGANIZATION:** Set up a 40Wx33L field with a regular goal and one counter goal. Select 4 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

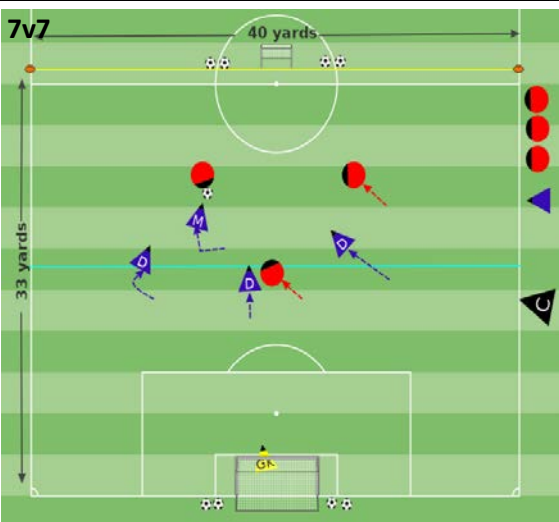
**KEY WORDS:** Obstruct the ball, Attack the ball, Get together.

**GUIDED QUESTIONS:** 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

**ANSWERS:** 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

**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 & 1 counter goal** | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To prevent the opposition from moving the ball forward and regain the ball back.

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

**ORGANIZATION:** Set up a 40Wx33L field with a regular goal and one counter goal. Select 3 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

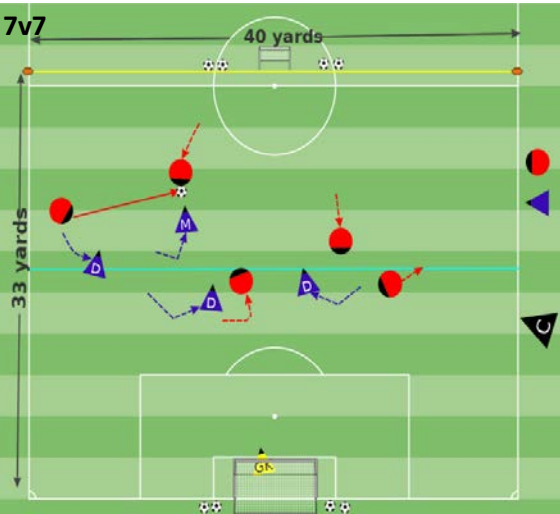
**KEY WORDS:** Block the ball, Attack the ball, Get and keep it compact.

**GUIDED QUESTIONS:** 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

**ANSWERS:** 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

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

**PRACTICE (More Challenging): 5v4 to Goal & 1 counter goal** | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To prevent the opposition from moving the ball forward and regain the ball back.  
**PLAYER ACTIONS:** Protect the goal, Get and make it compact, Pressure, cover & balance

**ORGANIZATION:** Set up a 40Wx33L field with a regular goal and one counter goal. Select 4 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

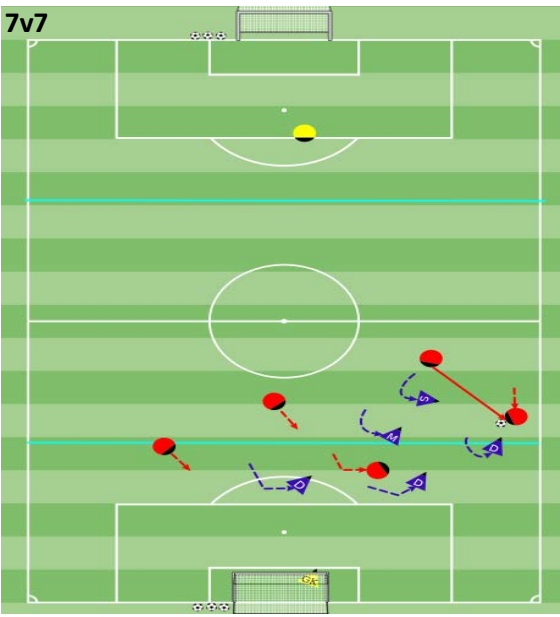
**KEY WORDS:** Block the ball, Attack the ball, Get and keep it compact.

**GUIDED QUESTIONS:** 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

**ANSWERS:** 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

**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 prevent the opposition from moving the ball forward and regain the ball back.

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

**KEY WORDS:** Block the ball, Attack the ball, Get and keep it compact.

**GUIDED QUESTIONS:** 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?

**ANSWERS:** 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.

**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. Did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?