

	GOAL:	Improve preventing the opponent from building up in their own half - 1							
	PLAYER ACTIONS	Steal the ball, pressure/cover/ and stay compact							
	KEY QUALITIES	Read the game, be proactive, focus							
	AGE GROUP	U9-U10 / 7v7 / 12 Players	MOMENT	Defending	DURATION	60 minutes			
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 min	Activity time:	3 min	Rest time:	1 min	Intervals	6
		2v3 TO GOAL AND END LINE: OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score. ORGANIZATION: Set up two 20Wx25L yard fields with a 6 yard cone goal in the north endline. The Red team has a goalkeeper and two attackers, the Blue team has 2 defenders. The game begins when the goalkeeper passes the ball to a Red player. As soon as the pass is made, the Blue players who are behind at the build out line run in and try to win the ball. The Red team scores by dribbling the ball past the endline. The Blue team scores in the Red team's goal. Rotate players every interval. Every time the ball goes out the Red team restarts with a goal kick. KEY WORDS: Get in front of the ball, tackle (Poke or Block), work together. GUIDED QUESTIONS: 1.- What should you do as soon as the goalkeeper passes the ball? 2.- Where will you force the attacker to go? 3.- How can you get the ball? ANSWERS: 1.- One of us will run forward to get in front of the player receiving the ball, the other will stay a little behind. 2.- Towards his/her own goal. 3.- By stealing the ball with a block tackle or a poke. 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 min	Activity time:	30 sec	Rest time:	30 sec	Intervals	24
		2v3 TO GOAL AND END LINE: OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score. ORGANIZATION: Set up three 14Wx22L yard fields with a 6 yard cone goal in the north endline. The Red team has a goalkeeper and one attacker, the Blue team has one defender. The game begins when the goalkeeper passes the ball to the Red player. As soon as the pass is made, the Blue defender who is behind at the build out line runs in and tries to win the ball. The Red team scores by dribbling the ball past the endline. The Blue team scores in the Red team's goal. Rotate players every interval. Every time the ball goes out, the Red team restarts with a goal kick. KEY WORDS: Get in front of the ball, tackle (Poke or Block), work together. GUIDED QUESTIONS: 1.- What should you do as soon as the goalkeeper passes the ball? 2.- Where will you force the attacker to go? 3. How can you get the ball?? ANSWERS: 1.- Run forward to get in front of the player receiving the ball, the other will stay a little behind. 2.- Towards his/ her own goal. 3.- By stealing the ball with a block tackle or a poke. 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 min	Activity time:	7 min	Rest time:	1 min	Intervals	3
		4v5 TO GOAL AND TWO COUNTER GOALS: OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score. ORGANIZATION: In a 45Wx35L yard field with a regular goal and two counter goals. The Red team has a goalkeeper and 5 attackers, the Blue team has four defenders. The game begins when the goalkeeper passes the ball to a Red defender. As soon as the pass is made, the Blue defenders who are behind at the build out line run in and try to win the ball. The Red team scores in either of the two counter goals. The Blue team scores in the Red team's goal. Rotate players every interval. All Laws apply. KEY WORDS: Get in front of the ball, tackle (Poke or Block), work together. GUIDED QUESTIONS: 1.- What should you do as soon as the goalkeeper passes the ball? 2.- Where will you force the attacker to go? 3. How can you get the ball?? ANSWERS: 1.- Run forward to get in front of the player receiving the ball, the others will stay a little behind. 2.- Towards his/ her own goal. 3.- By stealing the ball with a block tackle or a poke. 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 (1-2-3 v 1-2-3)	Duration:	26 min	Activity time:	11 min	Rest time:	2 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? 				