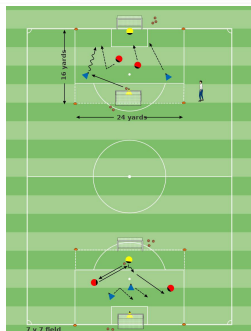


Defending- Improve Preventing the Opponent from Scoring
GOAL: Improve preventing the opponent from scoring
PLAYER ACTIONS: Get compact, Stay compact, Protect goal
KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U10 / 8-10 players
 Defending
 DURATION: 90 min



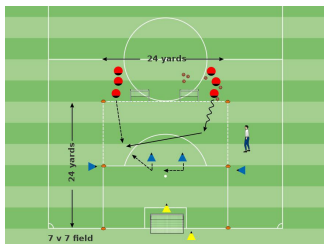
1ST PLAY PHASE: Intentional Free Play
OBJECTIVE: To Prevent Opponent from scoring

ORGANIZATION: Mark out two 16 x 24 yard fields. Teams play 3 v 3 on goals with goalkeepers. The attacking team's keeper can help build the attack and even score goals. Play for 30 minutes with two breaks.

KEY WORDS: Quick, slow, low. Communication. Pressure

GUIDED QUESTIONS: 1. Where should you position your body? 2. What is a good defensive position? 3. Who should step to the attacker?

ANSWERS: 1. Between the attacker and the goal. 2. Staggered stance forcing the player away from the goal. 3. The person closest to the them



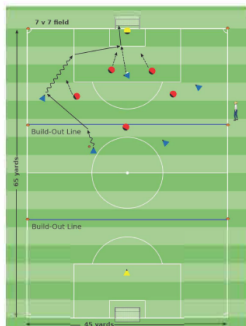
PRACTICE (Core Activity): 2 v 2 on One Goal with GK and Two Mini Goals
OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out fields as shown. Play begins with the defenders on the goal line playing a pass to the attackers. Defenders communicate who goes to ball and who goes to man. Play for 30 minutes with two breaks.

KEY WORDS: Quick, slow, low. Communication. Pressure

GUIDED QUESTIONS: 1. Where should you position your body? 2. What is a good defensive position? 3. Who should step to the attacker?

ANSWERS: 1. Between the attacker and the goal. 2. Staggered stance forcing the player away from the goal. 3. The person closest to the them



2ND PLAY PHASE: The Game
OBJECTIVE: To prevent the opponent from scoring.
ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams. Scrimmage

KEY WORDS: Quick, slow, low. Communication. Pressure

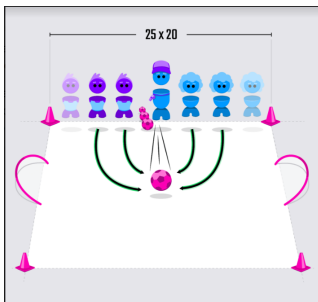
GUIDED QUESTIONS: 1. Where should you position your body? 2. What is a good defensive position? 3. Who should step to the attacker?

ANSWERS: 1. Between the attacker and the goal. 2. Staggered stance forcing the player away from the goal. 3. The person closest to the them

NOTES: Optional game below to play while other players are waiting to sub in to the scrimmage.

Defending- Improve Preventing the Opponent from Scoring
GOAL: Improve preventing the opponent from scoring
PLAYER ACTIONS: Get compact, Stay compact, Protect goal
KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U10 / 8-10 players
Defending
DURATION: 90 min



Place 4 cones to mark the corners of your grid, recommended size: 25 yards long x 20 yards wide. Divide players into 2 teams, one on each endline, and give one team pinnies.

Place a small goal or pair of cones placed arms-length apart on each endline. Players score by passing or shooting the ball into the goal or between the cones, below knee-height.

As coach, you stand at the midline, with many soccer balls. One team lines up to the left of the coach and the other to the right.

Play out a ball and call out a number combination to indicate how many players each team sends in (1v1, 2v2, 3v3) to scrimmage and try to score, changing up the number of players you call each round. Players enter from the front of the line.

Each time a goal is scored or the ball goes out of bounds, players return to the end of their team's line and a new round begins.