

	GOAL:	Improve preventing the opponent from building up in their own half - 1				AGE GROUP
	PLAYER ACTIONS	Protect the goal, Steal the ball, Pressure, Cover & Balance				13+
	KEY QUALITIES	Make decisions, Focus, Optimal physical abilities				
	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: To regain the ball in the opponent's half.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In the attacking 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: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. Who should block the way to the goal? 2. When is a good time to steal the ball? 3. Where should the other defenders be if one defender is trying to steal the ball?

ANSWERS: 1. The closest defender should get in front of the ball to protect the goal - 2. When the defender is close enough to tackle it or poke it - 3. Right behind the defender providing 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): 6v7 to Goal & 3 Small Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance

ORGANIZATION: In the attacking half of a 11v11 field, set up a 70Wx60L field with a regular goal and three small goals. The 6 Blue attackers score in the regular goal, Red team scores by passing into one of the three goals. Rotate players every round.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. Who should close the direct way or opening to goal? 2. When can the defenders try to steal the ball? 3. How can the other defenders help the pressing defender?

ANSWERS: 1. The closest defender to the ball - 2. Before it arrives to the attacker's feet, when the player has a bad touch or the attacker is facing his own goal - 3. By getting compact and provide cover and balance.

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): 8v7 to Goal & 3 Small Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In the attacking half of a 11v11 field, set up a 70Wx60L field with a regular goal and three small goals. The 6 Blue attackers score in the regular goal, Red team scores by passing into one of the three goals. Rotate players every round.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. Who should block the way to the goal? 2. When is a good time to steal the ball? 3. Where should the other defenders be if one defender is trying to still the ball?

ANSWERS: 1. The closest defender should get in front of the ball to protect the goal - 2. When the defender is close enough to tackle it or poke it - 3. Right behind the defender providing cover and balance.

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

PRACTICE (More Challenging): 6v8 to Goal & 3 Small Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx60L field with a regular goal and three small goals. The 6 Blue attackers score in the regular goal, Red team scores by passing into one of the three goals. Rotate players every round.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. Who should close the direct way or opening to goal? 2. When can the defender try to steal the ball? 3. How can the other defenders help the pressing defender?

ANSWERS: 1. The closest defender to the ball - 2. Before it arrives to the attacker's feet, when the player has a bad touch or the attacker is facing his own goal - 3. By getting compact and providing cover and balance.

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



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-2-3-3 formation and the Red team will play in 1-4-2-2 formation.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. How do you make it difficult for the opponent to play forward? 2. Once we are compacted what should the defenders do?

ANSWERS: 1. The closest defender to the ball gets in front of the ball to protect the goal - 2. The closest defender to the ball pressures it, the defenders behind provide cover and the farthest defender provides balance.

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?