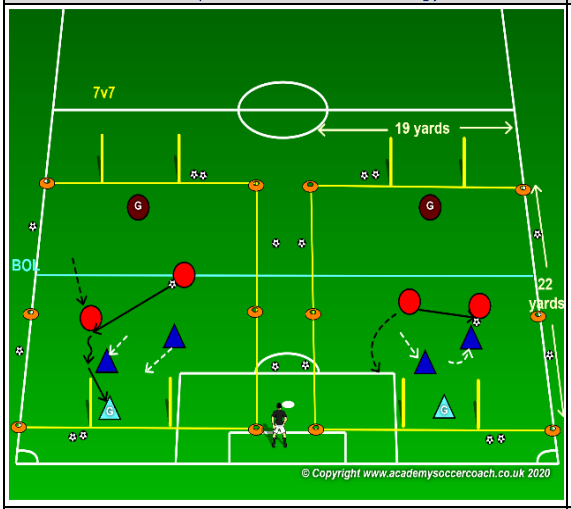
Week 12	GOAL:	Improve preventing the opponent from scoring goals - 2					U9-U10 7V7
	PLAYER	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance					
	KEY QUALITIES	Read the game, Be proactive, Focus					
	MOMENT	**Defending**	DURATION	**60 minutes**	PLAYERS	**12**	

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

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 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 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

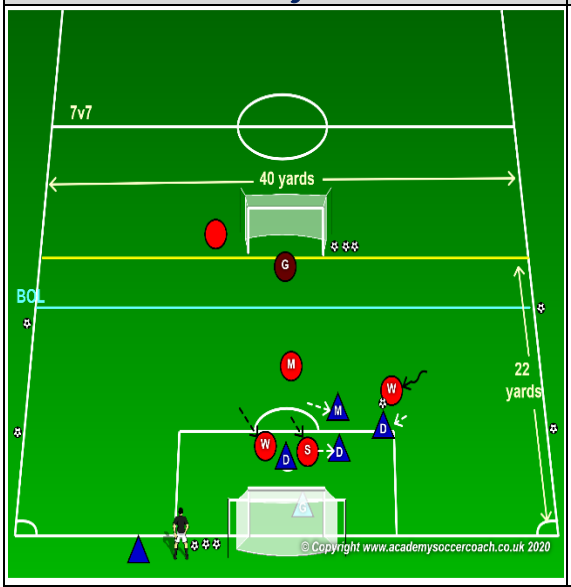
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the shot, Hassle, Help.

GUIDED QUESTIONS: 1. How can we block the shot? 2. Who hassles the attacker with the ball? 3. How can the other defender help the pressing defender?
ANSWERS: 1. Place a defender between the ball and the goal to protect it - 2. The defender closest to the ball pressures it - 3. He/she could get behind the pressing defender to provide 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.

CORE ACTIVITY: 5v5 to goal

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



OBJECTIVE: Deny Scoring Chances.

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

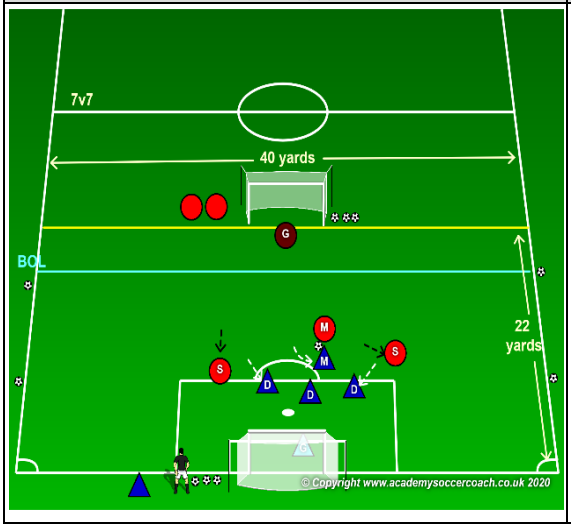
ORGANIZATION: In a 7v7 field, set up a 40Wx22L playing area with two regular goals. The 5 Blue players: 1 GK, 3 defenders, and 1 midfielder against 5 Red players: 1 GK, 1 midfielder, 2 wingers and 1 striker. Both teams try to score in the opponent's goal. Play with a build out line. All Laws of the game in effect. Rotate players every interval.

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

KEY WORDS: Block the way, Minimize, Hassle, Help.
GUIDED QUESTIONS: 1. What must we do to block the way to goal? 2. How can we minimize the passing or shooting lanes? 3. When do we hassle the player with the ball? 4. What can the other defenders do to help?
ANSWERS: 1. Get a defender between the ball and goal to protect it - 2. We must get compacted and stay compacted - 3. As soon as the attacker receives the ball we should pressure him/her - 4. They get behind the pressing defender 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.

LESS CHALLENGING: 5v4 to goal

DURATION: 20 min -- INTERVALS: 5 --ACTIVITY: 4 min --REST: 1 min



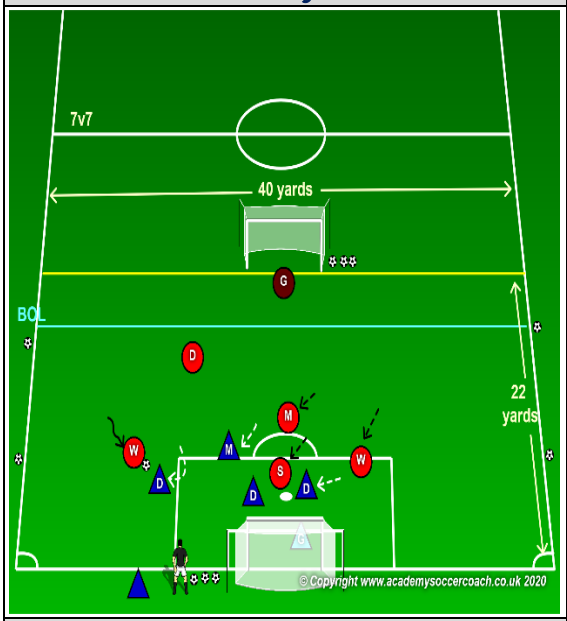
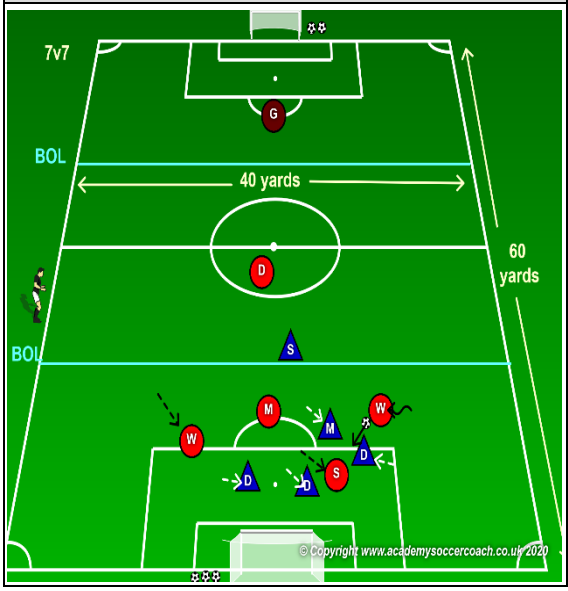
OBJECTIVE: Deny Scoring Chances.

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

ORGANIZATION: In a 7v7 field, set up a 40Wx22L playing area with two regular goals. The 5 Blue players: 1 GK, 3 defenders, and 1 midfielder against 4 Red players: 1 GK, 1 midfielder and 2 strikers. Both teams try to score in the opponent's goal. Play with a build out line. All Laws of the game in effect. Rotate players every interval.

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

KEY WORDS: Block the way, Hassle, Help.
GUIDED QUESTIONS: 1. How can we block the way to goal? 2. Who hassles the attacker with the ball? 3. How can the other defender help the pressing defender?
ANSWERS: 1. Place a defender between the ball and the goal to protect it - 2. The defender closest to the ball pressures it - 3. They get behind the pressing defender to provide cover
Note: Switch to this activity if the Core is too difficult for the players.

MORE CHALLENGING: 5v6 to goal	DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min
	OBJECTIVE: Deny Scoring Chances. PLAYER ACTIONS: Protect the goal, Make it compact and keep it compact, Pressure, Cover & balance. ORGANIZATION: In a 7v7 field, set up a 40Wx22L playing area with two regular goals. The 5 Blue players: 1 GK, 3 defenders, and 1 midfielder against 6 Red players: 1 GK, 1 defender, 1 midfielder, 2 wingers and 1 striker. Both teams try to score in the opponent's goal. Play with a build out line. All Laws of the game in effect. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the way to goal, Hassle, Help. GUIDED QUESTIONS: 1. Where must we be to block the way to goal? 2. How can we minimize the passing or shooting lanes? 3. When do we hassle the player with the ball? 4. What can the other defenders help? ANSWERS: 1. In front of the attacker between the ball and goal to protect it - 2. We must get compacted and stay compacted - 3. As soon as the attacker receives the ball, we should pressure him/her - 4. They get behind the pressing defender and provide cover and balance. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 6V6	DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min
	OBJECTIVE: Deny Scoring Chances. PLAYER ACTIONS: Protect the goal, Make it compact and keep it compact, Pressure, Cover & balance. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the way, Hassle, Help. GUIDED QUESTIONS: 1. What do we do to block the way to goal? 2. How can we minimize the passing or shooting lanes? 3. When do we hassle the player with the ball? 4. How can the other defenders help? ANSWERS: 1. Protect the goal - 2. We must get compacted and stay compacted - 3. As soon as the attacker receives the ball we should pressure him/her - 4. They get behind the pressing defender and provide cover and balance. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 1. What could you do better?