	GOAL:		prove preventing the op	AGE GROUP						
TOTAL SOCIETY		ACTIONS	Protect the goal, Steal the ball, Pressure, Cover & Balance Make decisions, Focus, Optimal physical abilities <b>11U-12U</b>							
		ALITIES	Make de		Optimal phys			110-120		
		MENT	Defending	DURATION	60 min	PLAYERS	16	9v9		
1 <sup>st</sup> PLAY PHASE (In	ntentiona	l Free Play)				RVALS: 3 ACTI	<i>VITY:</i> 5 mir	n <i>REST:</i> 1.5 min		
9v9		<u> </u>	OBJECTIVE: To regain the							
			PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance. ORGANIZATION: In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up							
	•		to 4v4. Play 3 rounds for a							
			bounds.							
			KEY WORDS: Shut the o	pening, Angle, Sp	eed, Distance	of approach and Ty	pes of Tackl	e - Poke or Block.		
			GUIDED QUESTIONS: 1 When is a good time to st		do to block the	e way to the goal?	2. Who pres	sures the ball? 3.		
***	₩•→	22 vards	ANSWERS: 1. Get in from			2. The defender clo	sest to the b	all - 3. When the		
			defender is close enough Note – First break, the co			s plavers do not ar	nswer them h	ut play to discover		
			the answers. Second brea	ak, the coach asks	questions and	players will answe	r them.			
PRACTICE (Core	Activity):	5v6 to goal					<i>VITY:</i> 5 mir	n <i>REST:</i> 1.5 min		
9v9			OBJECTIVE: To regain the PLAYER ACTIONS: Prot				<b>n</b> co			
		, , , , , , , , , , , , , , , , , , ,		0				r gool and an End		
•	•		<b>ORGANIZATION:</b> In the attacking half of a 9v9 field, set up a 50Wx44L field with a regular goal and an End Zone. The 5 Blue defenders score in the regular goal, Red team scores by dribbling into the end zone or							
	·*	. D 44 yards	passing to a teammate er	0		2				
	 Mk		<b>KEY WORDS</b> : Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.							
	End Zone			<b>GUIDED QUESTIONS:</b> 1. Who should step up to protect the goal? 2. What can the defender in front of the ball do? 3. How will the other defenders close the openings?						
End Zone					ball - 2. Press	ure the attacker and	d try to steal t	he ball - 3. By		
50	yards		providing cover and balan Note: Switch to the Less		tv if it is too diff	icult or to the More	Challenging	if it is too easy.		
PRACTICE (Less C					5		0 0	n <i>REST:</i> 1.5 min		
PRACIICE (Less C	<i>"nallengi</i>	ng): 1v6 to G	OBJECTIVE: To regain the				<i>VII Y:</i> 5 IIII	1 REST: 1.3 IIIIII		
	<u> </u>	P	PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure/Cover and Balance.							
	•		ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx44L field with a regular goal and an End							
			Zone. The 5 Blue defenders score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.							
	<u>s</u>	44 yards	KEY WORDS: Shut the o	U U		5	ines of Tackli	e - Poke or Block		
·>			GUIDED QUESTIONS: 1							
>0	<u>)</u>		When is a good time to st				- F. 50			
** O Some	yards	End Zone	ANSWERS: 1. Get in front of the ball to protect the goal - 2. The defender closest to the ball - 3. When I am close enough to tackle it or poke it - 4. The Defenders who are behind the defender pressing the ball.							
		ademysoccercoach.co.uk 2019	Note: Switch to this activi							
PRACTICE (More	Challeng	ing): 5v7 to (	Goal & an End Zone OBJECTIVE: To regain th				<i>VITY:</i> 5 mi	n <i>REST:</i> 1.5 min		
***			PLAYER ACTIONS: Prot				ance			
	<u>©_</u> _			0				r goal and an End		
4 varits			<b>ORGANIZATION:</b> In the attacking half of a 9v9 field, set up a 50Wx44L field with a regular goal and an End Zone. The 5 Blue defenders score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.							
	→ <sup>₩</sup>		KEY WORDS: Shut the o	pening, Angle, Sp	eed, Distance	of approach and Ty	pes of Tackle	e - Poke or Block.		
		> <u>∧</u> -→ <mark>3</mark>	GUIDED QUESTIONS: 1 ball do? 3. How will the c				can the defer	ider in front of the		
End Zone	vards	End Zone	ANSWERS: 1. The close providing cover and balan	est defender to the		0	d try to steal	he ball - 3. By		
50		ademysoccercoach.co.uk 2019	Note: Switch to this activi		o easy for the r	players.				

#### 2<sup>nd.</sup> **PLAY PHASE:** The Game – 8v8 (GK+7v7+GK)

DURATION: 20 min --- INTERVALS: 2 -- ACTIVITY: 8 min -- REST: 2 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 a 9v9 field (50Wx80L) play 9v9. The Blue team will play in a 1-2-3-2 formation. The Red team will play in 1-3-3-1.

**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. How will the other defenders close the openings?

**ANSWERS:** 1. The closest defender to the ball gets in front of the ball to protect the goal - 2. Pressure the attacker and try to steal the ball - 3. By 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 Organized:** Is the activity organized in the right way? 1. Game-like: Is the activity game-like? 2. **Repetition:** Is there repetition, when looking at the overall goal of the training session? 3. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 4. **Coaching:** Is there effective coaching based on the age and level of the players? 5. **Training Session Self-Reflection Questions** How did you do in achieving the goal of the training session? 1. What did you do well? 2.

	GOAL:	Improve preventing the opponent from building up in their own half - 2 AGE GROUP							
TASBACHUSETTE NOT	PLAYER ACTIONS	Protect the goal, M	ance	1111 1011					
	KEY QUALITIES	Read the gam	ne, Take initiative,	Focus, Optima	al physical abilities		11U-12U		
	MOMENT	Defending	DURATION	60 min	PLAYERS	16	9v9		
1 <sup>st</sup> PLAY PHASE (In	ntentional Free Play)				RVALS: 3 ACTI	VITY: 5 mii	n <i>REST:</i> 1.5 min		
		<b>OBJECTIVE:</b> To regain the ball in the opponent's half.							
		PLAYER ACTIONS: Protect the goal, Make it compact, and Keep it compact.							
		<b>ORGANIZATION:</b> In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 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 force the opponents to play sideways or backwards? 2. How do we need to work together?							
	22 yards	ANSWERS: 1. Get the defender in front of the ball to protect the goal and block the way forward - 2. Moving together to close the opening by getting and staying compact. 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.							
<b>PRACTICE</b> (Core	Activity): 6v7 to Goal	and Small Goals	DURATION: 20	) min INTE	RVALS: 3 ACTI	VITY: 5 mii	n <i>REST:</i> 1.5 min		
9v9 ***		OBJECTIVE: Disrupt the				0			
		PLAYER ACTIONS: Pro	0	•	·				
41 vards	• • • • • •	<b>ORGANIZATION:</b> In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and two small goals as shown. The 6 Blue defenders score in the regular goal, Red team scores by passing into one of the small goals. Rotate players every round.							
`		KEY WORDS: Block the opening, Work together, Hassle the opponent, Help to defend.							
Ĭ	······································	<b>GUIDED QUESTIONS:</b> 1. Why do we want a defender to get in front of the ball? 2. What do we need to do to close the openings? 3. If a defender is pressing the ball, what do the other defenders need to provide?							
	yards	ANSWERS: 1. To prote compact 3. They need			ay - 2. Work togeth	er to get com	ipact and stay		
	© Copyright www.academysoccercoach.co.uk 2019	Note: Switch to the Less	Challenging activit	ty if it is too diff	icult or to the More	Challenging	if it is too easy.		
PRACTICE (Less C	hallenging): 6v5 to G				RVALS: 3 ACTI	VITY: 5 min	REST: 1.5 min		
9v9		OBJECTIVE: To regain							
		PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance							
40 yards		<b>ORGANIZATION:</b> In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and two small goals as shown. The 6 Blue defenders score in the regular goal, Red team scores by passing into one of the small goals. Rotate players every round.							
	A Kar	KEY WORDS: Shut the	opening, Angle, sp	eed and distan	ce of approach, Typ	es of Tackle	- Poke or Block.		
A. M. R.		GUIDED QUESTIONS: 7 need to work together?							
	yards	ANSWERS: 1. Get the d it and keep it compact 3	3. The closest defe	nder presses, t	he others provide c				
DRACTICE (Marrow	© Copyright www.academysoccercoach.co.uk 2019 Challenging): 6v8 to G	Note: Switch to this activ					DECT.1E min		
		OBJECTIVE: To regain t				<b>vii i:</b> 5 Mil	n <i>REST:</i> 1.5 min		
9v9 ***		Ŭ				, Cover and	Balance.		
		<b>PLAYER ACTIONS:</b> Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance. <b>ORGANIZATION:</b> 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.							
	M AL	<b>KEY WORDS:</b> Block the opening, Work together, Hassle the opponent, Help to defend.							
	24 <b>.</b> 24.	GUIDED QUESTIONS: to close the openings?							
	yards	ANSWERS: 1. To prote compact 3. They need			ay - 2. Work togeth	er to get com	ipact and stay		
	© Copyright www.academysoccercoach.co.uk 2019	Note: Switch to this activity if the Core is too easy for the players.							

#### 2<sup>nd.</sup> PLAY PHASE: The Game – 8v8 (GK+7v7+GK)



DURATION: 20 min --- INTERVALS: 2 -- ACTIVITY: 8 min -- REST: 2 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 a 9v9 field (50Wx80L) play 9v9. The Blue team will play in a 1-2-3-2 formation. The Red team will play in 1-3-3-1.

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

**GUIDED QUESTIONS:** 1. When do we want a defender to get in front of the ball? 2. What do we need to do to close the openings? 3. If a defender is pressing the ball, what do the other defenders need to provide?

**ANSWERS:** 1. As soon as the attacker is receiving the ball. - 2. Work together to get compact and stay compact. - 3. They need to provide 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 there the right balance between being successful and unsuccessful?)

5. Coaching: Is there effective 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?

GOAL: Improve	eventing the opponent from building up and creating scoring chances in our half - 1 AGE GROUP								
PLAYER ACTIONS	· · ·	Pressure, Cover &				11U-12U			
KEY QUALITIES	Understand the ga	ame, Focus, Opti	imal technica	al and physical a	bilities	110-120			
MOMENT	Defending	DURATION	60 min	PLAYERS	16	9v9			
1 <sup>st</sup> PLAY PHASE (Intentional Free Play						n <i>REST:</i> 1.5 min			
	OBJECTIVE: To regain t	2		Ū.	ii ioiwaiu.				
		PLAYER ACTIONS: Protect the goal, Pressure, cover and balance.							
	<b>ORGANIZATION:</b> In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.								
	KEY WORDS: Obstruct	3	5.						
	<b>GUIDED QUESTIONS: 1.</b> What should we do to prevent them from playing forward? <b>2</b> . What do we want the obstructing defender to do? <b>3</b> . How do the other defenders help?								
	ANSWERS: 1. Get a def the ball to force the attac					the goal - 2. Press			
© Copyright www.acadomysoccercoach.co.uk 2019	<b>Note</b> – First break, the control the answers. Second break	ak, the coach asks	questions and	d players will answe	er them.				
<b>PRACTICE (Core Activity):</b> 7v6 to Go	al and a Target OBJECTIVE: To regain t					n <i>REST:</i> 1.5 min			
9v9	PLAYER ACTIONS: Pro	5	• •		•	0			
	ORGANIZATION: In the	0							
	yard End Zone with a tar scores in the regular goa	get player. The 6 B	lue defenders						
44 yards and the second	KEY WORDS: Obstruct the way forward, Force away (backwards), Help defend, Double.								
	<b>GUIDED QUESTIONS:</b> 1. Who should step up to get in front of the ball to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help the pressing defender? 4. When should we double team?								
Copyright www.scademysoccercoach.co.uk 2019	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.Goal & 2 TargetsDURATION: 20 min INTERVALS: 4 ACTIVITY: 4 min REST: 1 min								
<b>PRACTICE (Less Challenging): 7v4 to</b>									
9v9	OBJECTIVE: To regain t	, j				5			
** • <sup>50</sup> yards	PLAYER ACTIONS: Pro	0							
	<b>ORGANIZATION:</b> In the defending half of a 9v9 field, set up a 50Wx44L field with a regular goal and a 4 yard End Zone with 2 target players. The 6 Blue defenders score by passing to one of the target players, Red team scores in the regular goal. Rotate players every round.								
44 yards A. A. A. A. C.	KEY WORDS: Obstruct	the way forward, Fo	orce away (bad	ckwards), Help defe	end, Double.				
	<b>GUIDED QUESTIONS:</b> 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?								
	<b>ANSWERS:</b> 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. <b>Goal and 2 Targets</b> DURATION: 20 min INTERVALS: 3 ACTIVITY: 5 min REST: 1.5 min								
Wore Challenging): TVI to	OBJECTIVE: To regain t								
50 yards	Ű	3			•	5			
	PLAYER ACTIONS: Protect the goal, Pressure, Cover and Balance, Outnumber the opponent. ORGANIZATION: In the defending half of a 9v9 field, set up a 50Wx44L field with a regular goal and a 4 yard End Zone with a target player. The 6 Blue defenders score by passing to the target player, Red team								
	scores in the regular goa	1 3	5	ckwards). Heln defe	end.				
	GUIDED QUESTIONS:	<ul><li>KEY WORDS: Obstruct the way forward, Force away (backwards), Help defend.</li><li>GUIDED QUESTIONS: 1. Who should step up to get in front of the ball to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help the pressing defender? 4. When</li></ul>							
	should we double team?								
	ANSWERS: 1. The clos goal - 3. Provide defens Note: Switch to this activ	ive cover and balar	nce - 4. When	we outnumber the					

#### 2<sup>nd.</sup> PLAY PHASE: The Game – 8v8 (GK+7v7+GK)

*TvT+GK)* DURATION: 20 min --- INTERVALS: 2 -- ACTIVITY: 8 min -- REST: 2 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 a 9v9 field (50Wx80L) play 8v8. The Blue will play in a 1-3-3-1 formation and the Red team will play in a 1-3-3-1 formation.

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

**GUIDED QUESTIONS:** 1. Who should step up to get in front of the ball to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help the pressing defender? 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: 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.	<b>Repetition:</b> Is there repetition, when looking at the overall goal of the training session?
4.	<b>Challenging:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5.	<b>Coaching:</b> Is there effective 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						r half - 2 AGE GROUP		
PLAYER ACTIONS	Protect the goal, Ma		•		lance	11U-12U		
		ad the game, Be	•					
MOMENT	Defending	DURATION	60 min	PLAYERS	16	9v9		
1 <sup>st</sup> PLAY PHASE (Intentional Free Play					<i>IVITY:</i> 5 mir	n <i>REST:</i> 1.5 min		
23.2 <b> </b>	OBJECTIVE: Deny penetration to prevent scoring chances. PLAYER ACTIONS: Protect the goal, Pressure, cover and balance.							
	ORGANIZATION: In a 9	0			at each end.	Play 1y1, 2y1, up		
	to 4v4. Play 3 rounds for bounds.							
a b 35 yards	KEY WORDS: Block the way, Press, Close the openings.							
	GUIDED QUESTIONS: 1 attacker with the ball? 3.				? <b>2</b> . Who sho	uld press the		
	ANSWERS: 1. Block the to make it and keep it cor			2. The defenders c	closest to the	ball - 3. We need		
© Copyright www.academysocceredadh.co.uk 2019	Note – First break, the co the answers. Second bre	ak, the coach asks	questions and	players will answe	er them.			
<b>PRACTICE (Core Activity): 6v5 to Go</b>						n <i>REST:</i> 1.5 min		
9v9	OBJECTIVE: Deny pene PLAYER ACTIONS: Prot	•	•	5		alance		
End Zone End Zone	<b>ORGANIZATION:</b> In the target players in a 3-yard	defending half of a zone. The 4 Blue of	a 7v7 field, set defenders scor	up a 40Wx33L field	d with a regul	ar goal and two		
	scores in the regular goal. Rotate players every round. KEY WORDS: Block the way, Press, Close the openings.							
44 yards OF THE STATE OF THE ST	GUIDED QUESTIONS: 1. Who should press the ball and block the way forward? 2. Why do we need to get							
	compact and keep it compact? <b>3.</b> What do the other defenders do to help the pressing defender? <b>ANSWERS: 1.</b> The closest defender to the ball <b>2.</b> To close any openings to goal - <b>3.</b> They provide							
	defensive cover and balance.							
ې چ. چ. د Copy/right www.academysoccercoach co.uk 2019	Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.							
<b>PRACTICE</b> (Less Challenging): 6v4 to						in <i>REST:</i> 1 min		
9v9	OBJECTIVE: Deny pene	•	•	0				
End Zone	PLAYER ACTIONS: Prot	0						
	<b>ORGANIZATION:</b> 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. Rotate players every round.							
44 yards	KEY WORDS: Block the	way, Press, Close	the openings.					
	GUIDED QUESTIONS:							
	<b>ANSWERS:</b> 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.   oal & End Zone DURATION: 20 min INTERVALS: 4 ACTIVITY: 4 min REST: 1 min						
<b>PRACTICE</b> (More Challenging): 6v7 to	OBJECTIVE: Deny pene					n Rest: T min		
44 50 yards 44	PLAYER ACTIONS: Prot		Ū	0		alance.		
End Zone End Zone	<b>ORGANIZATION:</b> In the target players in a 3-yard scores in the regular goal	d with a regul	ar goal and two					
44 yards	KEY WORDS: Block the	way, Press, Close	the openings.					
	GUIDED QUESTIONS: 7 compact and keep it com							
		<b>ANSWERS:</b> 1. The closest defender to the ball 2. To close any openings to goal - 3. They provide defensive cover and balance						
ې په پې د CopyInght www.academysoccercoach.co.uk 2019	Note: Switch to this activ	ity if the Core is too	easy for the p	layers.				

#### 2nd. PLAY PHASE: The Game - 8v8 (GK+7v7+GK)

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



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

**ORGANIZATION:** In a 9v9 field (50Wx80L) play 8v8. The Blue will play in a 1-3-2-2 formation and the Red team will play in a 1-2-4-1 formation.

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

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

**GUIDED QUESTIONS:** 1. Who should press the ball and block 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 there the right balance between being successful and unsuccessful?)

5. Coaching: Is there effective 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?

	GOAL: Improve preventing the opponent from scoring goals - 1 AGE GRO										
MASSACHUSETTS	424	PLAYER ACTIONS	Protect the goal. Make it and Keep it compact. Pressure. Cover & Balance								
		KEY QUALITIES	°	ead the game, Ta				11U-12U			
<b>TTTTTTTTTTTTT</b>		MOMENT	Defending	9v9							
1 <sup>st</sup> PLAY F	PHASE (In	tentional Free Play		DURATION: 20	) min <i>INTE</i>	RVALS: 3 ACT	<i>IVITY:</i> 5 mi	in <i>REST:</i> 1.5 min			
			OBJECTIVE: Deny scoring chances.								
			PLAYER ACTIONS: Pro	PLAYER ACTIONS: Protect the goal, Pressure and cover.							
20 yards . * *			<b>ORGANIZATION:</b> In the defending half of a 9v9 field set up two 20Wx30L fields with a small goal at each end. Play 2v1, up to 4v4. One team has a goalkeeper the other does not. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.								
	30 ya	rds	KEY WORDS: Shield the	e goal, Compactne	ss, Help defend	d.					
			<b>GUIDED QUESTIONS: 1.</b> Where should the defender be to shield the goal? <b>2.</b> How can we close the opening to goal? <b>3.</b> What can we do after we are compacted in front of the ball?								
	-		ANSWERS: 1. In betwee opening to goal by gettin								
Ь		© Copyright www.academysoccercoach.co.uk 2019	Note – First break, the contract the answers. Second break	ak, the coach asks	questions and	l players will answe	er them.	1 3			
PRACTIC	E (Core A	Activity): 5v5 to Goa				ERVALS: 4 ACT	<i>TIVITY:</i> 4 m	nin <i>REST:</i> 1 min			
9v9			OBJECTIVE: Deny scori	0	0						
	$- \in$		PLAYER ACTIONS: Pro	0	•						
	★★★ 40 y d Zone	Ards Art	<b>ORGANIZATION:</b> In the defending half of a 9v9 field, set up a 40Wx32L field with a regular goal and a small goal as shown. The 4 Blue defenders score by dribbling the ball into the end zone or by passing to a player entering the end zone. Red team scores in the regular goal. Rotate players every round.								
			KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.								
32yards			<ul><li>GUIDED QUESTIONS: 1. Why do we need to shield the goal? 2. Why do we need to get and stay compact?</li><li>3. Who pressures the ball? 4. How do we help the defender in front of the ball?</li></ul>								
		Corrept www.scademysocretroach.co.uk 2019	<b>ANSWERS:</b> 1. To protect the goal, blocking any chances of a shot 2. To close any openings to goal and force the opponent away from goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.								
DRACTIC		hallenging): 7v5 to G	Note: Switch to the Less					g if it is too easy. hin <i>REST:</i> 1 min			
FRACTIC	L (Dess C.	lanenging). Ivo to c	OBJECTIVE: Deny scori			-KVAL3. 4 ACI	117111.411	IIII KEST. I IIIIII			
9v9		$\rightarrow$	PLAYER ACTIONS: Pro	0	0	compact. Pressure	and cover.				
	≉≉≉ 40 y d Zone	Ards 700	<b>ORGANIZATION:</b> In the defending half of a 9v9 field, set up a 40Wx32L field with a regular goal and a small goal as shown. The 4 Blue defenders score by dribbling the ball into the end zone or by passing to a player entering the end zone. Red team scores in the regular goal. Rotate players every round.								
		y 🚺	KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.								
32 yards 兴			<b>GUIDED QUESTIONS:</b> 1. Why do we need to shield the goal? 2. How can we close the opening to goal? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?								
			<b>ANSWERS:</b> 1. To protect the goal, blocking any chances of a shot 2. We need to get compact - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.								
	***	© Copyright www.academysoccercoach.co.uk 2019	Note: Switch to this activity if the Core is too difficult for the players.								
PRACTIC	E (More	Challenging): 5v6 to	Goal & End Zone DURATION: 20 min INTERVALS: 4 ACTIVITY: 4 min REST: 1 min								
9v9	$\sim$		OBJECTIVE: Deny scori	0	0						
			PLAYER ACTIONS: Pro	0		·					
	aaa 40 y d Zone	End Zone	<b>ORGANIZATION:</b> In the defending half of a 9v9 field, set up a 40Wx32L field with a regular goal and a small goal as shown. The 4 Blue defenders score by dribbling the ball into the end zone or by passing to a player entering the end zone. Red team scores in the regular goal. Rotate players every round.								
32yards			GUIDED QUESTIONS:	<ul><li>KEY WORDS: Shield the goal, Compactness, Hassle the attacker and Help defend.</li><li>GUIDED QUESTIONS: 1. Why do need to shield the goal? 2. Why do we need to get and stay compact? 3.</li><li>Who pressures the ball? 4. How do we help the defender in front of the ball?</li></ul>							
, <b>J</b>		Copyright www.scudemysoccercoach.co.uk 2019	<b>ANSWERS:</b> 1. To protect the goal, blocking any chances of a shot 2. To close any openings to goal and force the opponent away from 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.

#### 2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+GK)

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

**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 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-3-2-2 formation and the Red team will play in a 1-2-3-2 formation.

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 get and stay 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 and force the opponent away from 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 Organized:** Is the activity organized in the right way?

2. Game-like: Is the activity game-like?

1.

3. Repetition: Is there repetition, when looking at the overall goal of the training session?

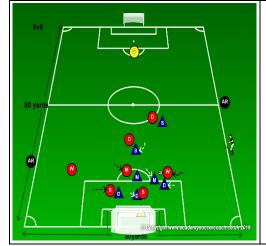
**4.** Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)

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



	GOAL:   Improve preventing the opponent from scoring goals - 2   AGE GROU									
MASEACHUSETTS	PLAYER ACTIONS	Protect the goal	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent							
	KEY QUALITIES		ake decisions, E			1	11U-12U			
	MOMENT	Defending	DURATION	60 min	PLAYERS	16	9v9			
1 <sup>st</sup> PLAY PHASE (In	tentional Free Play)	1		) min <i>INTE</i>	RVALS: 3 ACT	<i>IVITY:</i> 5 mir	n <i>REST:</i> 1.5 min			
9v9		OBJECTIVE: Prevent scoring chances. PLAYER ACTIONS: Protect the goal, Pressure and cover.								
20 yards		<b>ORGANIZATION:</b> In a 9v9 field, set up two 20Wx30L fields with a small goal at each end. Play 1v1, 2v1, up								
		to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.								
30 yar	rds	KEY WORDS: Block the shot, Work together.								
		GUIDED QUESTIONS: * shot? 3. How do we wor	k together to preve	ent scoring cha	nces?					
		ANSWERS: 1. The close - 3. Moving together so t	he closest defende	er to the ball pre	essures it and the c	other provides	cover.			
	© Copyright www.academysoccercoach.co.uk 2019	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.   & Small Goals DURATION: 20 min INTERVALS: 4 ACTIVITY: 4 min REST: 1 min								
	Activity): 6v5 to Goal	OBJECTIVE: Prevent so		20 min /// /	ERVALS: 4 AC	<i>TIVITY:</i> 4 mi	In REST: T MIN			
9v9		PLAYER ACTIONS: Pro	0	sure, Cover & I	Balance, Outnumbe	er the oppone	nt.			
	$\rightarrow$	ORGANIZATION: In the								
50 y	ards	small goals as shown. The regular goal. Rotate play		s score in eithe	er of the two small of	goals. Red tea	am scores in the			
BOL	1	KEY WORDS: Block the shot, Together, Double.								
32 yards		<b>GUIDED QUESTIONS:</b> 1. Why do we want a defender in front of the attacker with the ball? 2. What should the defenders do after we get compacted? 3. When is a good time to double-team the attacker with the ball?								
		<b>ANSWERS: 1</b> . To block the way forward and to protect the goal - <b>2</b> . We should provide pressure, cover and balance - <b>3</b> . When we outnumber the attacker with the ball.								
***	© Copyright www.academysoccercoach.co.uk 2019	Note: Switch to the Less	Challenging activi	ty if it is too diff	icult or to the More	Challenging	if it is too easy.			
PRACTICE (Less Cl	hallenging): 6v4 to G			20 min <i>INT</i>	ERVALS: 4 AC	<i>TIVITY:</i> 4 mi	in <i>REST:</i> 1 min			
9v9		OBJECTIVE: Prevent scoring chances.								
	$\rightarrow$	PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. ORGANIZATION: In the defending half of a 9v9 field, set up a 40Wx24L field with a regular goal and two								
50 y	ards	small goals as shown. The 5 Blue defenders score in either of the two small goals. Red team scores in the regular goal. Rotate players every round.								
BOL	- T	KEY WORDS: Block the	shot, Together, Do	ouble.						
32 yards		<b>GUIDED QUESTIONS:</b> 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?								
		<b>ANSWERS:</b> 1. The closest defender to the attacker with the ball 2. Provide cover and balance - 3. When we outnumber the attacker with the ball.								
	Copyright www.acedemysoccercoach.co.uk 2019	Note: Switch to this activ					in DECT. 1 min			
		OBJECTIVE: Prevent sc		INT	ERVALS: 4 AC	<i>rivri r:</i> 74 m	in <i>REST:</i> 1 min			
9v9		PLAYER ACTIONS: Pro	5	sure, Cover & I	Balance, Outnumbe	er the oppone	nt.			
50 y	ards	<b>ORGANIZATION:</b> In the defending half of a 9v9 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 5 Blue defenders score in either of the two small goals. Red team scores in the regular goal. Rotate players every round.								
		KEY WORDS: Block the shot, Together, Double.								
BOL	<b>P</b> i k	GUIDED QUESTIONS:	1. Why do we wan	t a defender in						
32 yards		the defenders do after w	e get compacted?	3. When is a g	good time to double	e-team the att	acker with the ball?			
		ANSWERS: 1. To block balance - 3. When we o	utnumber the attac	ker with the ba	II.	uld provide pr	essure, cover and			
***	ecopyright www.academysoccercoach.co.uk 2019	Note: Switch to this activ	te: Switch to this activity if the Core is too easy for the players.							

#### 2nd. PLAY PHASE: The Game - 8v8 (GK+7v7+GK)

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



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

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue will play in a 1-3-2-2 formation and the Red team will play in a 1-2-4-1 formation.

KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. Why do we want a defender in front of the attacker with the ball? 2. What should the defenders do after we get compacted? 3. When is a good time to double-team the attacker with the ball?

ANSWERS: 1. To block the way forward and to protect the goal - 2. We should provide pressure, 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? Game-like: Is the activity game-like? 2. **Repetition:** Is there repetition, when looking at the overall goal of the training session? 3. 4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) **Coaching:** Is there effective coaching based on the age and level of the players? 5. **Training Session Self-Reflection Questions** How did you do in achieving the goal of the training session? 1.

2. What did you do well?