



<b>GOAL:</b>	Improve preventing the opponent from building up in their own half - 2				<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				<b>9U-10U</b>
<b>KEY QUALITIES</b>	Read the game, Take initiative, Focus, Optimal physical abilities				
<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>12</b>

<b>AGE GROUP</b>	<b>9U-10U</b>
	<b>7v7</b>

**1st PLAY PHASE (Intentional Free Play): 3v3 to Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** Disrupt the build up to regain the ball.

**PLAYER ACTIONS:** Protect the goal, Make it compact, and Keep it compact.

**ORGANIZATION:** In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

**KEY WORDS:** Block the opening, Work together, Hassle the opponent.

**GUIDED QUESTIONS:** 1. How do we prevent the opponent from moving the ball forward? 2. Why do we need to work together?

**ANSWERS:** 1. Get defender in front of the ball to protect the goal and block the way forward - 2. To make it and keep it compact to close the openings.

**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): 4v5 to Goal & Small Goal** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** Disrupt the opponent's build up to regain the ball closer to their goal.

**PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the regular goal, Red team scores by passing into the small goal. Play with the build out line. Rotate players every round.

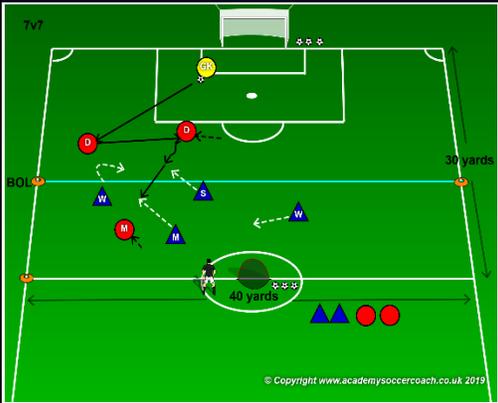
**KEY WORDS:** Block the opening, Work together, Hassle the opponent, Help to defend

**GUIDED QUESTIONS:** 1. What happens when a defender gets in front of the ball? 2. How can we close all the openings to go forward? 3. Where should we be when a defender is pressing the attacker with the ball?

**ANSWERS:** 1. Protects the goal, blocks the opening and prevents forward play - 2. By working together to make it and stay compact - 3. Behind the pressing defender providing 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): 4v4 to Goal & Small Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the regular goal, Red team scores by passing into the small goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Shut the opening, Angle speed and distance of approach, Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. How do we prevent the opponent from moving the ball forward? 2. Why do we need to work together? 3. Who presses the attacker with the ball, and what do the other defenders do?

**ANSWERS:** 1. Protect the goal, block the opening to prevent forward play - 2. To make it and keep it compact to close the openings.- 3. The closest defender presses, the others provide cover and balance.

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

**PRACTICE (More Challenging): 4v6 to Goal & Small Goal** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the regular goal, Red team scores by passing into the small goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Block the opening, Work together, Hassle the opponent, Help to defend

**GUIDED QUESTIONS:** 1. What happens when a defender gets in front of the ball? 2. How can we close all the openings to go forward? 3. Where should we be when a defender is pressing the attacker with the ball?

**ANSWERS:** 1. Protects the goal, blocks the opening and prevents forward play - 2. By working together to get and stay compact - 3. Behind the pressing defender providing cover and balance.

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



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Block the opening, Work together, Hassle the opponent, Help to defend

**GUIDED QUESTIONS:** 1. What happens when a defender gets in front of the ball? 2. How can we close all the openings to go forward? 3. Where should we be when a defender is pressing the attacker with the ball?

**ANSWERS:** 1. Protects the goal, blocks the opening and prevents forward play - 2. By working together to make it compact and stay compact - 3. Behind the pressing defender providing cover and 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 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?