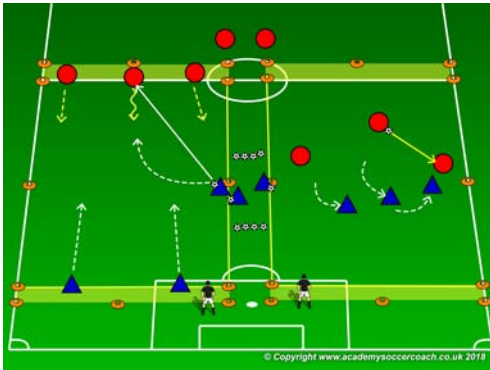




	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 1							
	PLAYER ACTIONS	Pressure/cover/balance, stay compact, steal the ball							
	KEY QUALITIES	Decision making, take initiative, focus							
	AGE GROUP	U11-U12 / 9v9 / 16 Players	MOMENT	Defending	DURATION	60 minutes			
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	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	Activity time:	3 min	Rest time:	1 min	Intervals	6
		<p>3v3 TO END ZONES: OBJECTIVE: To stop the opponent's attack. ORGANIZATION: Set up two 25Wx.27L yard fields with a 3 yard end zone at each end. Have the Red attackers line up in the end zone and two Blue defenders line up in the opposite end zone and a Blue server on the middle cone with a ball. The game starts when the Blue server passes the ball to the Red team to play 3v3. Teams score by dribbling the ball into the end zone or passing the ball into a teammate's timed run into the end zone. Offside rules apply from the middle cone to the end zone. After a goal, the Blue team restarts by serving the ball to the Red team. Rotate players every interval. KEY WORDS: Pressure, cover, move with the ball, attack the ball, tackle (Poke or Block). GUIDED QUESTIONS: 1.- Who should put pressure on the ball? 2.- How do you keep the opponents from moving the ball forward? 3.- What do the other defenders do? ANSWERS: 1.- The closest players to the ball will pressure the ball carrier. 2.- Moving together as a defensive block and whoever is the player closest to the ball pressures it . 3.- They will provide cover to close any openings.</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	Activity time:	3 min	Rest time:	1 min	Intervals	6
		<p>4v3 TO END ZONES: OBJECTIVE: To stop the opponent's attack. ORGANIZATION: Set up two 25Wx.27L yard fields with a 3 yard end zone at each end. Have the Red attackers line up in the end zone and two Blue defenders line up in the opposite end zone and a Blue server on the middle cone with a ball. The game starts when the Blue server passes the ball to the Red team to play 4v3. Teams score by dribbling the ball into the end zone or passing the ball into a teammate's timed run into the end zone. Offside rules apply from the middle cone to the end zone. After a goal, the Blue team restarts by serving the ball to the Red team. Rotate players every interval. KEY WORDS: Pressure, cover, move with the ball, attack the ball, tackle (Poke or Block). GUIDED QUESTIONS: 1.- Who should put pressure on the ball? 2.- How do you keep the opponents from moving the ball forward? 3.- What do the other defenders do? ANSWERS: 1.- The closest players to the ball will pressure the ball carrier. 2.- Moving together as a defensive block and whoever is the player closest to the ball pressures it . 3.- They will provide cover to close any openings.</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	Activity time:	3 min	Rest time:	1 min	Intervals	6
		<p>3v4 TO END ZONES: OBJECTIVE: To stop the opponent's attack. ORGANIZATION: Set up two 25Wx.27L yard fields with a 3 yard end zone at each end. Have the Red attackers line up in the end zone and two Blue defenders line up in the opposite end zone and a Blue server on the middle cone with a ball. The game starts when the Blue server passes the ball to the Red team to play 3v4. Teams score by dribbling the ball into the end zone or passing the ball into a teammate's timed run into the end zone. Offside rules apply from the middle cone to the end zone. After a goal, the Blue team restarts by serving the ball to the Red team. Rotate players every interval. KEY WORDS: Pressure, cover, move with the ball, attack the ball, tackle (Poke or Block). GUIDED QUESTIONS: 1.- Who should put pressure on the ball? 2.- How do you keep the opponents from moving the ball forward? 3.- What do the other defenders do? ANSWERS: 1.- The closest players to the ball will pressure the ball carrier. 2.- Moving together as a defensive block and whoever is the player closest to the ball pressures it . 3.- They will provide cover to close any openings.</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	8v8(1-3-1-3v1-3-1-3)	Duration:	27 min	Activity time:	11 min	Rest time:	2.5 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? 				