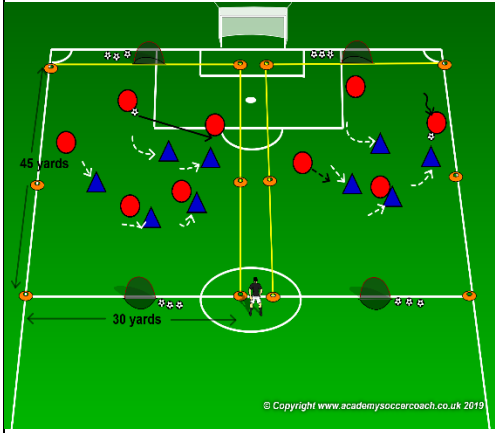
	GOAL:	Improve preventing the opponent from building up in their own half - 1				AGE GROUP
	PLAYER ACTIONS	Protect the goal, Steal the ball, Pressure, Cover & Balance				13+
	KEY QUALITIES	Make decisions, Focus, Optimal physical abilities				
	MOMENT	Defending	DURATION	60 min	PLAYERS	18

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 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 the attacking half of an 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

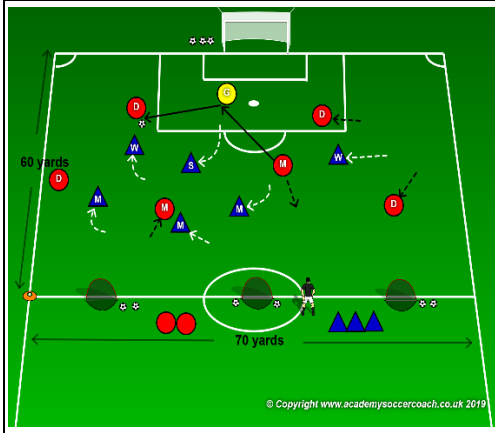
KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. Who should block the way to the goal? 2. When is a good time to steal the ball? 3. Where should the other defenders be if one defender is trying to steal the ball?

ANSWERS: 1. The closest defender should get in front of the ball to protect the goal - 2. When the defender is close enough to tackle it or poke it - 3. Right behind the defender providing 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): 6v7 to Goal & 3 Small Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

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

ORGANIZATION: In the attacking half of a 11v11 field, set up a 70Wx60L field with a regular goal and three small goals. The 6 Blue attackers score in the regular goal, Red team scores by passing into one of the three goals. Rotate players every round.

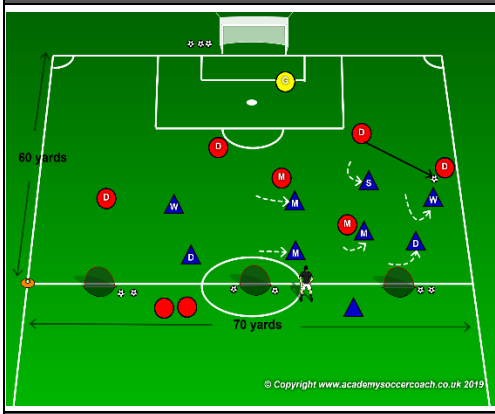
KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. Who should close the direct way or opening to goal? 2. When can the defenders try to steal the ball? 3. How can the other defenders help the pressing defender?

ANSWERS: 1. The closest defender to the ball - 2. Before it arrives to the attacker's feet, when the player has a bad touch or the attacker is facing his own goal - 3. By getting compact and provide 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): 8v7 to Goal & 3 Small Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

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

ORGANIZATION: In the attacking half of a 11v11 field, set up a 70Wx60L field with a regular goal and three small goals. The 6 Blue attackers score in the regular goal, Red team scores by passing into one of the three goals. Rotate players every round.

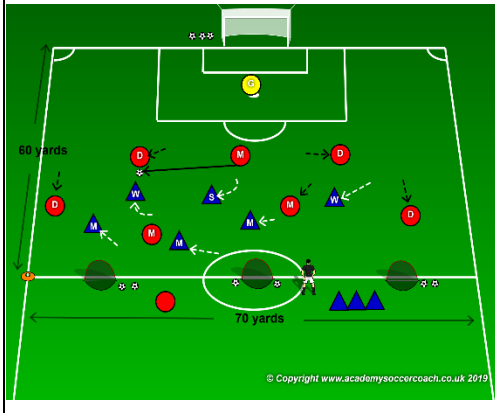
KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. Who should block the way to the goal? 2. When is a good time to steal the ball? 3. Where should the other defenders be if one defender is trying to still the ball?

ANSWERS: 1. The closest defender should get in front of the ball to protect the goal - 2. When the defender is close enough to tackle it or poke it - 3. Right behind the defender providing cover and balance.

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

PRACTICE (More Challenging): 6v8 to Goal & 3 Small Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

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

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx60L field with a regular goal and three small goals. The 6 Blue attackers score in the regular goal, Red team scores by passing into one of the three goals. Rotate players every round.

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

GUIDED QUESTIONS: 1. Who should close the direct way or opening to goal? 2. When can the defender try to steal the ball? 3. How can the other defenders help the pressing defender?

ANSWERS: 1. The closest defender to the ball - 2. Before it arrives to the attacker's feet, when the player has a bad touch or the attacker is facing his own goal - 3. By getting compact and providing cover and balance.

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



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

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

ORGANIZATION: In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-2-3-3 formation and the Red team will play in 1-4-2-2 formation.

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

GUIDED QUESTIONS: 1. How do you make it difficult for the opponent to play forward? 2. Once we are compacted what should the defenders do?

ANSWERS: 1. The closest defender to the ball gets in front of the ball to protect the goal - 2. The closest defender to the ball pressures it, the defenders behind provide cover and the farthest defender provides 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

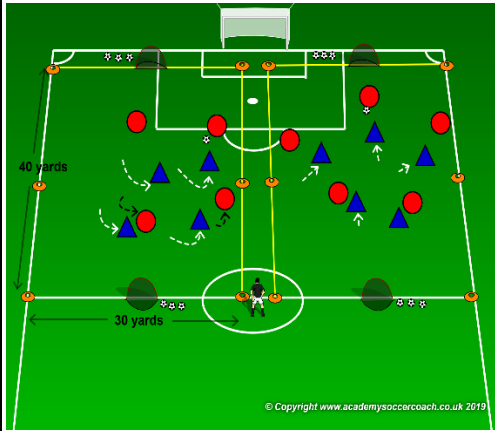
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

	GOAL:	Improve preventing the opponent from building up in their own half - 2				AGE GROUP
	PLAYER ACTIONS	Steal the ball, Make it and Keep it compact, Pressure, Cover & Balance				13+
	KEY QUALITIES	Understand the game, Be proactive, Focus, Optimal physical abilities				
	MOMENT	Defending	DURATION	60 min	PLAYERS	18

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



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

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

ORGANIZATION: In the attacking half of an 11v11 field set up two 30Wx40L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

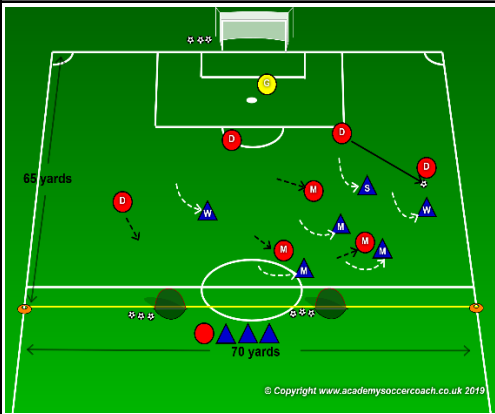
KEY WORDS: Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. How can we prevent the opponent from passing or dribbling forward? 2. What should the closest defender to the ball do? 3. Why do we want to drop behind the pressing defender?

ANSWERS: 1. Make it compact and keep it compact - 2. Pressure the player with the ball - 3. To 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): 6v8 to Goal & 2 Small Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

PLAYER ACTIONS: Steal the ball, Make it and keep it compact, Pressure, cover and balance.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx65L field with a regular goal and two small goal. The 6 Blue attackers score in the regular goal, Red team scores by passing into one of the two goals. Rotate players every round.

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

GUIDED QUESTIONS: 1. When can the defender try to steal the ball? 2. What should we do to obstruct the opponent from passing the ball forward? 3. What should the other defenders do to help?

ANSWERS: 1. Before it arrives to the attacker's feet, when the player has a bad 1st touch or the attacker is facing his/her own goal - 2. Make it compact and keep it compact - 3. Provide 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): 6v8 to Goal & One Small Goal **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

PLAYER ACTIONS: Steal the ball, Make it and keep it compact, Pressure, cover and balance.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx65L field with a regular goal and one small goal. The 6 Blue attackers score in the regular goal, Red team scores by passing into the small goal. Rotate players every round.

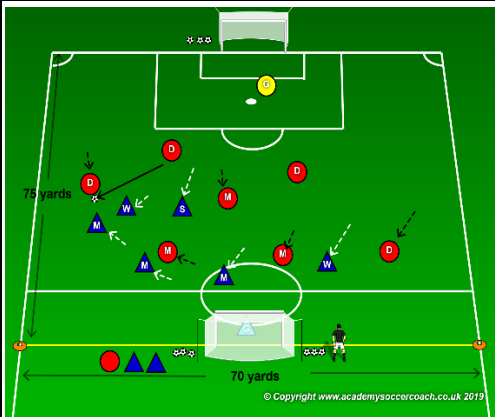
KEY WORDS: Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

GUIDED QUESTIONS: 1. How can we prevent the opponent from passing or dribbling forward? 2. What should the closest defender to the ball do? 3. Why do we want to drop behind the pressing defender?

ANSWERS: 1. Make it compact and keep it compact - 2. Pressure the player with the ball and try to steal it - 3. To provide cover and balance.

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

PRACTICE (More Challenging): 6v8 to Goal **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

PLAYER ACTIONS: Steal the ball, Make it and keep it compact, Pressure, cover and balance.

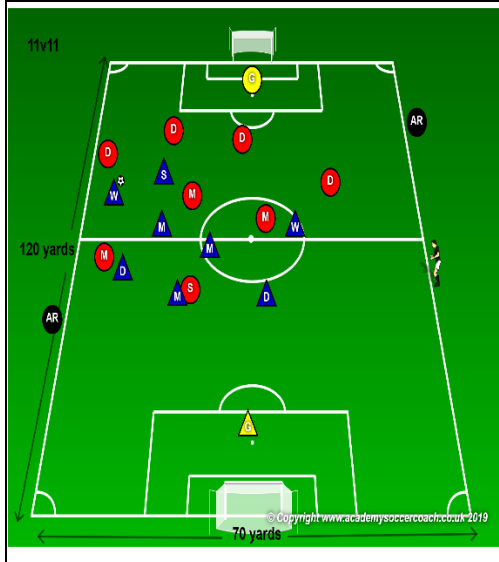
ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx75L field with regular goals. The 6 Blue attackers score in the Red's team goal, Red team scores in the Blues team's goal. Rotate players every round.

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

GUIDED QUESTIONS: 1. When can the defender try to steal the ball? 2. What should we do to obstruct the opponent from passing the ball forward? 3. What should the other defenders do to help?

ANSWERS: 1. Before it arrives to the attacker's feet, when the player has a bad 1st touch or the attacker is facing his/her own goal - 2. Make it compact and keep it compact - 3. Provide cover and balance.

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



OBJECTIVE: To pressure the ball in the opponent's half in order to deny penetration and regain the ball.

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

ORGANIZATION: In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-2-3-3 formation and the Red team will play in 1-4-3-1 formation.

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

GUIDED QUESTIONS: 1. How do the defenders make it difficult for the opponent to play forward? 2. What should the defender do now that we are organized in front of the ball? 3. What cues are we looking for to try to steal the ball? 4. Why should we try to win the ball close to the opponent's goal?

ANSWERS: 1. They make it compact and keep it compact in front of the ball to close any openings - 2. The closest defender to the ball pressures it, the rest provide cover and balance - 3. A pass we can intercept, the opponent's bad first touch and/or facing their own goal to receive the ball - 4. Because if we get the ball we can create a scoring opportunity.


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

Five Elements of a Training Activity

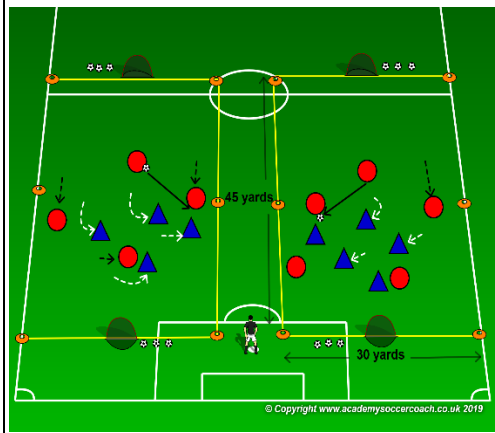
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being 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?
3. What could you do better?

	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 1	AGE GROUP			
	PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance	13+			
	KEY QUALITIES	Read the game, Be pro-active, Focus				
	MOMENT	Defending	DURATION	60 min	PLAYERS	18
11v11						

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



OBJECTIVE: Deny penetration to prevent scoring chances.

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

ORGANIZATION: In the attacking half of an 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

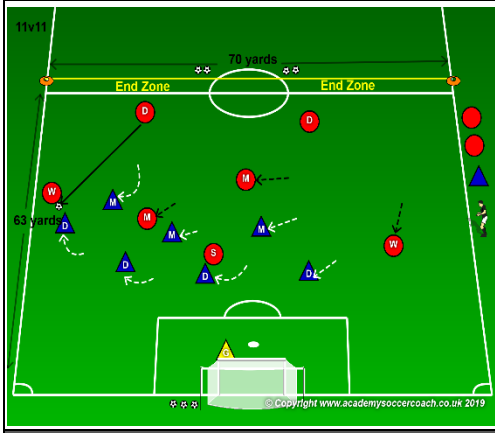
KEY WORDS: Block the way, Press, Close the openings.

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): 8v7 to Goal & an End Zone **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5min -- **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 attacking half of an 11v11 field, set up a 70Wx60L field with a regular goal and 3 yard End Zone. The 7 Blue defenders score by dribbling into the end zone or passing to a player entering it., Red team scores in the regular goal. Rotate players every round.

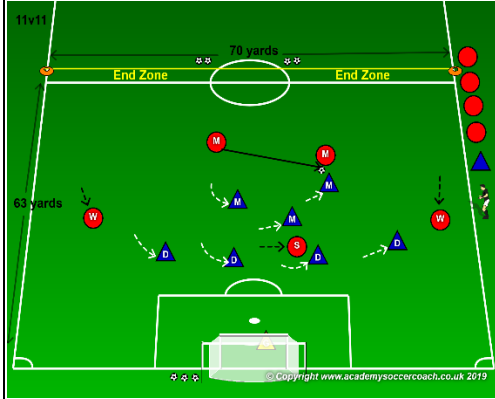
KEY WORDS: Block the way, Press, Close the openings.

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: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

PRACTICE (Less Challenging): 8v5 to Goal & an End Zone **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 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 attacking half of an 11v11 field, set up a 70Wx60L field with a regular goal and a 3 yard End Zone. The 7 Blue defenders score by dribbling into the end zone or passing to a player entering it. Red team scores in the regular goal. Rotate players every round.

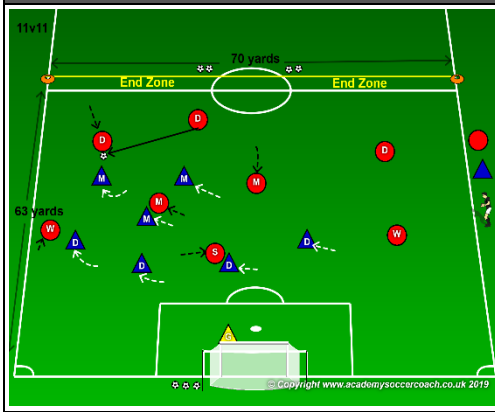
KEY WORDS: Block the way, Press, Close the openings.

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

PRACTICE (More Challenging): 8v8 to Goal & an End Zone **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 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 attacking half of an 11v11 field, set up a 70Wx60L field with a regular goal and 3 yard End Zone. The 7 Blue defenders score by dribbling into the end zone or passing to a player entering it. Red team scores in the regular goal. Rotate players every round.

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: 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 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-4-3-1 formation and the Red team will play in 1-3-2-3 formation.

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

GUIDED QUESTIONS: 1. Why should we move together as a defensive block? 2. Once we are compacted what should the defenders do?

ANSWERS: 1. A compacted defensive block will make it difficult for the opponent to play the ball forward - 2. The closest defender to the ball pressures it, the defenders behind provide cover and the farthest defender provides 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

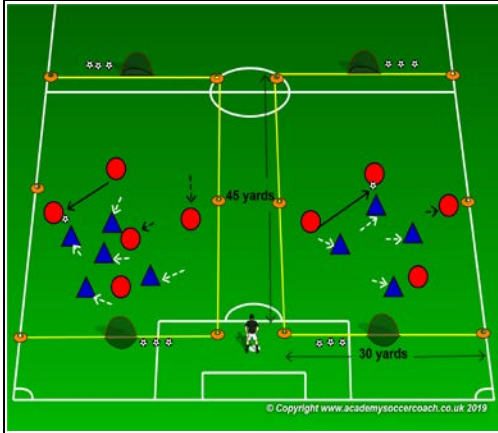
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 2	AGE GROUP			
	PLAYER ACTIONS	Make and keep it compact, Pressure, Cover, Balance and Outnumber the opponent	13+			
	KEY QUALITIES	Read the game, Be pro-active, Focus				
	MOMENT	Defending	DURATION	60 min	PLAYERS	18

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



OBJECTIVE: Prevent the opponents from moving the ball forward and create scoring chances.

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

ORGANIZATION: In the attacking half of an 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

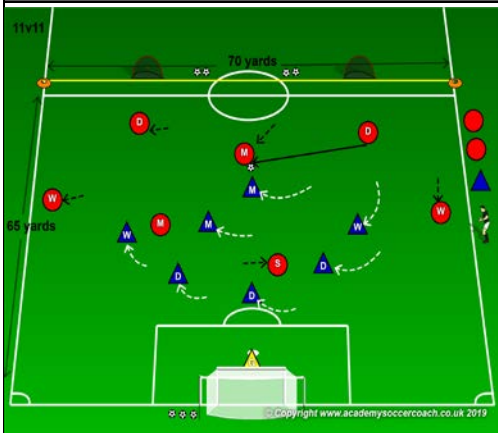
KEY WORDS: Work together, Press and Double.

GUIDED QUESTIONS: 1. As soon as we lose the ball what should we do? 2. What should the closest defender to the ball do? 3. Who provides cover? 4. When is a good time to double team?

ANSWERS: 1. Make it compact and keep it compact - 2. Pressure the player with the ball - 3. The defenders behind the pressing defender - 4. When we outnumber the opponent.

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): 8v7 to Goal & Two Small Goals **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5min -- **REST:** 1 min



OBJECTIVE: Prevent the opponents from moving the ball forward and create scoring chances.

PLAYER ACTIONS: Make it & keep it compact, Pressure, cover and Outnumber the opponent.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx65L field with a regular goal and 2 small goals. The 7 Blue defenders score by passing into one of the two goals. Red team scores in the regular goal. Rotate players every round.

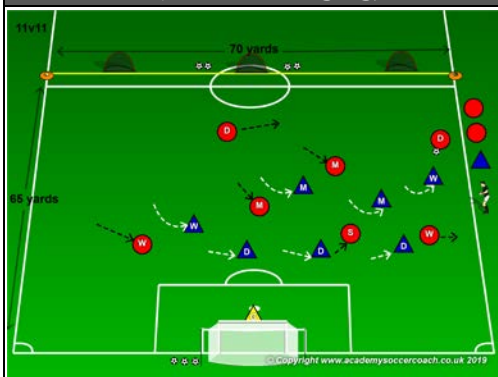
KEY WORDS: Work together, Press and Double.

GUIDED QUESTIONS: 1. How can we work together to prevent them from playing forward? 2. What can we do now that we are compacted? 3. What do the other defenders do to help the pressing defender? 4. When can we double team?

ANSWERS: 1. By making a compact defensive block in front of the ball to close the openings - 2. The closest defender can pressure the ball - 3. They provide defensive cover and balance - 4. When we outnumber the opponent.

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): 8v5 to Goal & 3 small goals **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 min



OBJECTIVE: Prevent the opponents from moving the ball forward and create scoring chances.

PLAYER ACTIONS: Make it & keep it compact, Pressure, cover and Outnumber the opponent.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx65L field with a regular goal and 3 small goals. The 7 Blue defenders score by passing into one of the three small goals. Red team scores in the regular goal. Rotate players every round.

KEY WORDS: Work together, Press and Double.

GUIDED QUESTIONS: 1. What should we do to close the openings? 2. After we are compacted who should press the attacker with the ball? 3. Where should the other defender move?

ANSWERS: 1. We work together to create a compacted block in front of the ball - 2. The defenders closest to the ball - 3. Move behind the pressing defender to provide cover and balance.

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

PRACTICE (More Challenging): 8v8 to Goal & an End Zone **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 min



OBJECTIVE: Prevent the opponents from moving the ball forward and create scoring chances.

PLAYER ACTIONS: Make it & keep it compact, Pressure, cover and Outnumber the opponent.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx75L field with regular goals. The 7 Blue defenders score in the Red goal. Red scores in the blue goal. Rotate players every round.

KEY WORDS: Work together, Press and Double.

GUIDED QUESTIONS: 1. How can we work together to prevent them from playing forward? 2. What can we do now that we are compacted? 3. What do the other defenders do to help the pressing defender? 4. When can we double team?

ANSWERS: 1. By making a compact defensive block in front of the ball to close the openings - 2. The closest defender can pressure the ball - 3. They provide defensive cover and balance - 4. When we outnumber the opponent.

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



OBJECTIVE: Prevent the opponents from moving the ball forward and create scoring chances.

PLAYER ACTIONS: Make it & keep it compact, Pressure, cover and Outnumber the opponent.

ORGANIZATION: In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-4-3-1 formation and the Red team will play in 1-3-2-3 formation.

KEY WORDS: Work together, Press and Double.

GUIDED QUESTIONS: 1. Why should we work together? 2. Once we are compacted what should the defenders do? 3. Where will be the easiest place to outnumber the opponent?

ANSWERS: 1. To create a compacted defensive block to close all the openings.- 2. The closest defender to the ball pressures it, the defenders behind provide cover and the farthest defender provides balance - 3. The flanks are the easiest place to double team the opponent.

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

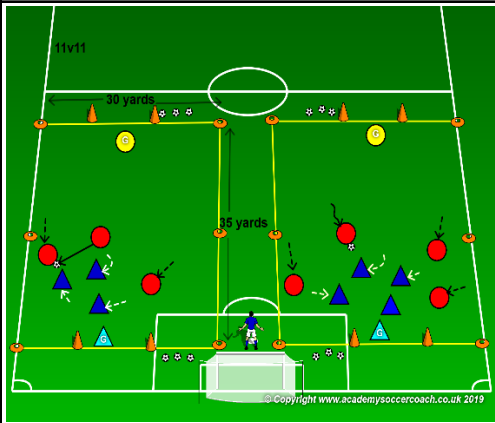
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

	GOAL:	Improve preventing the opponent from scoring goals - 1				AGE GROUP
	PLAYER ACTIONS	Protect the goal, Make it compact and keep it compact, Pressure, Cover & Balance, Outnumber the opponent				13+
	KEY QUALITIES	Make decisions, Be proactive, Focus				
	MOMENT	Defending	DURATION	60 min	PLAYERS	18

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



OBJECTIVE: Prevent scoring chances.

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

ORGANIZATION: In the defensive half of an 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

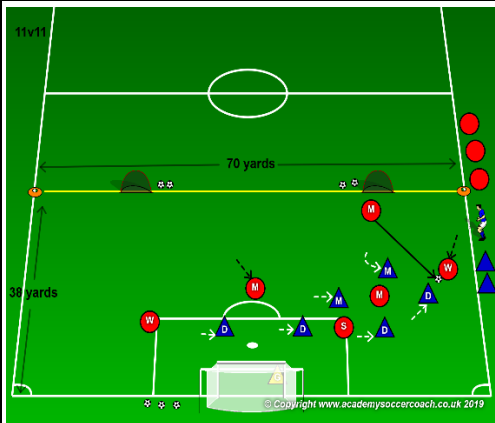
KEY WORDS: Block the shot, Work together.

GUIDED QUESTIONS: 1. What do we do as soon as the opponent gets the ball near our goal? 2. What does the closest player to the ball need to do? 3. What should the other defenders do?

ANSWERS: 1. We protect the goal by getting compact and keeping it compact in front of the player with the ball - 2. Pressure the player with the ball - 3. 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): 7v6 to Goal & 2 Small Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: Prevent scoring chances and regain the ball.

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

ORGANIZATION: In the defensive half of an 11v11 field, set up a 70Wx38L field with a regular goal and two small goals. The 6 Blue defenders score by passing into either small goal, Red team scores in the regular goal. Rotate players every round.

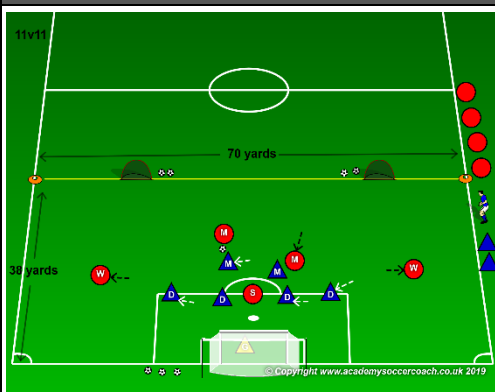
KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. How can we block the way forward? 2. Now that we are compacted in front of the ball, what should the closest defender do? 3. What do the other defenders do? 4. When is a good time to double-team the attacker with the ball?

ANSWERS: 1. The closest defender steps up towards the ball; the other defenders get compacted to close the openings - 2. Press the ball - 3. They provide cover and balance - 4. 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): 7v5 to Goal & 2 Small Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: 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 defensive half of an 11v11 field, set up a 70Wx38L field with a regular goal and two small goals. The 6 Blue defenders score by passing into either small goal, Red team scores in the regular goal. Rotate players every round.

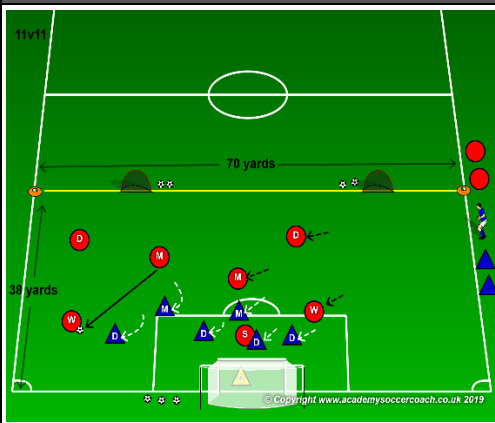
KEY WORDS: Block the shot, Together, Double.

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. Get compacted and 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): 7v7 to Goal & 2 Small Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: Prevent scoring chances and regain the ball.

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

ORGANIZATION: In the defensive half of an 11v11 field, set up a 70Wx38L field with a regular goal and two small goals. The 6 Blue defenders score by passing into either small goal, Red team scores in the regular goal. Rotate players every round.

KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. How can we block the way forward? 2. Now that we are compacted in front of the ball, what should the closest defender do? 3. What do the other defenders do? 4. When is a good time to double-team the attacker with the ball?

ANSWERS: 1. The closest defender steps up towards the ball; the other defenders get compacted to close the openings - 2. Press the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.

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



OBJECTIVE: Prevent scoring chances and regain the ball.

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

ORGANIZATION: In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-4-3-1 formation and the Red team will play in 1-3-2-3 formation.

KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. Now that we are organized, what must we do to keep the openings closed? 2. Why is it important to work together when defending? 3. Why do we want our teammates to help us defend near our goal?

ANSWERS: 1. Stay compacted making a defensive block to close any opening - 2. Because moving as a unit will make it easier to provide pressure, cover and balance - 3. To outnumber the attackers and try to double-team the player 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 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

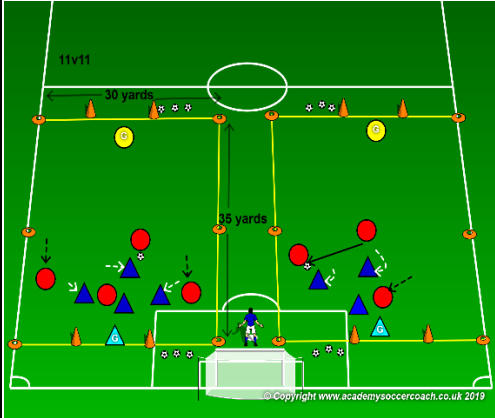
1. How did you do in achieving the goal of the training session?

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3. What could you do better?

	GOAL:	Improve preventing the opponent from scoring goals - 2				AGE GROUP
	PLAYER ACTIONS	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent				13+
	KEY QUALITIES	Read the game, Be proactive, Focus				
	MOMENT	Defending	DURATION	60 min	PLAYERS	18

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



OBJECTIVE: Prevent scoring chances.

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

ORGANIZATION: In the defending half of an 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

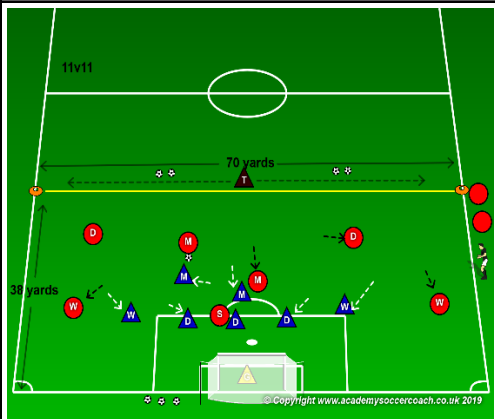
KEY WORDS: Shield the goal, Work together and Double.

GUIDED QUESTIONS: 1. How can we deny any shooting opportunities? 2. What should the other defenders do? 3. Why do we need to work together?

ANSWERS: 1. By getting a defender between the ball and the goal to shield the goal - 2. Get behind the defender and provide cover - 3. To close all the openings and deny any shots at 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): 8v7 to Goal & a Target Player **DURATION:** 20 min --- : 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: Prevent scoring chances and regain the ball.

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

ORGANIZATION: In the defending half of an 11v11 field, set up a 70Wx38L field with a regular goal and a target player. The 7 Blue defenders score by passing to the target player, Red team scores in the regular goal. Rotate players every round.

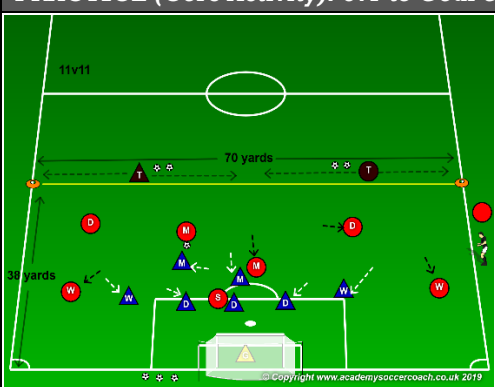
KEY WORDS: Shield the goal, Work together and Double.

GUIDED QUESTIONS: 1. What should the closest defender to the ball do? 2. Where should the other defenders be? 3. Why should we work together? 4. When is a good time to double-team the attacker with the ball?

ANSWERS: 1. Protect or shield the goal by getting between the ball and the goal - 2. Behind the defender protecting the ball providing cover and balance - 3. To get organized, compacted and close the openings - 4. 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 (Core Activity): 8v7 to Goal & 2 Target Players **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: Prevent scoring chances and regain the ball.

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

ORGANIZATION: In the defending half of an 11v11 field, set up a 70Wx38L field with a regular goal and two target player. The 7 Blue defenders score by passing to one of the target players, Red team scores in the regular goal. Rotate players every round.

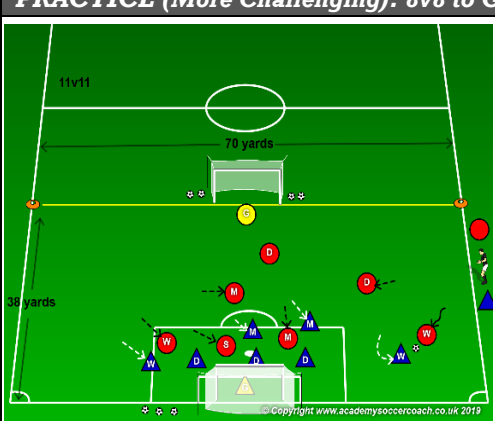
KEY WORDS: Shield the goal, Work together and Double.

GUIDED QUESTIONS: 1. How can we deny any shooting opportunities? 2. What should the other defenders do? 3. Why should we need to work together?

ANSWERS: 1. By getting a defender between the ball and the goal to shield the goal - 2. Get behind the defender and provide cover - 3. To close all the openings and deny any shots at goal

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

PRACTICE (More Challenging): 8v8 to Goal **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: Prevent scoring chances and regain the ball.

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

ORGANIZATION: In the defending half of an 11v11 field, set up a 70Wx38L field with a regular goal and two small goals. The 6 Blue defenders score by passing into either small goal, Red team scores in the regular goal. Rotate players every round.

KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. What should the closest defender to the ball do? 2. Where should the other defenders be? 3. Why should we work together? 4. When is a good time to double-team the attacker with the ball?

ANSWERS: 1. Protect or shield the goal by getting between the ball and the goal - 2. Behind the defender protecting the ball providing cover and balance - 3. To get organized, compacted and close the openings - 4. When we outnumber the attacker with the ball.

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



OBJECTIVE: Prevent scoring chances and regain the ball.

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

ORGANIZATION: In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-3-2-3 formation and the Red team will play in 1-3-2-3 formation.

KEY WORDS: Block the shot, Together, Double.

GUIDED QUESTIONS: 1. What should we do if the opponent is near our goal in possession of the ball? 2. Why is it important to work together when defending? 3. Why do we want our teammates to help us defend near our goal?

ANSWERS: 1. We should have one defender protecting the goal by getting in front of the ball - 2. Because moving as a unit will make it easier to provide pressure, cover and balance - 3. To outnumber the attackers and try to double-team the player with the ball.

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

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Training Session Self-Reflection Questions

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