

	GOAL:	Preventing build up in the middle third of the field							
	PLAYER ACTIONS	Pressure the ball, steal the ball, protect the goal							
	KEY QUALITIES	Read and understand the game, Take initiative							
	AGE GROUP	U8/4v4	MOMENT	Defending	DURATION	60 min.			
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 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:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9	
	2v1+1+1 - Defend Each Zone: Organization: In 20Wx30L yard grid divided into thirds & 2 goals on each end line. Coach will select 1 player to defend in each zone (third). The rest of the players will have a partner and share a soccer ball. Each defender must remain in the 3 rd of the field they are defending. The attackers will try to pass and dribble through each zone and score when they get close to a goal. If they score in one goal, the turn to attack the other end. If they miss the goal or if the defender steals their soccer ball in any third, they must start scoring over again. The defenders count how many soccer balls they can win in 1 minute. Once they win a ball, they can defend against another group. Rules: Defenders cannot leave their zone. Attackers lose all their points if a defender can steal their ball (even touching their soccer ball counts as a steal). Key Words: force the attackers to the outside, get it, win the ball Guided Questions: Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting to close? Answers: By getting closer to the ball, you may be able to block passes and shots. Move over to that side of the field to see if you can intercept any passes kicked too hard. Notes: you can use cones for goals if goals are not available.								
PRACTICE (Less Challenging):	Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9	
	2 v 1 (or more) Defenders - Defend Each Zone: Organization: In 20Wx30L yard grid divided into thirds & 2 goals on each end line. Coach will select 1 player to defend in each zone (third). One or more of the zones can have a 2 nd defender. The rest of the players will have a partner and share a soccer ball. Each defender must remain in the 3 rd of the field they are defending. The attackers will try to pass and dribble through each zone and score when they get close to a goal. If they score in one goal, the turn to attack the other end. If they miss the goal or if the defender steals their soccer ball in any third, they must start scoring over again. The defenders count how many soccer balls they can win in 1 minute. Once they win a ball, they can defend against another group. Rules: Defenders cannot leave their zone. Attackers lose all their points if a defender can steal their ball (even touching their soccer ball counts as a steal). Key Words: force the attackers to the outside, get it, win the ball Guided Questions: Why is it important for the defender to step closer to the ball? If 2 defenders are in the same zone, how can they work together? Notes: You can use cones for goals if goals are not available.								
PRACTICE (More Challenging):	Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	6	
	Multiple Teams of 2 v 3 Defends to Goal: Organization: In 20Wx30L yard grid and 2 goals on each end line. Coach will select 3 player to defend. The rest of the players will have a partner and share a soccer ball. The attackers will try to pass and dribble through the defenders and score when they get close to a goal. If they score in one goal, the turn to attack the other end. If they miss the goal or if the defender steals their soccer ball, they must start scoring over again. The defenders count how many soccer balls they can win in 1 minute. Once they win a ball, they can defend against another group. Rules: Attackers lose all their points if a defender can steal their ball (even touching their soccer ball counts as a steal). Key Words: force the attackers to the outside, get it, win the ball Guided Questions: Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting to close? Answers: By getting closer to the ball, you may be able to block passes and shots. Move over to that side of the field to see if you can intercept any passes kicked too hard. Notes: You can use cones for goals if goals are not available.								
2nd PLAY PHASE	The Game - 4v4	Duration:	24 min.	Activity time:	10 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? 				