

AGE GROUP	GOAL:	Improve preventing the opponent from scoring goals				Fall 2019
13+	PLAYER ACTIONS	Protect the goal, Outnumber the opponent, Mark the player, mark the area				
	KEY QUALITIES	Make decisions, Be proactive, Focus				
11v11	MOMENT	Defending	DURATION	60 minutes	PLAYERS	18 Players



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): 4v4 or 5v5 | DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Outnumber the opponent, Mark the player, mark the area.

ORGANIZATION: Set up two or more 30Wx45L fields with a goal and a GK at one end and small goal at the other end. Play 2v1, 2v2 up to 4v4 or 5v5 Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

KEY WORDS: Block the shot, Surround the ball, Zone or man.

GUIDED QUESTIONS: 1. Why do you want to block the ball? 2. When do you surround the ball? 3. When do you mark the opponent?

ANSWERS: 1. To prevent the shot and protect the goal. 2. When we outnumber the attackers, this way we can double team and steal the ball. 3. When him/her are close to the goal and the ball.

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): 7v6 and three target players | DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Outnumber the opponent, Mark the player, mark the area.

ORGANIZATION: Set up a 70Wx40L field with a regular goal and three target players as shown in the diagram. Select 6 Red attackers, 6 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing to any target player. Rotate players every interval. All Laws of the game in effect.

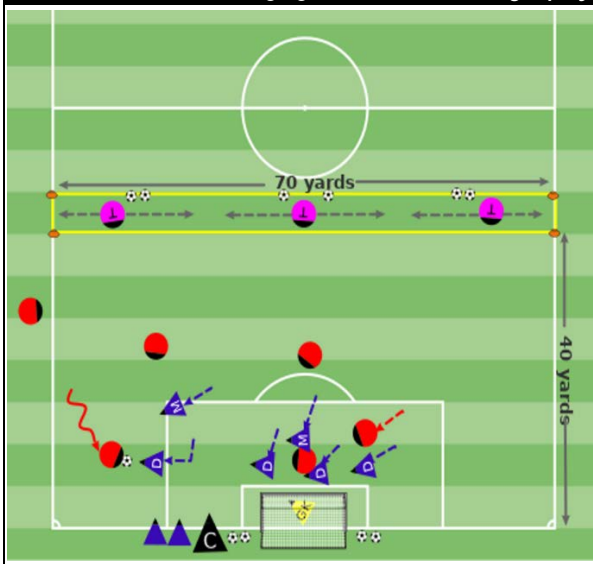
KEY WORDS: Block the shot, Surround the ball, Zone or man.

GUIDED QUESTIONS: 1. How do you prevent a shot to goal? 2. When is a good time to double team the opponent? 3. What do we do if the opponent is near the ball and the goal?

ANSWERS: 1. By protecting the goal by getting a defender in between the ball and the goal. 2. When we outnumber the attacker with the ball. 3. We mark him or her tight.

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

PRACTICE (Less Challenging): 7v5 and three target players | DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Outnumber the opponent, Mark the player, mark the area.

ORGANIZATION: Set up a 70Wx40L field with a regular goal and three target players as shown in the diagram. Select 5 Red attackers, 6 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing to any target player. Rotate players every interval. All Laws of the game in effect.

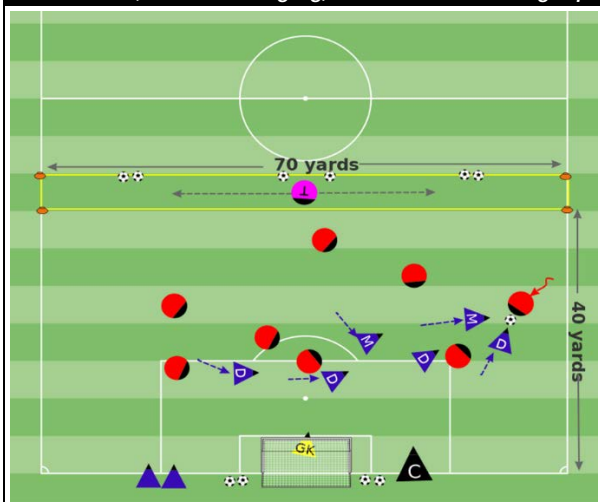
KEY WORDS: Block the shot, Surround the ball, Zone or man.

GUIDED QUESTIONS: 1. Who protects the goal and tries to block the shot? 2. When is a good time to double team the opponent? 3. What do we do if the opponent is near the ball and the goal?

ANSWERS: 1. The closest defender to the ball. 2. When we outnumber the attacker with the ball. 3. We mark him or her tight.

Note - Switch to Less Challenging if the Core activity is too difficult for the players.

PRACTICE (More Challenging): 7v8 and three target players | **DURATION:** 20 min -- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Outnumber the opponent, Mark the player, mark the area.

ORGANIZATION: Set up a 70Wx40L field with a regular goal and three target players as shown in the diagram. Select 8 Red attackers, 6 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing to any target player. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Surround the ball, Zone or man.

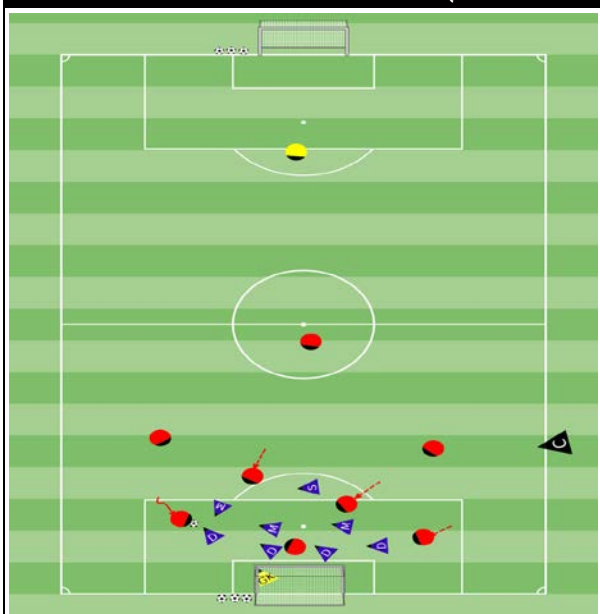
GUIDED QUESTIONS: 1. How do you prevent a shot to goal? 2. When is a good time to double team the opponent? 3. What do we do if the opponent is near the ball and the goal?

ANSWERS: 1. By protecting the goal by getting a defender in between the ball and the goal. 2. When we outnumber the attacker with the ball. 3. We mark him or her tight.

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

2nd. PLAY PHASE: The Game – 9v9 (GK+8v8+GK)

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



OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Outnumber the opponent, Mark the player, mark the area.

ORGANIZATION: In a 70Wx120L field play 9v9. The Blue team will play in 1-4-3-1 formation and the Red team will play in 1-2-3-3 formation.

KEY WORDS: Block the shot, Surround the ball, Zone or man.

GUIDED QUESTIONS: 1. Why do we get a defender between the ball and the goal? 2. How can we get the player with the ball under heavy pressure? 3. When do we mark an opponent tight?

ANSWERS: 1. To protect the goal and Block any shots. 2. We can double team by outnumber him/her and try to regain the ball. 3. When him/her are close to our goal and 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. Did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?