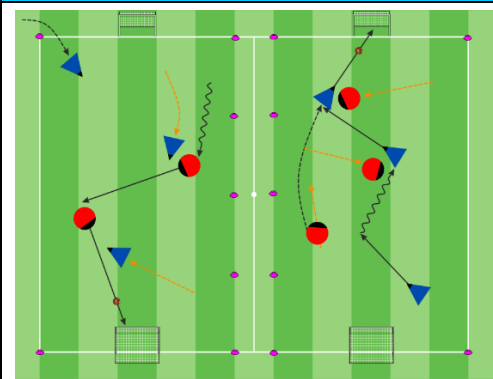




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|-----------------------|------------------------------------|-----------------|-------------------|
| GOAL: | Prevent the opponents from scoring | | AGE GROUP |
| PLAYER ACTIONS | Protect the goal, steal the ball | | 8U |
| KEY QUALITIES | Read & understand the game, focus | | |
| MOMENT | Defending | DURATION | 60 Minutes |
| | | | 4v4 |

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|--|---|
| 1st PLAY PHASE (intentional Free Play) | 18 Min.-Play multiple 3-4 minute games |
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Objective: to deny the opponent's ability to create scoring chances or scoring goals.

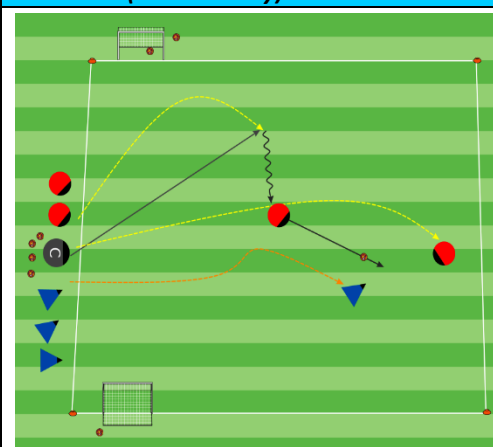
Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: block your goal, force the ball away from your goal

Guided Questions: Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?

Answers: try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.

| | |
|---|--|
| PRACTICE (Core Activity): 2v1 to Side Goals (Reloading Game) | 18 Minutes-18 intervals-30 sec. play-30 sec. rest |
|---|--|



Organization: In a 20Wx30L yard grid & a goal on each end line close to the corner. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. **Rules:** Play starts when the coach plays a ball onto the field. Once a goal is scored or the ball leaves the field, all players off the field & a new ball is played for the next players to play.

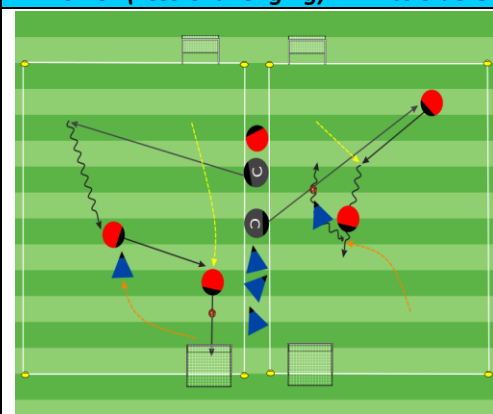
Key Words: block your goal, force the ball away from your goal

Guided Questions: Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?

Answers: try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.

Notes: Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.

| | |
|---|---|
| PRACTICE (Less Challenging): 2v1 to Side Goals (players enter field first) | 18 Minutes-9 intervals-1 min. play-1 min. rest |
|---|---|



Organization: Same set up as the Core Activity except, after dividing the team into 2 groups, the coach will appoint 2 players from 1 team and 1 from the other to enter the field. Each team will still have 1 goal to score in and 1 to defend. Once the players have entered the field, the coach will play a ball onto the field. **Rules:** Play starts when the coach plays a ball onto the field. The game lasts for 1 minute. After 1 minute, all players off the field & the coach appoints new players to play the next game.

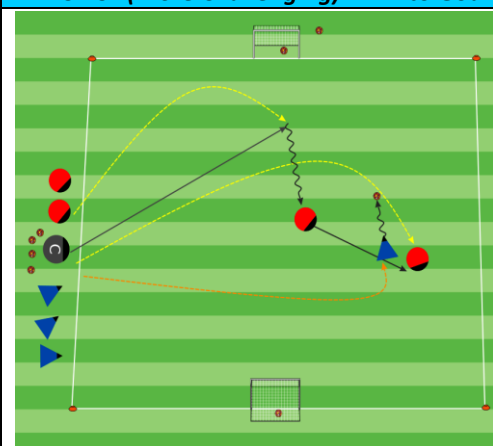
Key Words: block your goal, force the ball away from your goal

Guided Questions: Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?

Answers: try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.

Notes: Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.

| | |
|---|--|
| PRACTICE (More Challenging): 2V1 to Goal | 18 Minutes-18 intervals-30 sec. play-30 sec. rest |
|---|--|



Organization: In a 20Wx30L yard grid & a goal in the middle of each end line. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. **Rules:** Play starts when the coach plays a ball onto the field. Once a goal is scored or the ball leaves the field, all players off the field & a new ball is played for the next players to play.

Key Words: block your goal, force the ball away from your goal

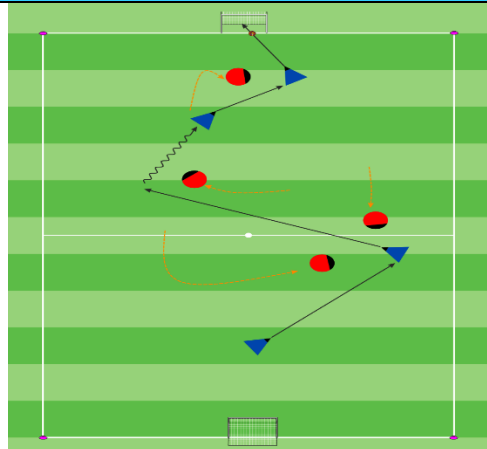
Guided Questions: Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?

Answers: try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.

Notes: by moving the goal into the center, the defender will have to move further onto the field to defend it. Add a player to the team of 1 to make it a 2v2 game if needed.

2nd. PLAY PHASE: The Game – 4v4 (no Goal Keepers):

24 Minutes-2 intervals-10 min. play-2 min. rest



Objective: to deny the opponent's ability to create scoring chances or scoring goals.

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: block your goal, force the ball away from your goal

Guided Questions: Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?

Answers: try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.

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?