


	GOAL:	Improve preventing the opponent from scoring goals - 2							
	PLAYER ACTIONS	Protect the goal, press/cover/balance, make it and keep it compact							
	KEY QUALITIES	Reading the game, focus, take initiative							
	AGE GROUP	U9-U10 / 7V7 / 12 Players	MOMENT	Defending	DURATION	60 min			
1st PLAY PHASE	1V1, 2V1, 2V2...3V3	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:	3 min	Rest time:	1min	Intervals	6
		3v4 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To outnumber the opponent, win the ball back and score. ORGANIZATION: Set up two 18Wx25L yard fields. Place the Red team on one end line and the Blue team on the other. Play 2v2. The game starts when the Red team dribbles the ball into the field or passes to his/her partner. Both teams try to score by dribbling across the end line. Switch players every interval. KEY WORDS: Close the attacker down, pressure & cover, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do?? ANSWERS: 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover. 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:	2 min	Rest time:	1 min	Intervals	8
		2v4 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To outnumber the opponent, win the ball back and score. ORGANIZATION: Set up two 18Wx25L yard fields. Place the Red team on one end line and the Blue team on the other. Play 2v2. The game starts when the Red team dribbles the ball into the field or passes to his/her partner. Both teams try to score by dribbling across the end line. Switch players every interval. KEY WORDS: Close the attacker down, pressure & cover, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do? ANSWERS: 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover. 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:	3 min	Rest time:	1 min	Intervals	6
		3v4 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To outnumber the opponent, win the ball back and score. ORGANIZATION: Set up two 18Wx25L yard fields. Place the Red team on one end line and the Blue team on the other. Play 2v2. The game starts when the Red team dribbles the ball into the field or passes to his/her partner. Both teams try to score by dribbling across the end line. Switch players every interval. KEY WORDS: Close the attacker down, pressure & cover, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do? ANSWERS: 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE	6v6 (1-3-2 v 1-3-2)	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? 				