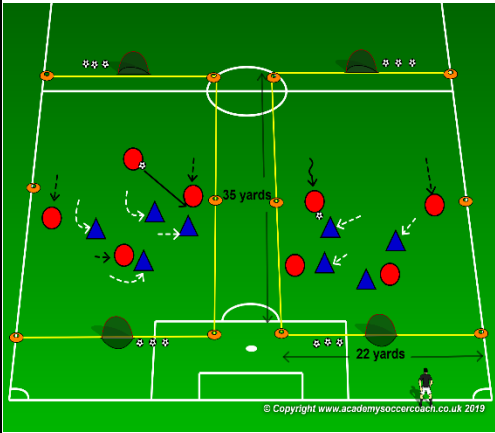
	<b>GOAL:</b>	Improve preventing the opponent from building up and creating scoring chances in our half - 1				<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent				11U-12U
	<b>KEY QUALITIES</b>	Understand the game, Focus, Optimal technical and physical abilities				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min



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

**PLAYER ACTIONS:** Protect the goal, Pressure, cover and balance.

**ORGANIZATION:** In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

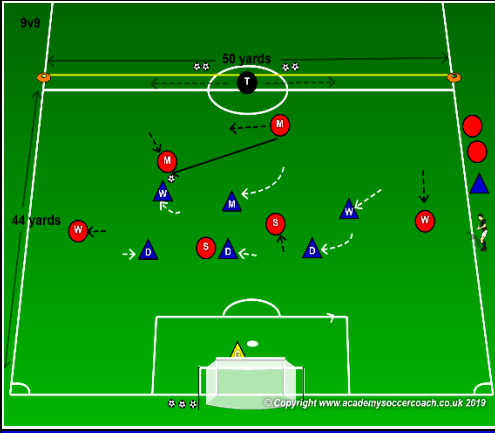
**KEY WORDS:** Obstruct the way forward, Force away (backwards), Help defend.

**GUIDED QUESTIONS:** 1. What should we do to prevent them from playing forward? 2. What do we want the obstructing defender to do? 3. How do the other defenders help?

**ANSWERS:** 1. Get a defender in between the attacker with the ball and the goal to protect the goal - 2. Press the ball to force the attacker away from the goal - 3. They provide 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): 7v6 to Goal and a Target** | DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min



**OBJECTIVE:** To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure, cover and balance, Outnumber the opponent.

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 50Wx44L field with a regular goal and a 4 yard End Zone with a target player. The 6 Blue defenders score by passing to the target player, Red team scores in the regular goal. Rotate players every round.

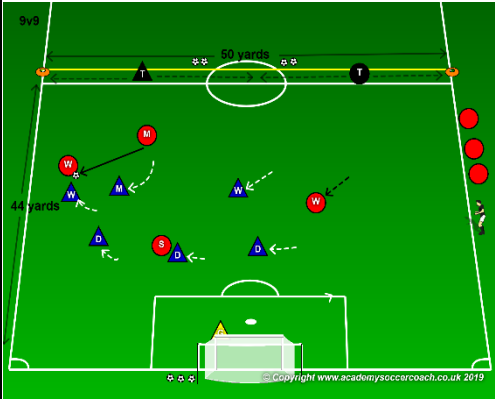
**KEY WORDS:** Obstruct the way forward, Force away (backwards), Help defend, Double.

**GUIDED QUESTIONS:** 1. Who should step up to get in front of the ball to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help the pressing defender? 4. When should we double team?

**ANSWERS:** 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.

**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): 7v4 to Goal & 2 Targets** | DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min



**OBJECTIVE:** To regain the ball, deny the opposition to move the ball forward and create scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure, Cover and Balance, Outnumber the opponent.

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 50Wx44L field with a regular goal and a 4 yard End Zone with 2 target players. The 6 Blue defenders score by passing to one of the target players, Red team scores in the regular goal. Rotate players every round.

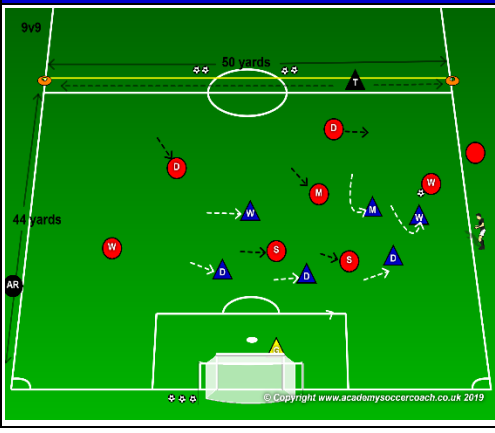
**KEY WORDS:** Obstruct the way forward, Force away (backwards), Help defend, Double.

**GUIDED QUESTIONS:** 1. Who steps up to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help defend?

**ANSWERS:** 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Move together and provide defensive cover and balance -

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

**PRACTICE (More Challenging): 7v7 to Goal and 2 Targets** | DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min



**OBJECTIVE:** To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure, Cover and Balance, Outnumber the opponent.

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 50Wx44L field with a regular goal and a 4 yard End Zone with a target player. The 6 Blue defenders score by passing to the target player, Red team scores in the regular goal. Rotate players every round.

**KEY WORDS:** Obstruct the way forward, Force away (backwards), Help defend.

**GUIDED QUESTIONS:** 1. Who should step up to get in front of the ball to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help the pressing defender? 4. When should we double team?

**ANSWERS:** 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.

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

**2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+GK)**

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



**OBJECTIVE:** To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure, Cover and Balance, Outnumber the opponent.

**ORGANIZATION:** In a 9v9 field (50Wx80L) play 8v8. The Blue will play in a 1-3-3-1 formation and the Red team will play in a 1-3-3-1 formation.

**KEY WORDS:** Obstruct the way forward, Force away (backwards), Help defend.

**GUIDED QUESTIONS:** 1. Who should step up to get in front of the ball to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help the pressing defender? 4. When should we double team?

**ANSWERS:** 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.

**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?