

	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 2							
	PLAYER ACTIONS	Make it and keep it compact, pressure/cover/outnumber the opponent/stay involved							
	KEY QUALITIES	Focus, reading the game, take initiative							
	AGE GROUP	U11-U12 / 9v9 / 16 Players	MOMENT	Defending	DURATION	60 minutes			
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	24	Activity time:	5 min	Rest time:	1 min	Intervals	4
		6v6 TO END ZONE AND 2 TARGET PLAYERS: OBJECTIVE: To stop the opponent's attack, win the ball and score. ORGANIZATION: Set a 55Wx24L yard field with a 3 yard end zone at each end. Place two Target Players in Red team's end zone. The Red team attacks in a 2-3-1 formation and scores by dribbling the ball into the Blue's end zone or passing the ball into a teammate's timed run into the end zone. The Blue team defends in a 3-3 formation and scores by either dribbling into the Red's end zone, passing to the target players or passing the ball into a teammate's timed run into the end zone. Target players can help the Red team in their build up. Rotate players every interval. KEY WORDS: Get and stay compact, move with the ball, pressure and cover. GUIDED QUESTIONS: 1.- Who pressures the ball? 2.- Why do we need to move together as a block to defend? 3.- What should we force the opponent to do? ANSWERS: 1.- The defender closest to the ball 2.- To stay compact and deny/close any openings blocking any forward passes. 3.- Back passes or square passes. NOTES: Start with the Core Activity . If it is too difficult, switch to the Less Challenging Activity . If it is too easy, switch to the More Challenging Activity .							
PRACTICE (Less Challenging):		Duration:	24	Activity time:	5 min	Rest time:	1 min	Intervals	4
		6v5 TO END ZONE AND 2 TARGET PLAYERS: OBJECTIVE: To stop the opponent's attack, win the ball and score. ORGANIZATION: Set a 55Wx24L yard field with a 3 yard end zone at each end. Place two Target Players in the Red team's end zone. The Red team attacks in a 3-2 formation and scores by dribbling the ball into the Blue's end zone or passing the ball into a teammate's timed run into the end zone. The Blue team defends in a 3-3 formation and scores by either dribbling into the Red's end zone, passing to the target players or passing the ball into a teammate's timed run into the end zone. Target players can help the Red team in their build up. Rotate players every interval. KEY WORDS: Get and stay compact, move with the ball, pressure and cover. GUIDED QUESTIONS: 1.- Who pressures the ball? 2.- Why do we need to move together as a block to defend? 3.- What should we force the opponent to do? ANSWERS: 1.- The defender closest to the ball, to prevent the player with the ball from moving forward. 2.- To stay compact and deny/close any openings blocking any forward passes. 3.- Back passes or square passes. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
PRACTICE (More Challenging):		Duration:	24	Activity time:	7 min	Rest time:	1 min	Intervals	3
		8v7 TO END ZONE AND ONE TARGET PLAYER: OBJECTIVE: To stop the opponent's attack, win the ball and score. ORGANIZATION: Set a 55Wx24L yard field with a 3 yard end zone at each end. Place a Target Player in the Red team's end zone. The Red team attacks in a 3-2-3 formation and scores by dribbling the ball into the Blue's end zone or passing the ball into a teammate's timed run into the end zone. The Blue team defends in a 3-1-3 formation and scores by either dribbling into the Red's end zone, passing to the target players or passing the ball into a teammate's timed run into the end zone. The Target player can help the Red team in their build up. KEY WORDS: Pressure, cover, move and work together. GUIDED QUESTIONS: 1.- Who pressures the ball? 2.- Why do we need to move together as a block to defend? 3.- What should we force the opponent to do? ANSWERS: 1.- The defender closest to the ball, to prevent the player with the ball from moving forward. 2.- To stay compact and deny/close any openings blocking any forward passes. 3.- Back passes or square passes. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE	8v8(1-3-1-3v1-3-1-3)	Duration:	27 min	Activity time:	11 min	Rest time:	2.5 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				