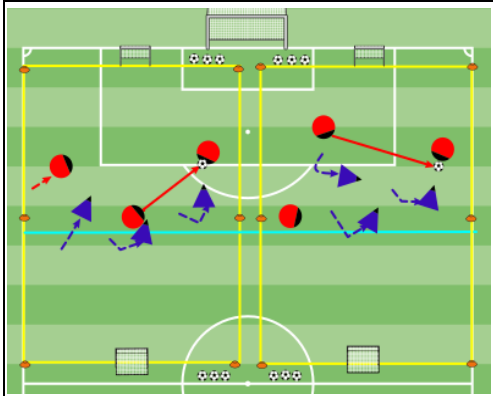
	GOAL:	Improve preventing the opponent from building up in their own half - 1				AGE GROUP
	PLAYER ACTIONS	Steal the ball, Get and make it compact, Pressure, cover and balance				9U-10U
	KEY QUALITIES	Read the game, Focus, Optimal technical abilities				
	MOMENT	Defending	DURATION	60 min	PLAYERS	12

1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



OBJECTIVE: To regain the ball and preventing the opposition from moving the ball forward.

ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

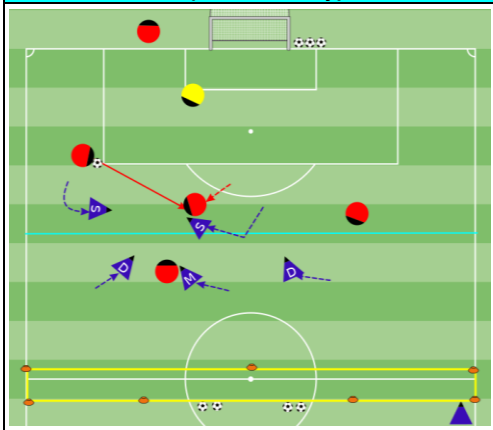
KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward 3. When you are close enough to poke it, tackle it, or steal it.

Note - First break: Coach asks questions, players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 5v5 to Goal and End Zone **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball and prevent the opposition from moving the ball forward.

ORGANIZATION: Set up a 40Wx28L field with a 4 yard end-zone as shown in the diagram. Select 5 Red attackers and their goalkeeper, and 5 Blue defenders. The Red team scores by either passing or dribbling into the end zone. The Blue team scores in the regular goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

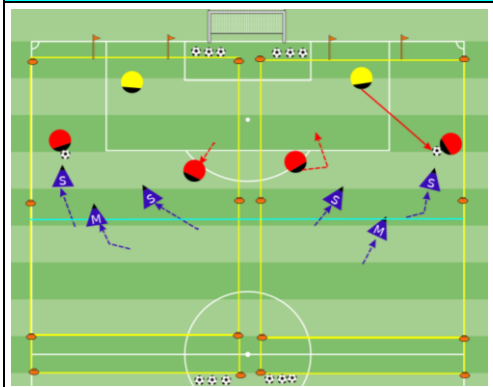
KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward 3. When you are close enough to poke it, tackle it, or steal it.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 3v2 to Goal and End Zone **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball and prevent the opposition from moving the ball forward.

ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play a 3v3 to score in the opponent's goal. The 3 Blue players attack the goal with a goalkeeper, Red scores by passing through the Blue's goal. Rotate goalkeepers.

KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note – Switch to this activity if the CORE is too difficult for the players.

PRACTICE (More Challenging): 5v6 to Goal and End Zone **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball and prevent the opposition from moving the ball forward.

ORGANIZATION: Set up a 40Wx28L field with a 4 yard end-zone as shown in the diagram. Select 5 Red attackers and their goalkeeper, and 5 Blue defenders. The Red team scores by either passing or dribbling into the end zone. The Blue team scores in the regular goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

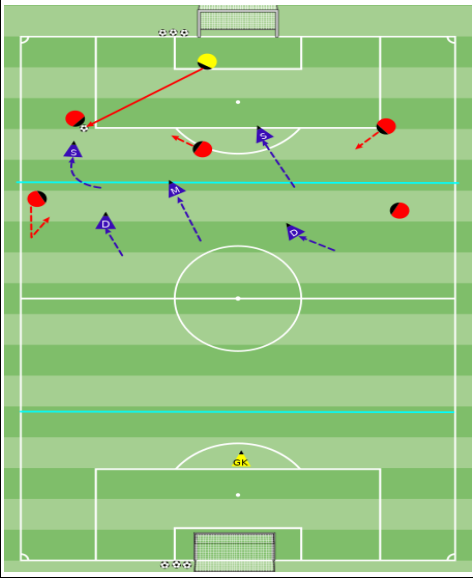
GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note – Switch to this activity if the CORE is not challenging enough.

2nd PLAY PHASE: The Game – 6v6 (GK+5v5+GK)

DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min



OBJECTIVE: To regain the ball and prevent the opposition from moving the ball forward.

ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-3-2 formation and the Red team will play in 1-2-3 formation.

KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

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?