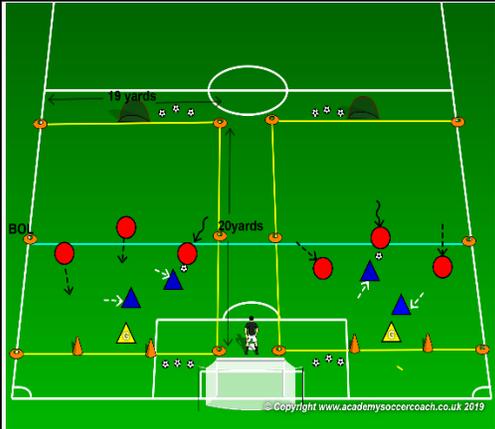




GOAL:	Improve preventing the opponent from scoring goals - 1				AGE GROUP 9U-10U
PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				
KEY QUALITIES	Read the game, Take initiative, Focus				
MOMENT	Defending	DURATION	60 min	PLAYERS	12

1st PLAY PHASE (Intentional Free Play): 3v3 to Goal | DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min



OBJECTIVE: Deny scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure and cover.

ORGANIZATION: In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 2v1, up to 3v3. One team has a goalkeeper the other does not. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

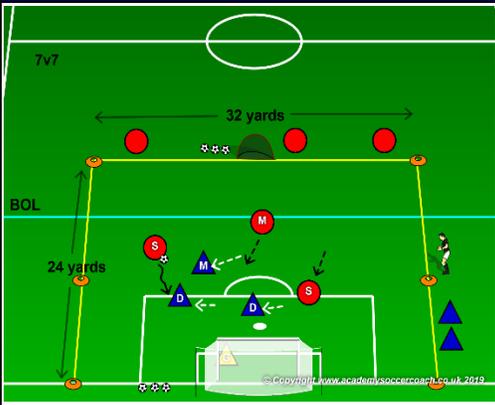
KEY WORDS: Shield the goal, Help defend, Hassle the opponent.

GUIDED QUESTIONS: 1. Where should the defender be to shield the goal? 2. How can we help each other to defend? 3. Why do we want to hassle the player with the ball?

ANSWERS: 1. In between the ball and the goal blocking any shots or pass forward - 2. One defender pressures the player with the ball and the other provides cover- 3. To force the attacker away from goal.

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): 4v3 to Goal & Small Goal | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure and cover.

ORGANIZATION: In the defending half of a 7v7 field, set up a 32Wx24L field with a regular goal and a small goal as shown. The 3 Blue defenders score in the small goal, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

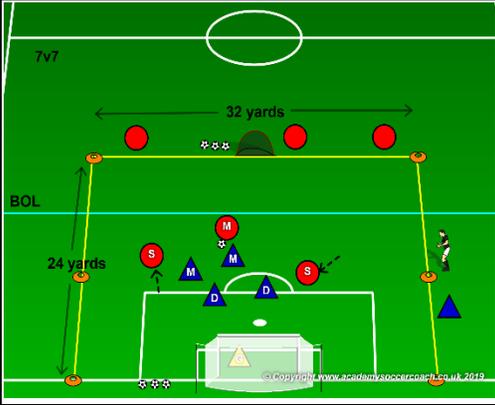
KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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): 5v3 to Goal & Small Goal | DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure and cover.

ORGANIZATION: In the defending half of a 7v7 field, set up a 32Wx24L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the small goal, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

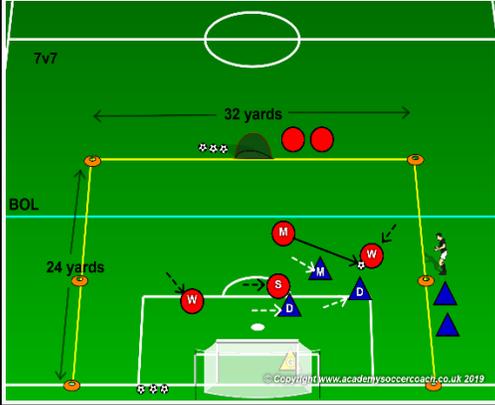
KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do we need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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

PRACTICE (More Challenging): 4v4 to Goal & Small Goal | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure and cover.

ORGANIZATION: In the defending half of a 7v7 field, set up a 32Wx24L field with a regular goal and a small goal as shown. The 3 Blue defenders score in the small goal, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do we need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-2-1-2 formation and the Red team will play in a 1-3-1-1 formation.

KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do we need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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 the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there 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?