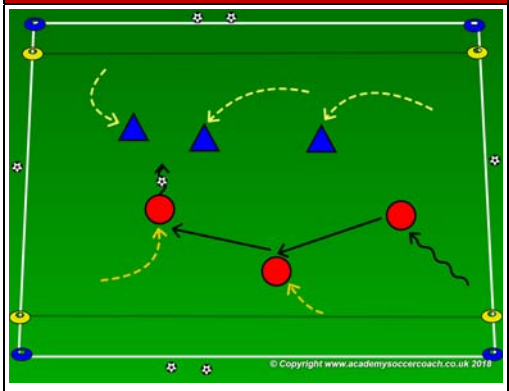
GOAL:	Preventing build up in the middle third of the field
PLAYER ACTIONS	Pressure, steal the ball, get compact
KEY QUALITIES	Read and understand the game, Take initiative

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

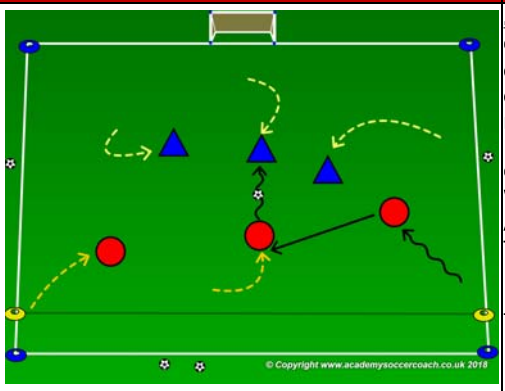
PRACTICE (Core Activity):	***Duration:***	18 min.	***Activity time:***	2 min.	***Rest time:***	1 min.	***Intervals***	6



3v3 - Defend Your End Zone:

Organization: In 20Wx30L yard grid with 3 on each end line, play a 3v3 game. Each team defends 1 end zone and tries to score in the other. Play the game for 2 minutes Goals are scored if a team can play the ball into their opponent's end zone (dribble or pass) and stop it. Defending team cannot wait in the end zone but can enter to stop an attack.
Rules: Play local laws/rules of the game other than scoring.
Key Words: move together, step to the ball, close the openings
Guided Questions: Why is it important for the team without the ball to stay close together?
Why is it important to challenge for the ball further up the field?
Answers: By getting compact, it is more difficult to play the ball through their team.
The further up the field you can win the ball, the easier it will be to get a chance to score.
Notes: Same size fields as the first play stage just add the end zone. 2 games can be played at the same time. This game can be played 3v2 or 2v2 if attendance is low for training.

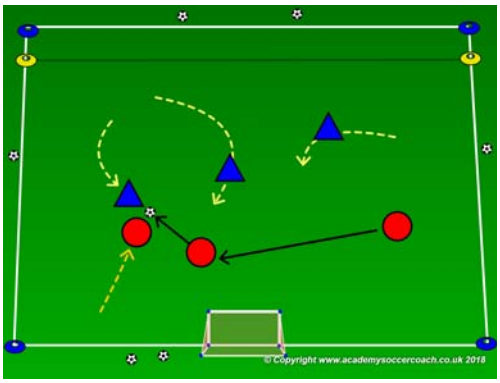
PRACTICE (Less Challenging):	***Duration:***	18 min.	***Activity time:***	2 min.	***Rest time:***	1 min.	***Intervals***	6



3v3 - Defend Your Goal/Counter to the End Zone:

Organization: Same set up as the Core Activity except, replace 1 end zone with a small goal, play a 3v3 game. The defending team will only have to protect a small goal but can counter attack to an end zone. The opposing team will still defend their end zone but can only score in the small goal. Play the game for 2 minutes.
Key Words: move together, step to the ball, close the openings
Guided Questions: Why is it important for the team without the ball to stay close together?
Why is it important to challenge for the ball further up the field?
Answers: By getting compact, it will be easier to close the openings to the goal.
The further up the field you can win the ball, the easier it will be to get a chance to score.
Notes: If a defending player is acting as a goal keeper, encourage them to step up so they will have a chance to score if they can win the ball.

PRACTICE (More Challenging):	***Duration:***	18 min.	***Activity time:***	2 min.	***Rest time:***	1 min.	***Intervals***	6



3v3 - Defend Your End Zone/Counter to a Small Goal:

Organization: Same set up as the Core Activity except, replace 1 end zone with a small goal, play a 3v3 game. The defending team will have to protect their end zone and can counter attack to a small goal. The opposing team will defend their small goal. Attacking team scores if they can play the ball into their opponent's end zone (dribble or pass) and stop it. Defending team cannot wait in the end zone but can enter to stop an attack. Play the game for 2 minutes.
Key Words: move together, step to the ball, close the openings
Guided Questions: Why is it important for the team without the ball to stay close together?
Why is it important to challenge for the ball further up the field?
Answers: By getting compact, it is more difficult to play the ball through their team.
The further up the field you can win the ball, the easier it will be to get a chance to score.
Notes: By countering to a small goal, you can encourage the defending team to step further up the field to win the ball and score but that also means they have more distance to recover on a counter attack.

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**
1. **Organized:** Is the activity organized in the right way? 2. **Game like:** Is the activity game like? 3. **Repetitions:** Are there repetitions when looking at the overall goal of the session? 4. **Challenging:** Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. **Coaching:** Is there the right coaching based on the age/level of the players?	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?**