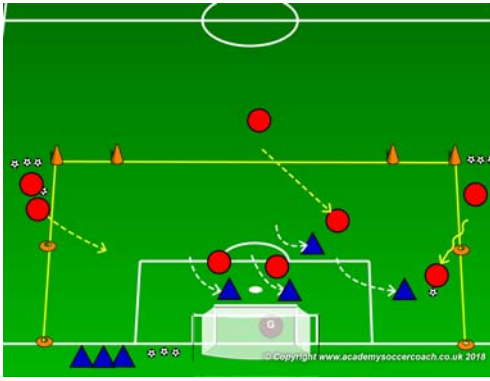
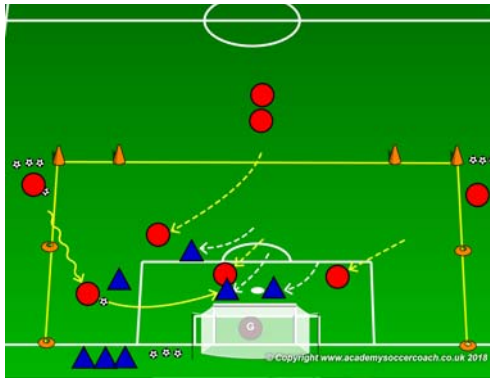
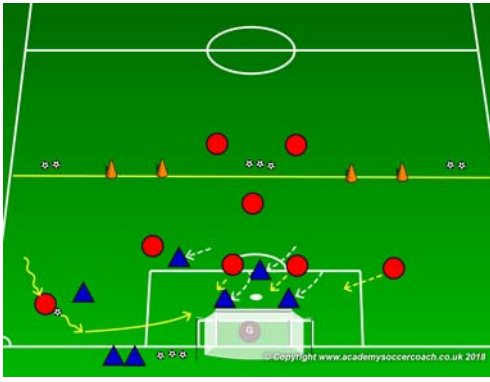
	GOAL:	Improve preventing the opponent from scoring goals - 2							
	PLAYER ACTIONS	Protect the goal, make it and keep it compact, mark the player/mark the area							
	KEY QUALITIES	Reading the game, focus, take initiative							
	AGE GROUP	U11-U12 / 8V8 / 16 Players	MOMENT	Defending	DURATION	60 min			
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:	3 min	Rest time:	3 min	Intervals	4
		5V5 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To prevent the opponent from scoring. ORGANIZATION: Set up a 48Wx30L yard field with a regular goal and two counter goals. The Red team has two attackers starting inside the playing area. The game starts when the Red winger with the ball passes or dribbles the ball in. The Red team scores in the regular goal and the Blue team in either of the two counter goals. Red always starts with the ball. Rotate players every interval. KEY WORDS: Pressure the winger, block the shot or cross, drop to defend the goal. GUIDED QUESTIONS: 1.- What should you do if you are defending 1v1 on the wing 2.- Where should the other defenders go when the ball is in the flanks? ANSWERS: 1.- Get in between your opponent and the goal, force the attacker to the side line and block the shot or cross. 2.- They drop towards the goal, get/stay compacted and mark the Red strikers. 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:	3 min	Rest time:	3 min	Intervals	4
		5V4 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To outnumber the opponent, win the ball back and score. ORGANIZATION: Set up a 48Wx30L yard field with a regular goal and two counter goals. The Red team has two attackers starting inside the playing area. The game starts when the Red winger with the ball passes or dribbles the ball in. The Red team scores in the regular goal and the Blue team in either of the two counter goals. Red always starts with the ball. Rotate players every interval. KEY WORDS: Pressure the winger, block the shot or cross, drop to defend the goal. GUIDED QUESTIONS: 1.- What should you do if you are defending 1v1 on the wing? 2.- Where should the other defenders go when the ball is in the flanks? ANSWERS: 1.- Get in between your opponent and the goal, force the attacker to the side line and block the shot or cross. 2.- They drop towards the goal, get/stay compacted and mark the Red strikers. 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:	3 min	Intervals	6
		5V6 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To outnumber the opponent, win the ball back and score. ORGANIZATION: Set up a 48Wx30L yard field with a regular goal and two counter goals. The Red team has two attackers starting inside the playing area. The game starts when the Red winger with the ball passes or dribbles the ball in. The Red team scores in the regular goal and the Blue team in either of the two counter goals. Red always starts with the ball. Rotate players every interval. KEY WORDS: Pressure the winger, block the shot or cross, drop to defend the goal. GUIDED QUESTIONS: 1.- What should you do if you are defending 1v1 on the wing? 2.- Where should the other defenders go when the ball is in the flanks? ANSWERS: 1.- Get in between your opponent and the goal, force the attacker to the side line and block the shot or cross. 2.- They drop towards the goal, get/stay compacted and mark the Red strikers. 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(1-3-2-2v1-2-2-3)	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? 				