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| Fall 2020 | GOAL: | Improve preventing the opponent from scoring goals - 1 | | | |
| | PLAYER ACTIONS | Protect the goal, Make it compact, Pressure, Cover & Balance | | | |
| | KEY QUALITIES | Read the game, Take initiative, Focus | | | |
| | MOMENT | DEFENDING | DURATION | 60 minutes | PLAYERS 16 |

U11-U12
9V9

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

| 1st PLAY PHASE (Intentional Free Play) | DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min |
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| | <p>OBJECTIVE: To deny scoring chances.</p> <p>PLAYER ACTIONS: Protect the goal, Make it compact, Pressure, Cover & Balance.</p> <p>ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.</p> <p>SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.</p> <p>KEY WORDS: In Between, Minimize, Press, Help.</p> <p>GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted?</p> <p>ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball.</p> <p>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.</p> |
| CORE ACTIVITY: 6v4 to goal & 2 small goals | DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min |
| | <p>OBJECTIVE: To deny scoring chances.</p> <p>PLAYER ACTIONS: Protect the goal, Make it compact, Pressure, Cover & Balance.</p> <p>ORGANIZATION: In our half of a 9v9 field, set up a 42Wx28L field with a regular goal and two small goals as shown. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders will try to deny scoring chances and regain the ball and score in one of the two small goals. The 4 Red players: 1 midfieler, 2 wingers and 1 striker will try to score in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.</p> <p>SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.</p> <p>KEY WORDS: In Between, Minimize, Press, Help.</p> <p>GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?</p> <p>ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball - 4. Provide cover and balance.</p> <p>Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy</p> |
| LESS CHALLENGING: 4v3 to goal & 2 small goals | DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min |
| | <p>OBJECTIVE: To deny scoring chances.</p> <p>PLAYER ACTIONS: Protect the goal, Make it compact, Pressure, Cover & Balance.</p> <p>ORGANIZATION: In our half set up two 22Wx35L fields with a goal and two small goals. Play 5v3. The Blue Team: 1 GK, 4 defenders against the Red Team: 3 attackers. The Blue Team scores by passing into one of the two small goals. The Red Team scores in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.</p> <p>SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.</p> <p>KEY WORDS: In Between, Minimize, Press, Help.</p> <p>GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted?</p> <p>ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball.</p> <p>Note – Switch to this activity if the CORE is too difficult for the players.</p> |

MORE CHALLENGING: 6v6 to goal & 2 small goals



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.

ORGANIZATION: In our half of a 9v9 field, set up a 42Wx28L field with a regular goal and two small goals as shown. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders will try to deny scoring chances and regain the ball and score in one of the two small goals. The 4 Red players: 1 midfielder, 2 wingers and 1 striker will try to score in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In Between, Minimize, Press, Help.

GUIDED QUESTIONS: 1. Why do we get in between the ball and the goal? 2. What must we do to minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

ANSWERS: 1. To protect the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball - 4. Provide cover and balance.

Note – Switch to this activity if the CORE is too easy for the players.

2nd. PLAY PHASE: The Game – 8v8



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-3-2-2 formation and the Red team will play in 1-2-2-3 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In Between, Minimize, Press, Help.

GUIDED QUESTIONS: 1. Why do we get in between the ball and the goal? 2. What must we do to minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

ANSWERS: 1. To protect the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball - 4. Provide cover and balance

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

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

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?