

	GOAL:	Improve preventing the opponent from building up in their own half - 2							
	PLAYER ACTIONS	Steal the ball, pressure/cover/balance, outnumber the opponent							
	KEY QUALITIES	Make decisions, take the initiative, 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	
	<p>3v3 TO GOAL:</p> <p>OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score.</p> <p>ORGANIZATION: Set up two 20Wx25L yard fields with a 6 yard cone goal on the north endline and a small goal on the other endline. The Red team has a goalkeeper and two attackers, the Blue team has three 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 the small goal and the Blue team in the cone goal. Rotate players every interval. Every time the ball goes out the Red team restarts with a goal kick.</p> <p>KEY WORDS: Attack the ball, work together, tackle (Poke or Block).</p> <p>GUIDED QUESTIONS: 1.- How should the defenders be set up on the build out line? 2.- Who should press the player with the ball? 3.- Why do we want to outnumber the player with the ball?</p> <p>ANSWERS: 1.- Behind the build out line making a defensive block. 2.- The closest defender presses the player with the ball. 3.- To steal the ball from him/her.</p> <p>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.</p>								
PRACTICE (Less Challenging):	Duration:	24 min	Activity time:	1 min	Rest time:	1 min	Intervals	12	
	<p>2v2 TO GOAL:</p> <p>OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score.</p> <p>ORGANIZATION: Set up three 14Wx22L yard fields with a 6 yard cone goal on 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 a Red defender. 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.</p> <p>KEY WORDS: Attack the ball, work together, tackle (Poke or Block).</p> <p>GUIDED QUESTIONS: 1.- How should the defenders be set up on the build out line? 2.- Who should press the player with the ball? 3.- Why do we want to outnumber the player with the ball?</p> <p>ANSWERS: 1.- Behind the build out line making a defensive block. 2.- The closest defender presses the player with the ball. 3.- To steal the ball from him or her.</p> <p>NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.</p>								
PRACTICE (More Challenging):	Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4	
	<p>5v6 TO A REGULAR GOAL AND TWO COUNTER GOALS:</p> <p>OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score.</p> <p>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 five 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.</p> <p>KEY WORDS: Attack the ball, work together, tackle (Poke or Block).</p> <p>GUIDED QUESTIONS: 1.- How should the defenders be set up on the build out line? 2.- Who should press the player with the ball? 3.- Why do we want to outnumber the player with the ball?</p> <p>ANSWERS: 1.- Behind the build out line making a defensive block. 2.- The closest defender presses the player with the ball. 3.- To steal the ball from him or her.</p> <p>NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.</p>								
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? 				