

 	<b>GOAL:</b>	Improve preventing the opponent from building up and creating scoring chances in our half - 2							
	<b>PLAYER ACTIONS</b>	Pressure/cover/balance, make it compact, keep it compact							
	<b>KEY QUALITIES</b>	Reading the game, be proactive, focus							
	<b>AGE GROUP</b>	U11-U12 / 9v9 / 16 Players	<b>MOMENT</b>	Defending	<b>DURATION</b>	60 minutes			
<b>1<sup>st</sup> PLAY PHASE</b>	1v1, 2v1, 2v2...4v4	<b>Duration:</b>	9 min	<b>Activity time:</b>	2.5 min	<b>Rest time:</b>	30 sec	<b>Intervals</b>	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description									
<b>PRACTICE (Core Activity):</b>	<b>Duration:</b>	24	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	4	
	<p><b>3V3 TO FOUR GOALS:</b>  <b>OBJECTIVE:</b> To deny chances, win the ball and score.</p> <p><b>ORGANIZATION:</b> Set two 20Wx25L yard field with two 6 yard goals on each line. Divide the players into four teams of three players each. Play to score by either dribbling or passing on the ground through one the goals.</p> <p><b>KEY WORDS:</b> Pressure, cover, move and work together.</p> <p><b>GUIDED QUESTIONS:</b> 1.- Who pressures the ball and why? 2.- Why do we move together to defend? 3.- Where do we go if we are not pressing the ball?  <b>ANSWERS:</b> 1.- The defender closest to the ball, to prevent the player on the ball from moving it forward 2.- To stay compact and deny/close any openings. 3.- We will go to get behind the defender pressing the ball to provide cover.</p> <p><b>NOTES:</b> Start with the <b>Core Activity</b>. If it is too difficult, switch to the <b>Less Challenging Activity</b>. If it is too easy, switch to the <b>More Challenging Activity</b>.</p>								
<b>PRACTICE (Less Challenging):</b>	<b>Duration:</b>	24	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	4	
	<p><b>3V3 TO GOAL:</b>  <b>OBJECTIVE:</b> To deny chances, win the ball and score.</p> <p><b>ORGANIZATION:</b> Set two 20Wx25L yard field with one 9 yard goal on each line. Divide the players into four teams of three players each. Play to score by either dribbling or passing on the ground through one the goals.</p> <p><b>KEY WORDS:</b> Pressure, cover, move and work together.</p> <p><b>GUIDED QUESTIONS:</b> 1.- Who pressures the ball and why? 2.- Why do we move together to defend? 3.- Where do we go if we are not pressing the ball?  <b>ANSWERS:</b> 1.- The defender closest to the ball, to prevent the player on the ball from moving it forward 2.- To stay compact and deny/close any openings. 3.- We will go to get behind the defender pressing the ball to provide cover.</p> <p><b>NOTES:</b> Start with the <b>Core Activity</b>; if it is too difficult for your players, then switch to the <b>Less Challenging Activity</b>.</p>								
<b>PRACTICE (More Challenging):</b>	<b>Duration:</b>	24	<b>Activity time:</b>	7 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	3	
	<p><b>4V4 TO SIX GOALS:</b>  <b>OBJECTIVE:</b> To deny chances, win the ball and score.</p> <p><b>ORGANIZATION:</b> Set one 45Wx25L yard field with three 5 yard goals on each line. Divide the players into two teams of six players each. Play 4v4 and two subs. Score by either dribbling or passing on the ground through either of the three the goals.</p> <p><b>KEY WORDS:</b> Pressure, cover, move and work together.</p> <p><b>GUIDED QUESTIONS:</b> 1.- Who pressures the ball and why? 2.- Why do we move together to defend? 3.- Where do we go if we are not pressing the ball?  <b>ANSWERS:</b> 1.- The defender closest to the ball, to prevent the player on the ball from moving it forward 2.- To stay compact and deny/close any openings. 3.- We will go to get behind the defender pressing the ball to provide cover.</p> <p><b>NOTES:</b> Start with the <b>Core Activity</b>; if it is too easy for your players, then switch to the <b>More Challenging Activity</b>.</p>								
<b>2<sup>nd</sup> PLAY PHASE</b>	<b>Duration:</b>	27 min	<b>Activity time:</b>	11 min	<b>Rest time:</b>	2.5 min	<b>Intervals</b>	2	
Finish the session with a scrimmage using all FIFA rules, visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description.									
<b>FIVE ELEMENTS OF TRAINING ACTIVITY</b>				<b>TRAINING SESSION SELF REFLECTION QUESTIONS</b>					
<ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game like:</b> Is the activity game like?</li> <li><b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there the right coaching based on the age/level of the players?</li> </ol>				<ol style="list-style-type: none"> <li>How did you do in achieving the goal of the training session?</li> <li>What did you do well?</li> <li>What could you do better?</li> </ol>					