



GOAL:	Improve preventing the opponent from building up in their own half - 1				AGE GROUP
PLAYER ACTIONS	Protect the goal, Steal the ball, Pressure, Cover & Balance				9U-10U
KEY QUALITIES	Make decisions, Focus, Optimal physical abilities				
MOMENT	Defending	DURATION	60 min	PLAYERS	12
					7v7

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



OBJECTIVE: To regain the ball in the opponent's half.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

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: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. Why should you block the way forward? 2. Who pressures the ball? 3. When is a good time to steal the ball?

ANSWERS: 1. To protect the goal - 2. The defender closest to the ball - 3. When the defender is close enough to tackle it or poke it.

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): 3v4 to Goal & Small Goal | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball closer to the opponent's goal.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In the attacking half of a 7v7 field, set up a 32Wx30L field with a regular goal and two small goals as shown. The 3 Blue defenders score in the regular goal, Red team scores by passing into either small goal. Play with the build out line. Rotate players every round.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. How can we prevent the opponent from playing forward? 2. What can the defender in front of the ball do? 3. Why should the other defenders provide coverage and balance?

ANSWERS: 1. Get in front of the ball and protect the goal - 2. Pressure the attacker and try to steal the ball - 3. To close the openings and any other forward option.

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): 3v3 to Goal & Small Goal | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball closer to the opponent's goal.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In the attacking half of a 7v7 field, set up a 32Wx30L field with a regular goal and two small goals as shown. The 3 Blue defenders score in the regular goal, Red team scores by passing into either small goal. Play with the build out line. Rotate players every round.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. Why should you block the way forward? 2. Who pressures the ball? 3. When is a good time to steal the ball? 4. Who provides cover?

ANSWERS: 1. To protect the goal - 2. The defender closest to the ball - 3. When I am close enough to tackle it or poke it - 4. Defender closest to the defender pressing the ball.

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

PRACTICE (More Challenging): 3v5 to Goal & Small Goal | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball closer to the opponent's goal.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

ORGANIZATION: In the attacking half of a 7v7 field, set up a 32Wx30L field with a regular goal and two small goals as shown. The 3 Blue defenders score in the regular goal, Red team scores by passing into either small goal. Play with the build out line. Rotate players every round.

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. How can we prevent the opponent from playing forward? 2. What can we do once in front of the ball? 3. What should the other defenders do to help close the openings?

ANSWERS: 1. Get in front of the ball and protect the goal - 2. Pressure the attacker and try to steal the ball - 3. Provide cover and balance.

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



OBJECTIVE: To regain the ball closer to the opponent's goal.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.

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

KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. How can we prevent the opponent from playing forward? 2. What can we do once in front of the ball? 3. What should the other defenders do to help close the openings?

ANSWERS: 1. Get in front of the ball and protect the goal - 2. Pressure the attacker and try to steal the ball - 3. Provide cover and balance if possible.

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?

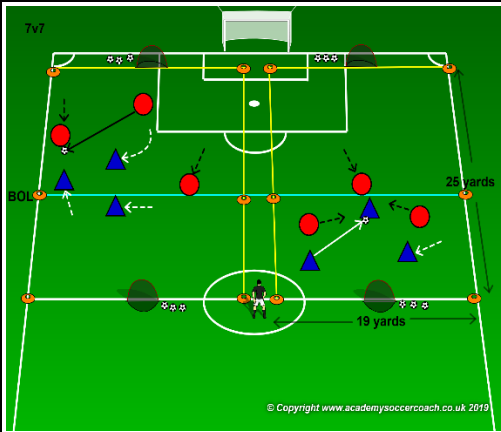
3. What could you do better?



GOAL:	Improve preventing the opponent from building up in their own half - 2				AGE GROUP
PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				9U-10U
KEY QUALITIES	Read the game, Take initiative, Focus, Optimal physical abilities				
MOMENT	Defending	DURATION	60 min	PLAYERS	12

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: Disrupt the build up to regain the ball.

PLAYER ACTIONS: Protect the goal, Make it compact, and Keep it compact.

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.

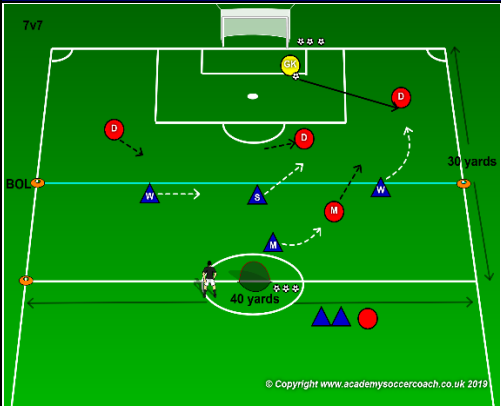
KEY WORDS: Block the opening, Work together, Hassle the opponent.

GUIDED QUESTIONS: 1. How do we prevent the opponent from moving the ball forward? 2. Why do we need to work together?

ANSWERS: 1. Get defender in front of the ball to protect the goal and block the way forward - 2. To make it and keep it compact to close the openings.

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): 4v5 to Goal & Small Goal | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



OBJECTIVE: Disrupt the opponent's build up to regain the ball closer to their goal.

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

ORGANIZATION: In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the regular goal, Red team scores by passing into the small goal. Play with the build out line. Rotate players every round.

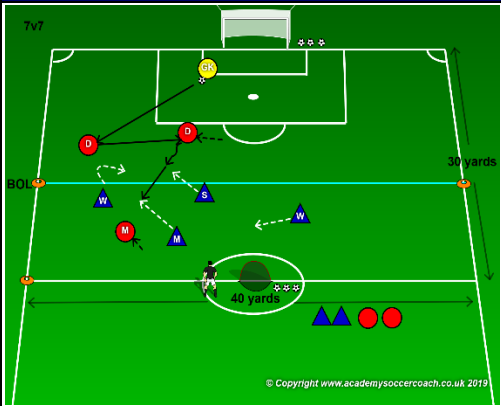
KEY WORDS: Block the opening, Work together, Hassle the opponent, Help to defend

GUIDED QUESTIONS: 1. What happens when a defender gets in front of the ball? 2. How can we close all the openings to go forward? 3. Where should we be when a defender is pressing the attacker with the ball?

ANSWERS: 1. Protects the goal, blocks the opening and prevents forward play - 2. By working together to make it and stay compact - 3. Behind the pressing defender providing cover and balance.

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): 4v4 to Goal & Small Goal | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball closer to the opponent's goal.

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

ORGANIZATION: In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the regular goal, Red team scores by passing into the small goal. Play with the build out line. Rotate players every round.

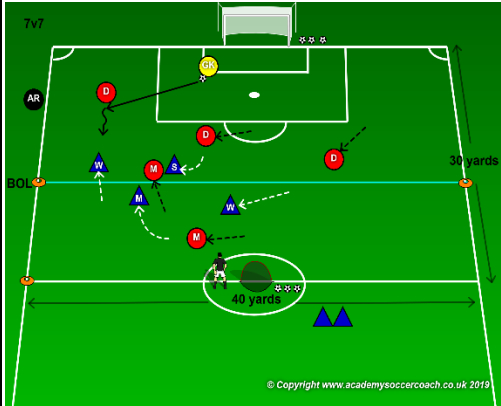
KEY WORDS: Shut the opening, Angle speed and distance of approach, Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. How do we prevent the opponent from moving the ball forward? 2. Why do we need to work together? 3. Who presses the attacker with the ball, and what do the other defenders do?

ANSWERS: 1. Protect the goal, block the opening to prevent forward play - 2. To make it and keep it compact to close the openings.- 3. The closest defender presses, the others provide cover and balance.

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

PRACTICE (More Challenging): 4v6 to Goal & Small Goal | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



OBJECTIVE: To regain the ball closer to the opponent's goal.

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

ORGANIZATION: In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the regular goal, Red team scores by passing into the small goal. Play with the build out line. Rotate players every round.

KEY WORDS: Block the opening, Work together, Hassle the opponent, Help to defend

GUIDED QUESTIONS: 1. What happens when a defender gets in front of the ball? 2. How can we close all the openings to go forward? 3. Where should we be when a defender is pressing the attacker with the ball?

ANSWERS: 1. Protects the goal, blocks the opening and prevents forward play - 2. By working together to get and stay compact - 3. Behind the pressing defender providing cover and balance.

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



OBJECTIVE: To regain the ball closer to the opponent's goal.

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

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

KEY WORDS: Block the opening, Work together, Hassle the opponent, Help to defend

GUIDED QUESTIONS: 1. What happens when a defender gets in front of the ball? 2. How can we close all the openings to go forward? 3. Where should we be when a defender is pressing the attacker with the ball?

ANSWERS: 1. Protects the goal, blocks the opening and prevents forward play - 2. By working together to make it compact and stay compact - 3. Behind the pressing defender providing cover and balance.

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?

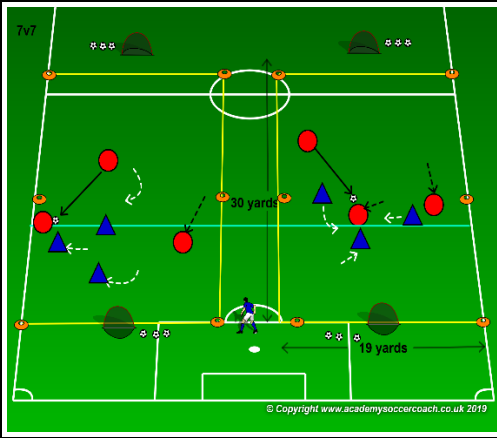
3. What could you do better?



GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 1
PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance
KEY QUALITIES	Read the game, Be pro-active, 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: Deny penetration to prevent scoring chances.

PLAYER ACTIONS: Protect the goal, Make it and Keep it compact.

ORGANIZATION: In a 7v7 field set up two 19Wx30L 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.

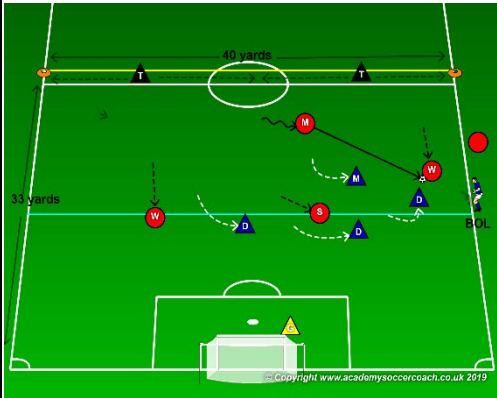
KEY WORDS: Block the way, Press, Close the openings.

GUIDED QUESTIONS: 1. How can we prevent the ball from moving forward? 2. Who should press the attacker with the ball? 3. What can we do to close the openings?

ANSWERS: 1. Block the way forward to protect the goal - 2. The defenders closest to the ball - 3. We need to make it and keep it compact to close the openings.

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 & Target Players | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



OBJECTIVE: Deny penetration to prevent scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.

ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

KEY WORDS: Block the way, Press, Close the openings.

GUIDED QUESTIONS: 1. Who presses the ball and blocks the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?

ANSWERS: 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.

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 & Target Players | DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min



OBJECTIVE: Deny penetration to prevent scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.

ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

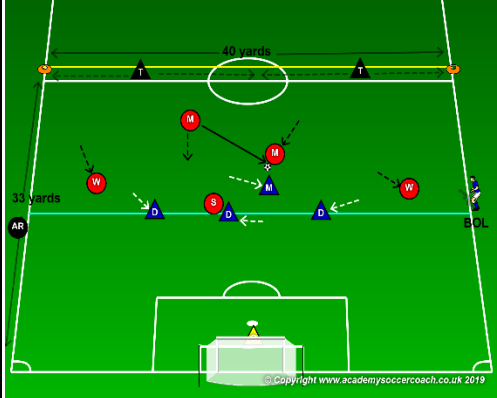
KEY WORDS: Block the way, Press, Close the openings.

GUIDED QUESTIONS: 1. Who presses the ball and blocks the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?

ANSWERS: 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.

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

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



OBJECTIVE: Deny penetration to prevent scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.

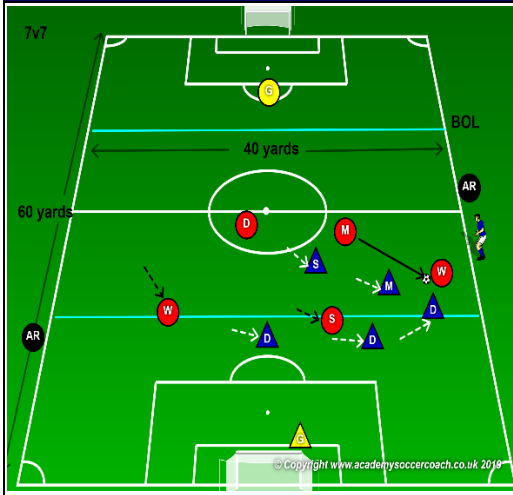
ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

KEY WORDS: Block The way, Press, Close the openings.

GUIDED QUESTIONS: 1. Who presses the ball and blocks the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?

ANSWERS: 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.

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



OBJECTIVE: Deny penetration to prevent scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.

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

KEY WORDS: Block The way, Press, Close the openings.

GUIDED QUESTIONS: 1. Who presses the ball and blocks the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?

ANSWERS: 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.

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?

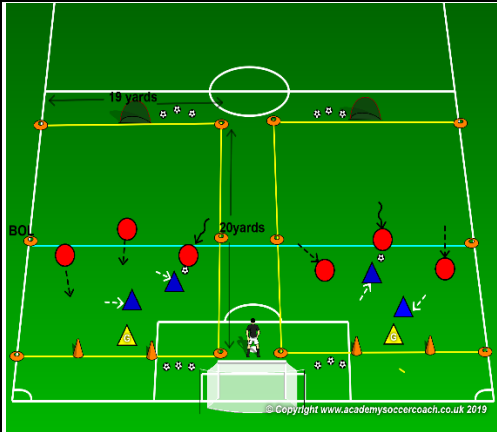
3. What could you do better?



GOAL:	Improve preventing the opponent from scoring goals - 1				AGE GROUP
PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				9U-10U
KEY QUALITIES	Read the game, Take initiative, Focus				
MOMENT	Defending	DURATION	60 min	PLAYERS	12

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: Deny 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 2v1, up to 3v3. One team has a goalkeeper the other does not. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

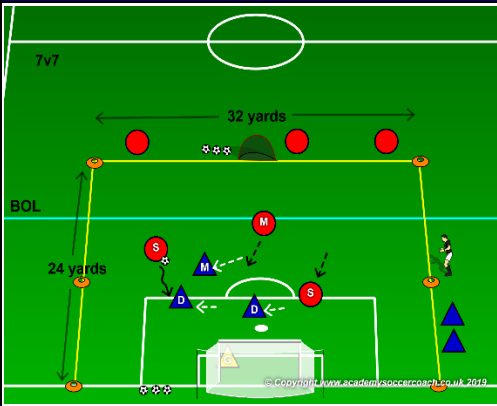
KEY WORDS: Shield the goal, Help defend, Hassle the opponent.

GUIDED QUESTIONS: 1. Where should the defender be to shield the goal? 2. How can we help each other to defend? 3. Why do we want to hassle the player with the ball?

ANSWERS: 1. In between the ball and the goal blocking any shots or pass forward - 2. One defender pressures the player with the ball and the other provides cover- 3. To force the attacker away from goal.

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): 4v3 to Goal & Small Goal | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure and cover.

ORGANIZATION: In the defending half of a 7v7 field, set up a 32Wx24L field with a regular goal and a small goal as shown. The 3 Blue defenders score in the small goal, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

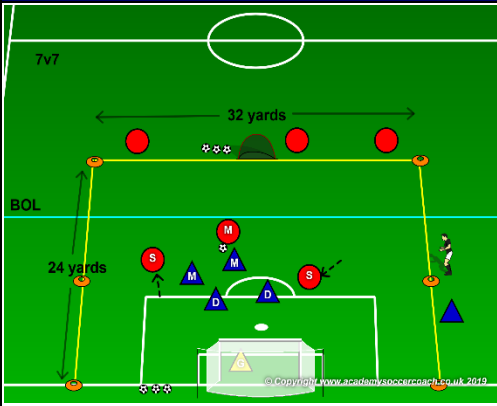
KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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 & Small Goal | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure and cover.

ORGANIZATION: In the defending half of a 7v7 field, set up a 32Wx24L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the small goal, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

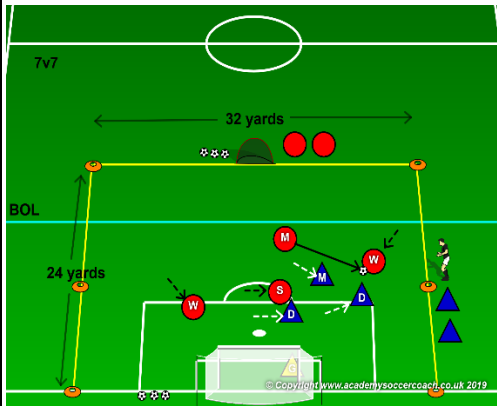
KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do we need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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

PRACTICE (More Challenging): 4v4 to Goal & Small Goal | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure and cover.

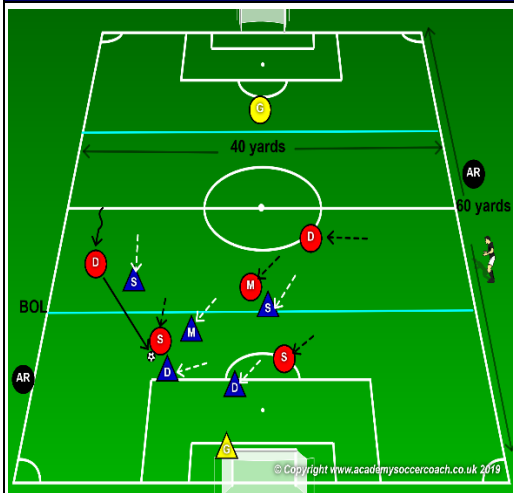
ORGANIZATION: In the defending half of a 7v7 field, set up a 32Wx24L field with a regular goal and a small goal as shown. The 3 Blue defenders score in the small goal, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do we need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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



OBJECTIVE: Deny scoring chances and regain the ball.

PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.

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

KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.

GUIDED QUESTIONS: 1. Why do we need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

ANSWERS: 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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

Five Elements of a Training Activity

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5. **Coaching:** Is there coaching based on the age and level of the players?

Training Session Self-Reflection Questions

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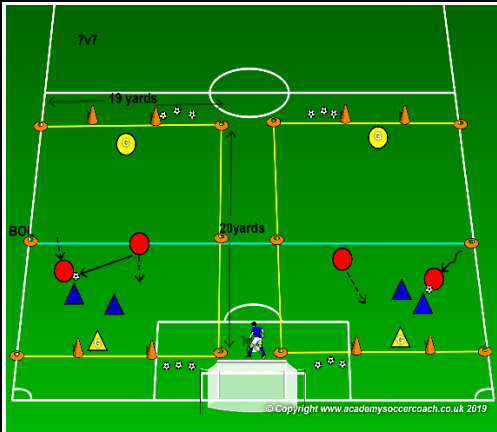
3. What could you do better?



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.

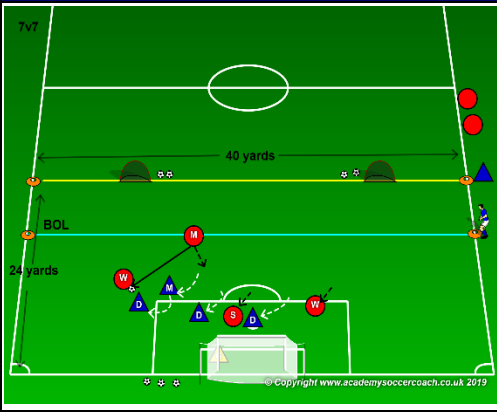
KEY WORDS: Block the shot, Together.

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.

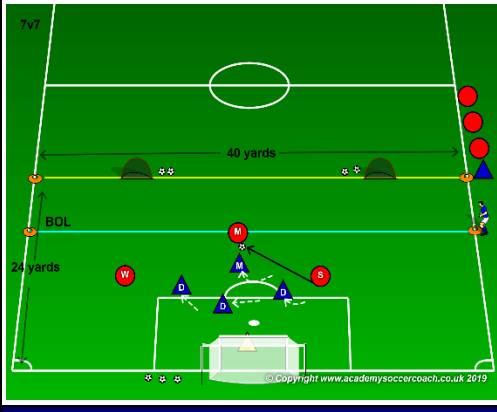
KEY WORDS: Block the shot, Together, Double.

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.

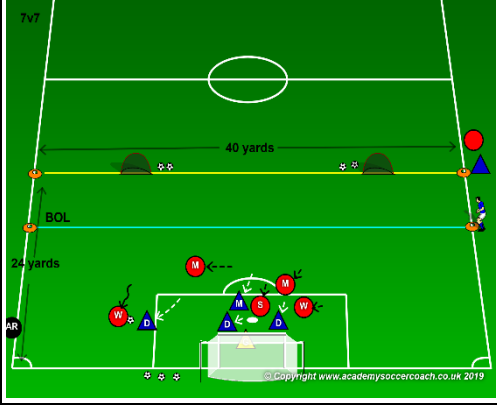
KEY WORDS: Block the shot, Together, Double.

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.

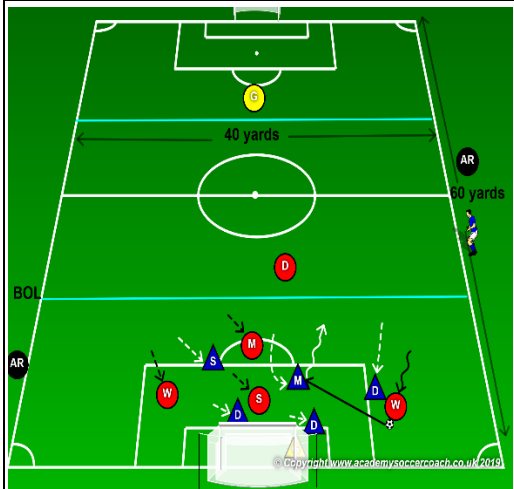
ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 4 Blue defenders score in either of the two small goals, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

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?

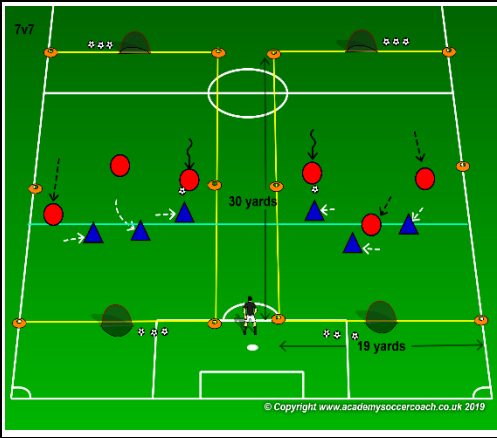
3. What could you do better?



GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 2
PLAYER ACTIONS	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent
KEY QUALITIES	Understand the game, Focus, Optimal technical and physical abilities
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: To regain the ball and deny the opposition from moving the ball forward.

PLAYER ACTIONS: Protect the goal, Pressure, cover and balance.

ORGANIZATION: In a 7v7 field set up two 19Wx30L 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: Obstruct the way forward, Force away (backwards), Help defend.

GUIDED QUESTIONS: 1. How do we obstruct the way to goal? 2. What do we want the obstructing defender to do? 3. How do the other defenders help?

ANSWERS: 1. Get a defender in between the attacker with the ball and the goal to protect the goal - 2. Press the ball to force the attacker away from the goal - 3. They provide cover and balance.

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): 6v5 to Goal & End Zone | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



OBJECTIVE: To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure, cover and balance, Outnumber the opponent.

ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx30L field with a regular goal and a 5 yard End Zone. The 5 Blue defenders score by dribbling or passing to a teammate in the end zone, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

KEY WORDS: Obstruct the way forward, Force away (backwards), Help defend.

GUIDED QUESTIONS: 1. Who steps up to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help defend? 4. When should we double team?

ANSWERS: 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.

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): 6v4 to Goal & End Zone | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To regain the ball, deny the opposition to move the ball forward and create scoring chances.

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

ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx30L field with a regular goal and a 5 yard End Zone. The 4 Blue defenders score by dribbling or passing to a teammate in the end zone, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

KEY WORDS: Obstruct the way forward, Force away (backwards), Help defend.

GUIDED QUESTIONS: 1. Who steps up to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help defend?

ANSWERS: 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Move together and provide defensive cover and balance -

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

PRACTICE (More Challenging): 6v6 to Goal & End Zone | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



OBJECTIVE: To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.

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

ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

KEY WORDS: Obstruct the way forward, Force away (backwards), Help defend.

GUIDED QUESTIONS: 1. Who steps up to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help defend? 4. When should we double team?

ANSWERS: 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.

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



OBJECTIVE: To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure, Cover and Balance, Outnumber 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: Obstruct the way forward, Force away (backwards), Help defend.

GUIDED QUESTIONS: 1. Who steps up to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help defend? 4. When should we double team?

ANSWERS: 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Move together and provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.

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

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1. **Organized:** Is the activity organized in the right way?
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Training Session Self-Reflection Questions

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3. What could you do better?