GE GROUP	GOAL:		Improve preventing the opponent from scoring goals			Fall 2019	
11U-12U	PLAYER ACTIONS		Protect the goal, Outnumber the opponent, Mark the player, mark the area				
	KEY QUALITIES		Make decisions, Be proactive, Focus				
9v9	MOMENT	Defending	DURATION	60 minutes	PLAYERS	16 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 to Goal	DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min
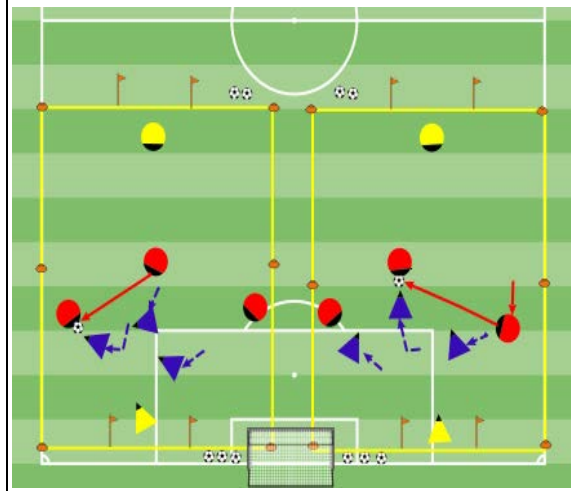
OBJECTIVE: To deny scoring chances.

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

ORGANIZATION: Set up two or more 23Wx30L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.
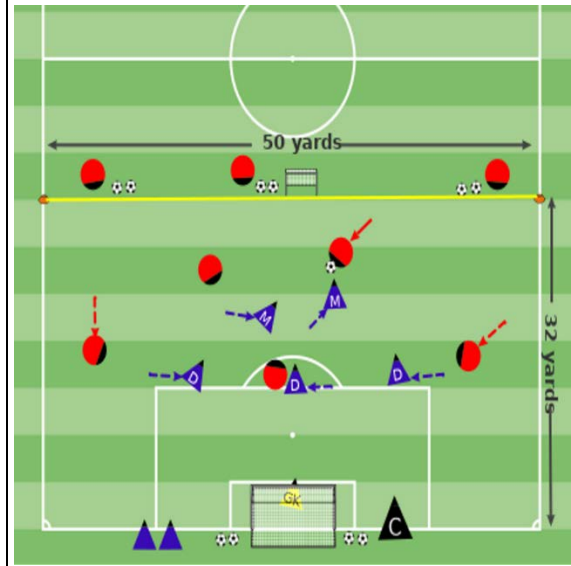
KEY WORDS: Block the shot, Surround the ball, Zone or man.

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): 5v6 to Goal & one counter goal	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 50Wx32L field with a regular goal and one counter goal. Select 5 Red attackers, 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing to the small goal. Rotate players every interval. All Laws of the game in effect.
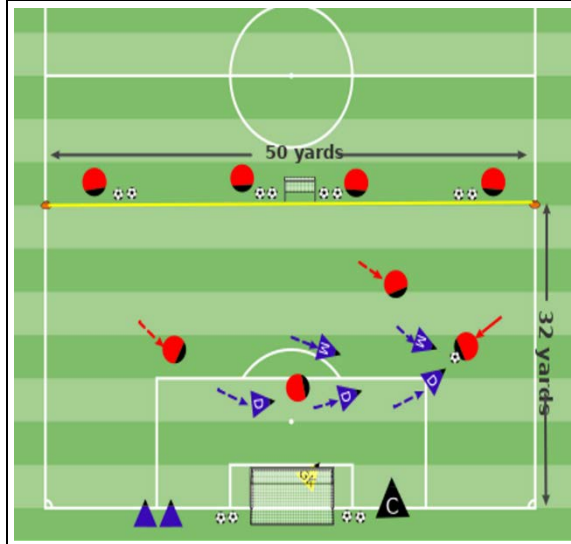
KEY WORDS: Block the shot, Surround the ball, Zone or man.

GUIDED QUESTIONS: 1. 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 – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 4v6 to Goal & a counter goal	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 50Wx32L field with a regular goal and one counter goal. Select 4 Red attackers, 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing to the small goal. Rotate players every interval. All Laws of the game in effect.

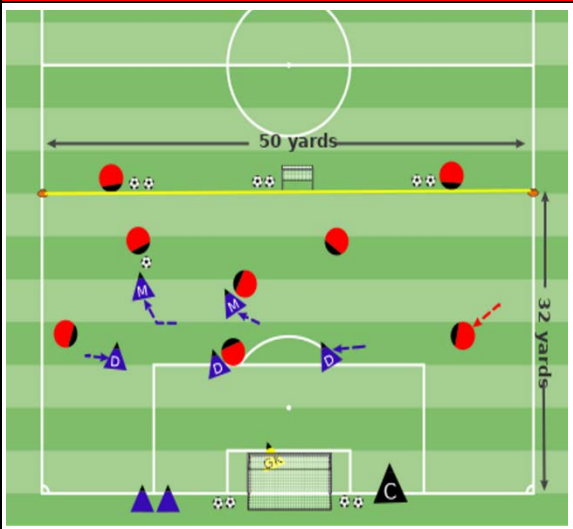**KEY WORDS:** Block the shot, Surround the ball, Zone or man.

GUIDED QUESTIONS: 1. 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 – Switch to this activity if the CORE is too difficult for the players

PRACTICE (More Challenging): 6v6 to Goal & a counter goal	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 50Wx32L field with a regular goal and one counter goal. Select 6 Red attackers, 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing to the small goal . Rotate players every interval. All Laws of the game in effect.

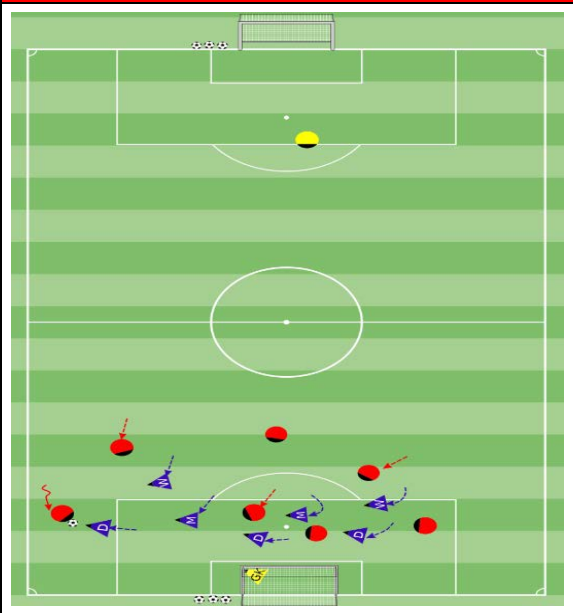**KEY WORDS:** Block the shot, Surround the ball, Zone or man.

GUIDED QUESTIONS: 1. 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 – Switch to this activity if the CORE is not challenging enough.

2ⁿᵈ. PLAY PHASE: The Game – 8v8 (GK+7v7+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 50Wx80L field play 8v8. The Blue team will play in 1-3-4 formation and the Red team will play in 1-2-2-3 formation.

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 – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1.**Organized:** Is the exercise organized in the right way?	1. **Did you achieve your goals of the training session?**
2.**Game like:** Is the exercise game like?	2. **What did you do well?**
3.**Repetitions:** Are there repetitions when looking at the overall goal of the session?	3. **What could you do better?**
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?	