

#### 4V4- Defending- Improve Preventing Building Up in Our Half (B)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

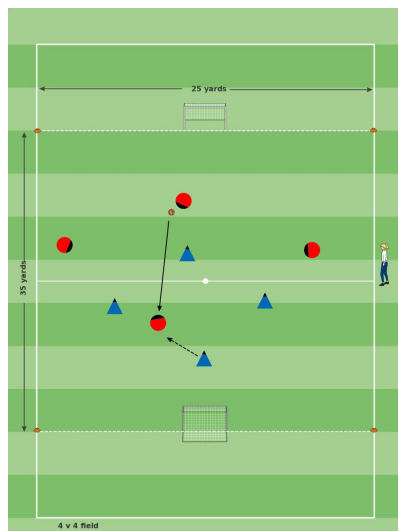
PLAYER ACTIONS: Get compact, Steal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Defending

DURATION: 60 min



##### 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To stop the opponent's attack, deny chances and win the ball back.

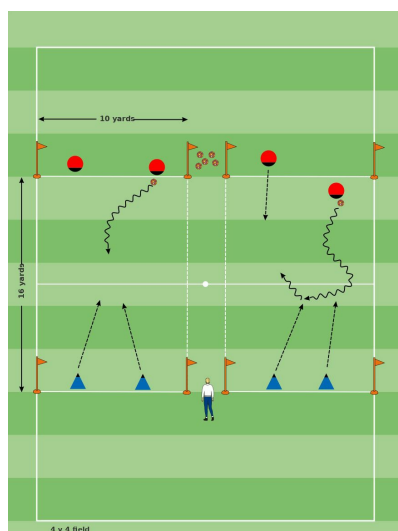
ORGANIZATION: Mark out a 35 x 25-yard field with two small goals. Divide players into two teams of four. Teams play 4 v 4. Play for 20 minutes with two breaks.

KEY WORDS: Get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) And what if they manage to get in front of the goal anyway?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to pressure them and make sure they can't shoot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



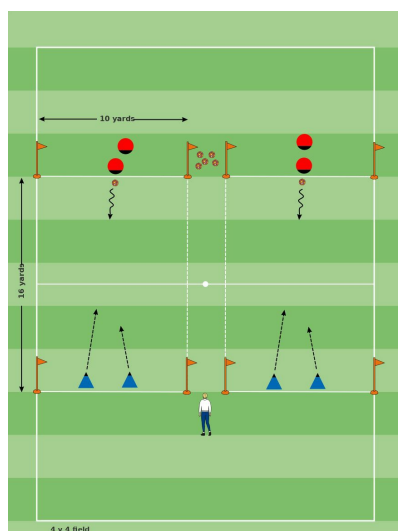
##### PRACTICE (Core Activity): From 1 v 2 to 2 v 2

OBJECTIVE: To stop the opponent's attack, win the ball back and score.

ORGANIZATION: Mark out two 16 x 10-yard fields. On each field, two attackers (Red) and two defenders (Blue) line up behind the endlines. They start out playing 1 v 2. Red tries to dribble across Blue's endline. If the attack succeeds, the round is over. If the Blue defenders win the ball, the second Red attacker runs in, changing the 1 v 2 to a 2 v 2. After each round, pressure the ball.

GUIDED QUESTIONS: 1) How can you keep the attacker from dribbling past you? 2) How can you help the other defender?

ANSWERS: 1) By blocking the path forward. 2) By staying close together to protect the goal and communicating with each other to win the ball. NOTES: Start here at the Core Activity after the first Play Phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase.



##### PRACTICE (Less Challenging): 1 v 2

OBJECTIVE: To stop the opponent's attack, win the ball back and score.

ORGANIZATION: Same as Core Activity, except players play 1 v 2.

KEY WORDS: Get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) How can you keep the attacker from dribbling past you? 2) How can you help the other defender?

ANSWERS: 1) By blocking the path forward. 2) By staying close together to protect the goal and communicating with each other to win the ball.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.

#### 4V4- Defending- Improve Preventing Building Up in Our Half (B)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

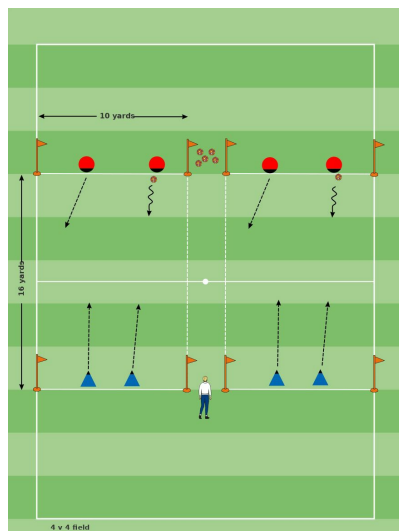
PLAYER ACTIONS: Get compact, Steal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Defending

DURATION: 60 min



#### PRACTICE (More Challenging): 2 v 2

OBJECTIVE: To stop the opponent's attack, win the ball back and score.

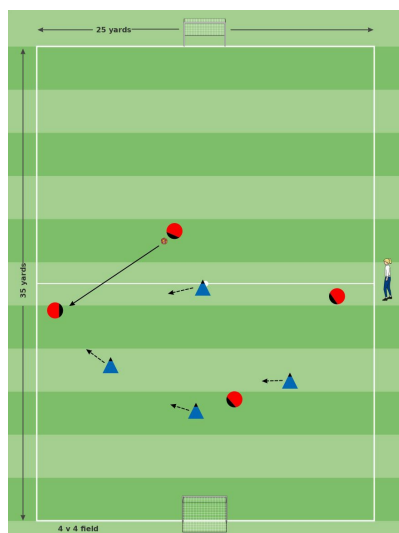
ORGANIZATION: Same as Core Activity, except players play 2 v 2.

KEY WORDS: Get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) How can you keep the attackers from dribbling past you? 2) How can you help the other defender? 3) When the attackers are passing the ball, how do the two of you need to move?

ANSWERS: 1) By blocking the path forward. 2) By staying close together to protect the goal and communicating with each other to win the ball. 3) Move together.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



#### 2ND PLAY PHASE: The Game

OBJECTIVE: To stop the opponent's attack, deny chances and win the ball back.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 min.).

KEY WORDS: Get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) And what if they manage to get in front of the goal anyway? 4) How can you help the other defenders? 5) When the attackers are passing the ball, how does the group need to move?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to attack them and make sure they can't shoot. 4) By staying close together to protect the goal and communicating with each other to win the ball. 5) Move together.

NOTES:

#### 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 session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

#### Training Session Self-Reflection Questions

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