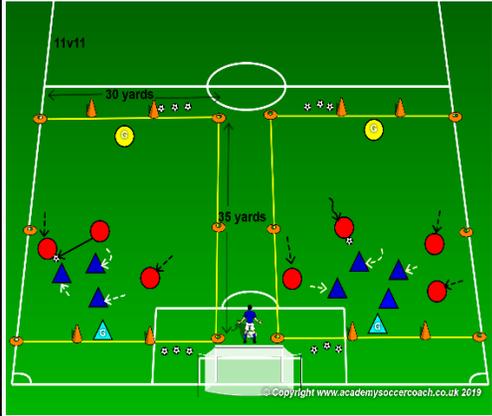


	GOAL:	Improve preventing the opponent from scoring goals - 1				AGE GROUP
	PLAYER ACTIONS	Protect the goal, Make it compact and keep it compact, Pressure, Cover & Balance, Outnumber the opponent				13+
	KEY QUALITIES	Make decisions, Be proactive, Focus				
	MOMENT	Defending	DURATION	60 min	PLAYERS	18

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



OBJECTIVE: Prevent scoring chances.

PLAYER ACTIONS: Protect the goal, Make/Keep it compact, Pressure, Cover, Balance.

ORGANIZATION: In the defensive 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: Block the shot, Work together.

GUIDED QUESTIONS: 1. What do we do as soon as the opponent gets the ball near our goal? 2. What does the closest player to the ball need to do? 3. What should the other defenders do?

ANSWERS: 1. We protect the goal by getting compact and keeping it compact in front of the player with the ball - 2. Pressure the player with the ball - 3. Provide cover and balance.

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): 7v6 to Goal & 2 Small Goals **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: Prevent scoring chances and regain the ball.

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

ORGANIZATION: In the defensive half of an 11v11 field, set up a 70Wx38L field with a regular goal and two small goals. The 6 Blue defenders score by passing into either small goal, Red team scores in the regular goal. Rotate players every round.

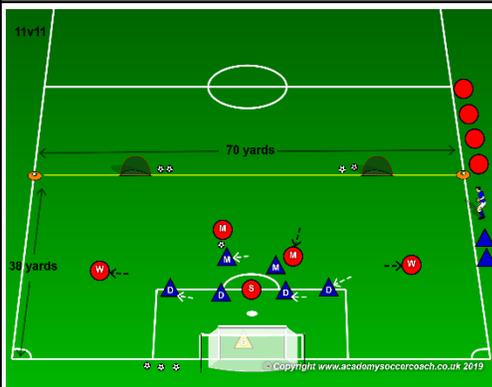
KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. How can we block the way forward? 2. Now that we are compacted in front of the ball, what should the closest defender do? 3. What do the other defenders do? 4. When is a good time to double-team the attacker with the ball?

ANSWERS: 1. The closest defender steps up towards the ball; the other defenders get compacted to close the openings - 2. Press the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.

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): 7v5 to Goal & 2 Small Goals **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: Prevent scoring chances and regain the ball.

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

ORGANIZATION: In the defensive half of an 11v11 field, set up a 70Wx38L field with a regular goal and two small goals. The 6 Blue defenders score by passing into either small goal, Red team scores in the regular goal. Rotate players every round.

KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. Who should step up to protect the goal and pressure the ball? 2. What should the other defenders do? 3. When is a good time to double-team the attacker with the ball?

ANSWERS: 1. The closest defender to the attacker with the ball. - 2. Get compacted and provide cover and balance - 3. When we outnumber the attacker with the ball.

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

PRACTICE (More Challenging): 7v7 to Goal & 2 Small Goals **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: Prevent scoring chances and regain the ball.

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

ORGANIZATION: In the defensive half of an 11v11 field, set up a 70Wx38L field with a regular goal and two small goals. The 6 Blue defenders score by passing into either small goal, Red team scores in the regular goal. Rotate players every round.

KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. How can we block the way forward? 2. Now that we are compacted in front of the ball, what should the closest defender do? 3. What do the other defenders do? 4. When is a good time to double-team the attacker with the ball?

ANSWERS: 1. The closest defender steps up towards the ball; the other defenders get compacted to close the openings - 2. Press the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.

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



OBJECTIVE: Prevent scoring chances and regain the ball.

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

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: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. Now that we are organized, what must we do to keep the openings closed? 2. Why is it important to work together when defending? 3. Why do we want our teammates to help us defend near our goal?

ANSWERS: 1. Stay compacted making a defensive block to close any opening - 2. Because moving as a unit will make it easier to provide pressure, cover and balance - 3. To outnumber the attackers and try to double-team the player with the ball.

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?