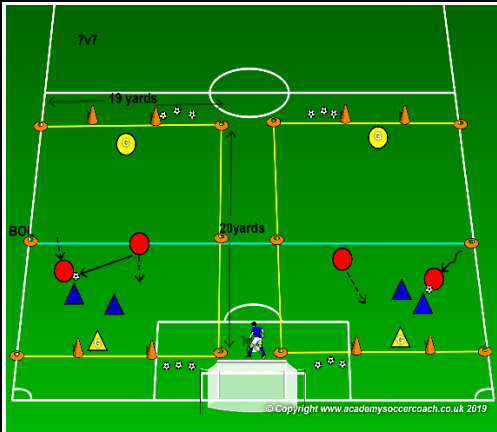




GOAL:	Improve preventing the opponent from scoring goals - 2
PLAYER ACTIONS	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent
KEY QUALITIES	Make decisions, Be proactive, Focus
MOMENT	Defending

AGE GROUP	9U-10U
	7v7

1st PLAY PHASE (Intentional Free Play): 3v3 to Goal | DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min



OBJECTIVE: Block scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure and cover.

ORGANIZATION: In a 7v7 field, set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

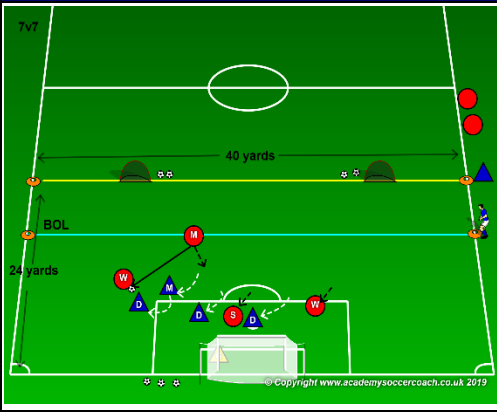
KEY WORDS: Block the shot, Together.

GUIDED QUESTIONS: 1. Where should the defender be to block the shot? 2. How do we work together to prevent scoring chances?

ANSWERS: 1. In between the ball and the goal protecting the goal - 2. Moving together so the closest defender to the ball pressures it and the other provides cover.

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): 5v4 to Goal & 2 Small Goals | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



OBJECTIVE: Block scoring chances and regain the ball.

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

ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 4 Blue defenders score in either of the two small goals, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

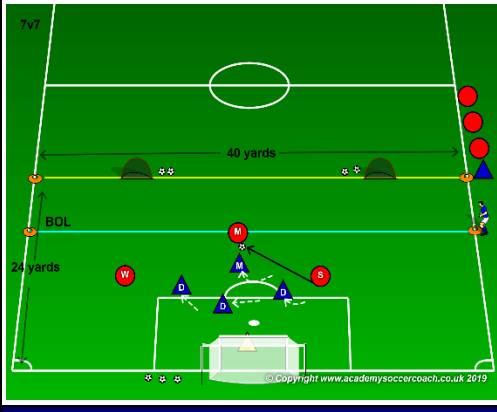
KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. Who should step up to protect the goal and pressure the ball? 2. What should the other defenders do? 3. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the attacker with the ball.. - 2. Provide cover and balance - 3. When we outnumber the attacker with the ball.

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): 5v3 to Goal & 2 Small Goals | DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min



OBJECTIVE: Block scoring chances and regain the ball.

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

ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 4 Blue defenders score in either of the two small goals, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

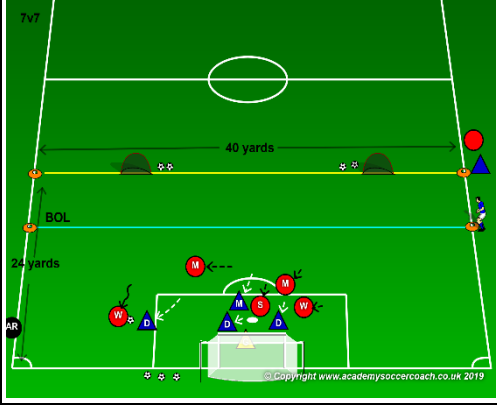
KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. Who should step up to protect the goal and pressure the ball? 2. What should the other defenders do? 3. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the attacker with the ball. - 2. Provide cover and balance - 3. When we outnumber the attacker with the ball.

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

PRACTICE (More Challenging): 5v5 to Goal & 2 Small Goals | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



OBJECTIVE: Block scoring chances and regain the ball.

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

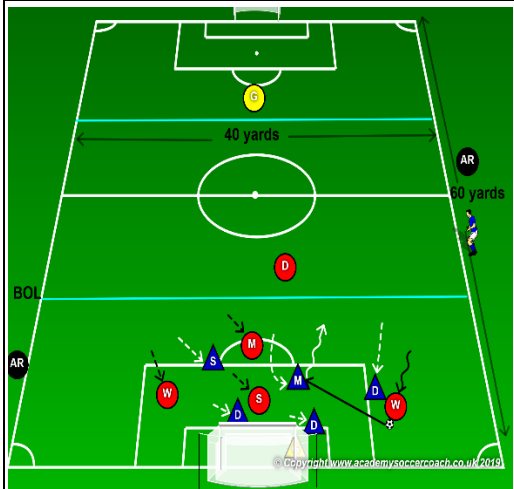
ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 4 Blue defenders score in either of the two small goals, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. Who should step up to protect the goal and pressure the ball? 2. What should the other defenders do? 3. When is a good time to double the attacker with the ball?

ANSWERS: 1. The closest defender to the attacker with the ball. - 2. Provide cover and balance - 3. When we outnumber the attacker with the ball.

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



OBJECTIVE: Block scoring chances and regain the ball.

PLAYER ACTIONS: Block the shot, Together, Hassle the opponent.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-2-3 formation and the Red team will play in a 1-1-3-1 formation.

KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. Who should step up to protect the goal and pressure the ball? 2. What should the other defenders do? 3. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the attacker with the ball. - 2. Provide cover and balance - 3. When we outnumber the attacker with the ball.

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 the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there 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?