

	<b>GOAL:</b>	Improve preventing the opponent from building up and creating scoring chances in our half - 2	<b>AGE GROUP</b>			
	<b>PLAYER ACTIONS</b>	Make and keep it compact, Pressure, Cover, Balance and Outnumber the opponent	13+			
	<b>KEY QUALITIES</b>	Read the game, Be pro-active, Focus				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>18</b>

**1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games**     **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



**OBJECTIVE:** Prevent the opponents from moving the ball forward and create scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure, cover and Outnumber the opponent.

**ORGANIZATION:** In the attacking half of an 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

**KEY WORDS:** Work together, Press and Double.

**GUIDED QUESTIONS:** 1. As soon as we lose the ball what should we do? 2. What should the closest defender to the ball do? 3. Who provides cover? 4. When is a good time to double team?

**ANSWERS:** 1. Make it compact and keep it compact - 2. Pressure the player with the ball - 3. The defenders behind the pressing defender - 4. When we outnumber the opponent.

**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.

**PRACTICE (Core Activity): 8v7 to Goal & Two Small Goals**     **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5min -- **REST:** 1 min



**OBJECTIVE:** Prevent the opponents from moving the ball forward and create scoring chances.

**PLAYER ACTIONS:** Make it & keep it compact, Pressure, cover and Outnumber the opponent.

**ORGANIZATION:** In the defending half of an 11v11 field, set up a 70Wx65L field with a regular goal and 2 small goals. The 7 Blue defenders score by passing into one of the two goals. Red team scores in the regular goal. Rotate players every round.

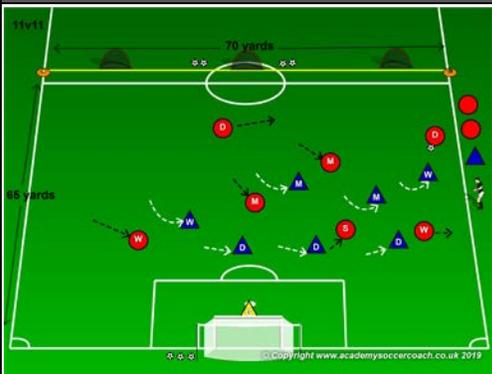
**KEY WORDS:** Work together, Press and Double.

**GUIDED QUESTIONS:** 1. How can we work together to prevent them from playing forward? 2. What can we do now that we are compacted? 3. What do the other defenders do to help the pressing defender? 4. When can we double team?

**ANSWERS:** 1. By making a compact defensive block in front of the ball to close the openings - 2. The closest defender can pressure the ball - 3. They provide defensive cover and balance - 4. When we outnumber the opponent.

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

**PRACTICE (Less Challenging): 8v5 to Goal & 3 small goals**     **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 min



**OBJECTIVE:** Prevent the opponents from moving the ball forward and create scoring chances.

**PLAYER ACTIONS:** Make it & keep it compact, Pressure, cover and Outnumber the opponent.

**ORGANIZATION:** In the defending half of an 11v11 field, set up a 70Wx65L field with a regular goal and 3 small goals. The 7 Blue defenders score by passing into one of the three small goals. Red team scores in the regular goal. Rotate players every round.

**KEY WORDS:** Work together, Press and Double.

**GUIDED QUESTIONS:** 1. What should we do to close the openings? 2. After we are compacted who should press the attacker with the ball? 3. Where should the other defender move?

**ANSWERS:** 1. We work together to create a compacted block in front of the ball - 2. The defenders closest to the ball - 3. Move behind the pressing defender to provide cover and balance.

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

**PRACTICE (More Challenging): 8v8 to Goal & an End Zone**     **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 min



**OBJECTIVE:** Prevent the opponents from moving the ball forward and create scoring chances.

**PLAYER ACTIONS:** Make it & keep it compact, Pressure, cover and Outnumber the opponent.

**ORGANIZATION:** In the defending half of an 11v11 field, set up a 70Wx75L field with regular goals. The 7 Blue defenders score in the Red goal. Red scores in the blue goal. Rotate players every round.

**KEY WORDS:** Work together, Press and Double.

**GUIDED QUESTIONS:** 1. How can we work together to prevent them from playing forward? 2. What can we do now that we are compacted? 3. What do the other defenders do to help the pressing defender? 4. When can we double team?

**ANSWERS:** 1. By making a compact defensive block in front of the ball to close the openings - 2. The closest defender can pressure the ball - 3. They provide defensive cover and balance - 4. When we outnumber the opponent.

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



**OBJECTIVE:** Prevent the opponents from moving the ball forward and create scoring chances.

**PLAYER ACTIONS:** Make it & keep it compact, Pressure, cover and Outnumber the opponent.

**ORGANIZATION:** In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-4-3-1 formation and the Red team will play in 1-3-2-3 formation.

**KEY WORDS:** Work together, Press and Double.

**GUIDED QUESTIONS:** 1. Why should we work together? 2. Once we are compacted what should the defenders do? 3. Where will be the easiest place to outnumber the opponent?

**ANSWERS:** 1. To create a compacted defensive block to close all the openings.- 2. The closest defender to the ball pressures it, the defenders behind provide cover and the farthest defender provides balance - 3. The flanks are the easiest place to double team the opponent.

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

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there effective coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?