Week 7							
	GOAL:	Improve preventing the opponent from building up in their own half - 1					U9-U10 7V7
	PLAYER	Protect the goal, Steal the ball, Pressure, Cover & Balance					
	KEY QUALITIES	Read the game, Focus, Optimal physical abilities					
	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: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & 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 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 way, Closest defender, and Help.

GUIDED QUESTIONS: 1. What should the closest defender to the ball do? 2. How can the other defenders help?

ANSWERS: 1. The closest defender to the ball should stand between the ball and the goal to protect the goal and pressure the attacker with the ball - 2. They will 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: 4v5 to goal & an end zone

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

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.
PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance.

ORGANIZATION: In a 7v7 field, set up a 24Wx35L playing area with a regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The 5 Red players: 1 GK, 2 defenders, 1 midfielder and 1 striker will try to score in the end zone by dribbling or passing. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. 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, and Help.

GUIDED QUESTIONS: 1. How can we block the way forward? 2. Why does the closest defender need to hassle the player with the ball? 3. Where do the other defenders go to help?

ANSWERS: 1. Protect the goal by standing between the ball and the goal - 2. To apply pressure and regain the ball - 3. They get behind the pressing defender to provide cover and balance.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

LESS CHALLENGING: 4v4 to goal & an end zone

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

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

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

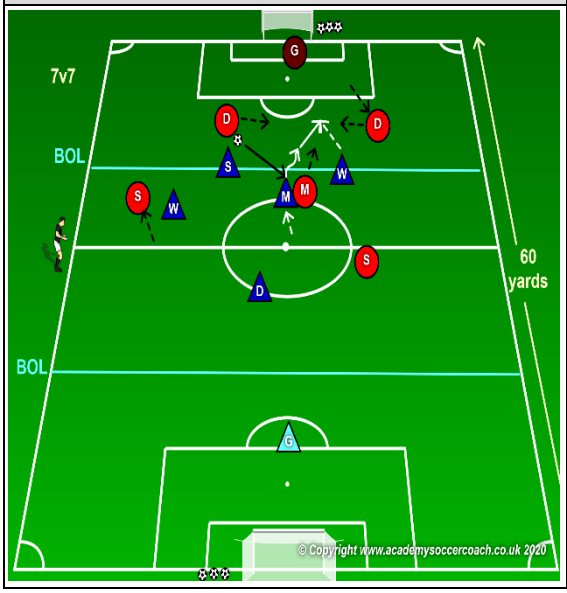
ORGANIZATION: In a 7v7 field, set up a 24Wx35L playing area with a regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The 5 Red players: 1 GK, 2 defenders and 1 midfielder, will try to score in the end zone by dribbling or passing. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. 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, Closest defender, and Help.

GUIDED QUESTIONS: 1. What should the closest defender to the ball do? 2. How can the other defenders help?

ANSWERS: 1. The closest defender to the ball should stand between the ball and the goal to protect the goal and pressure the attacker with the ball - 2. They will provide cover.
Note – Switch to this activity if the CORE is too difficult for the players.

MORE CHALLENGING: 4v5 to goal & an end zone	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance. ORGANIZATION: In a 7v7 field, set up a 32Wx35L playing area with a regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker will try to regain the ball and score in the regular goal.The 5 Red players: 1 GK, 2 defenders, 1 midfielder and 1 striker will try to score in the end zone by dribbling or passing. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. 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, Closest defender, and Help. GUIDED QUESTIONS: 1. How can we block the way forward? 2. Why does the closest defender need to hassle the player with the ball? 3. Where do the other defenders go to help? ANSWERS: 1. Protect the goal by standing between the ball and the goal - 2. To apply pressure and regain the ball - 3. They get behind the pressing defender to provide cover and balance. Note – Switch to this activity if the CORE is not challenging enough.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in 1-1-3-1 formation and Red teams will play in a 1-2-1-2 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, Closest defender, and Help. GUIDED QUESTIONS: 1. Why do we need to put a defender between the ball and the goal to block the way forward? 2. Who should be the defenders that block the way forward? 3. Now that the closest defender is in front of the ball what do we want him/her to do? 4. How can the other defenders help him to prevent the ball from moving forward? ANSWERS: 1. To protect the goal - 2 The closest defender to the ball - 3. Pressure the ball - 4. They provide cover and balance by getting behind the pressing defender. 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? 3. What could you do better?