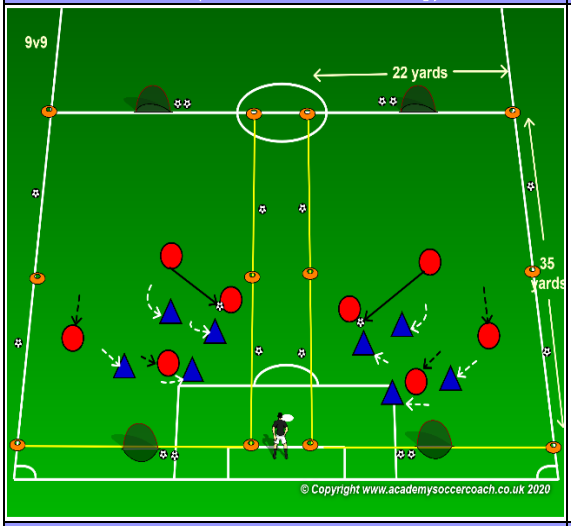
Week 8						
	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 2				U11-U12 9V9
	PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				
	KEY QUALITIES	Read the game, Be pro-active , Focus				
	MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS	16

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: 1.5 min



OBJECTIVE: Prevent the opponents from passing or dribbling the ball forward.

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

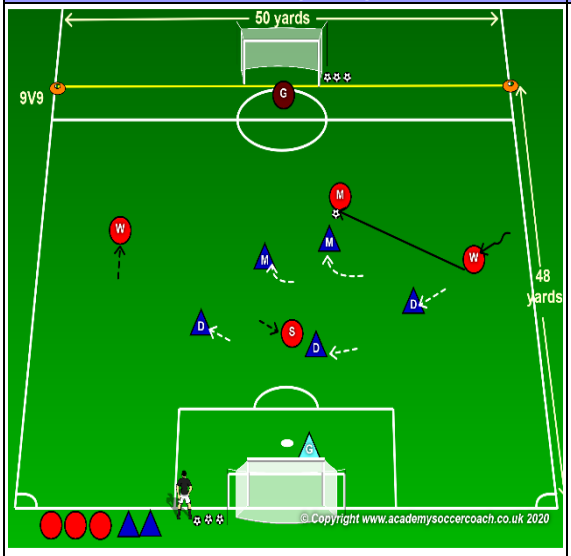
ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Close the openings, Closest defender, Help.

GUIDED QUESTIONS: 1. How can we close any opening to pass the ball forward? 2. What should the closest defender to the ball do? 3. Where should the other defender be to help the pressing defender.
ANSWERS: 1. Make it compact and stay compact - 2. Protect the goal by getting in front of the ball and pressure the attacker - 3. They should be behind 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.

CORE ACTIVITY: 6v5 to regular goals

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



OBJECTIVE: Prevent the opponents from passing or dribbling the ball forward.

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

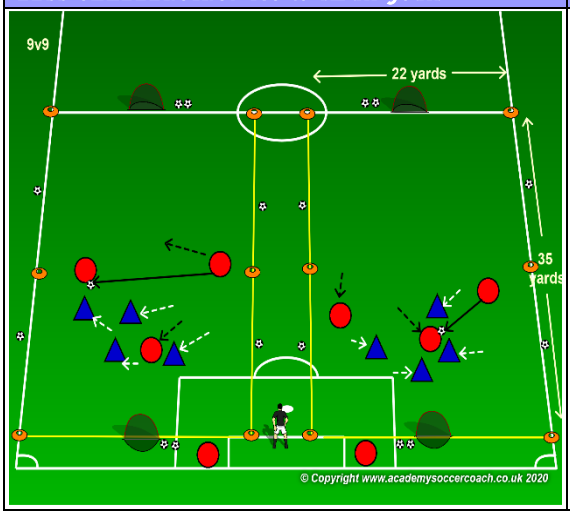
ORGANIZATION: In the defending half of a 9v9 field, set up a 50Wx48L field with two regular goals as shown. The 6 Blue players:1 GK, 3 defenders and two 2 midfielders will try to prevent the ball from moving forward and regain it and score in the goal. The 5 Red players: 1 GK, 1 midfielder, 2 wingers and 1 striker will try to score the blue's goal. All Laws of the game in effect. When a team scores the other team will get 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: In front, Close the openings, Closest defender, Help.

GUIDED QUESTIONS: 1. Why do we need to put a defender in front of the ball? 2. What should we do to close the openings? 3. Where should the closest defender go now that we are compacted? - 4. What do the other defenders do to help?
ANSWERS: 1. To protect the goal - 2. We should make it compact and keep it compact - 3. To pressure the ball - 4. They 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: 4v3 to small goals

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



OBJECTIVE: Prevent the opponents from passing or dribbling the ball forward.

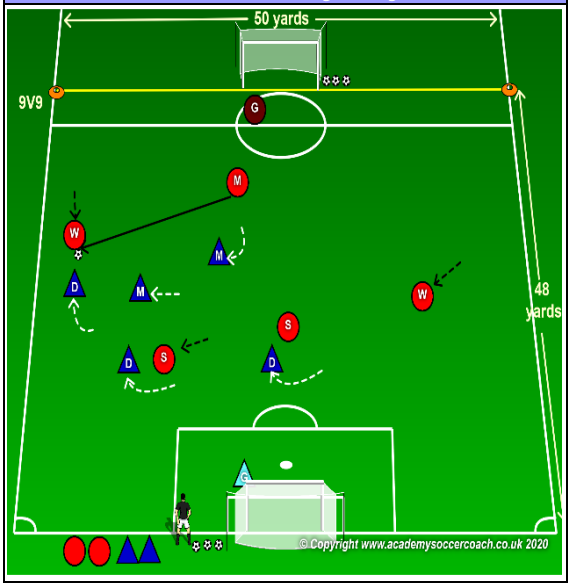
PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.

ORGANIZATION: In our half set up two 22Wx35L fields with a goal and an end zone gate. Play 4v4. The Blue team: 4 players against the Red Team: 3 players. Both teams score in the opponent's goal. 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: Close the openings, Closest defender, Help.

GUIDED QUESTIONS: 1. How can we close any opening to pass the ball forward? 2. What should the closest defender to the ball do? 3. Where should the other defenders be to help the pressing defender.
ANSWERS: 1. Make it compact and stay compact - 2. Protect the goal by getting in front of the ball and pressure the attacker - 3. They should be behind providing cover and balance.
Note – Switch to this activity if the CORE is too difficult for the players.

MORE CHLLENGING: 6v6 to regular goals



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

OBJECTIVE: Prevent the opponents from passing or dribbling the ball forward.

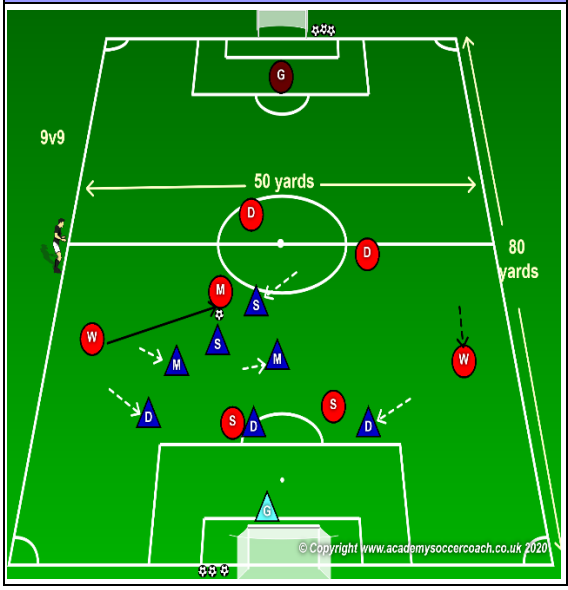
PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.

ORGANIZATION: In the defending half of a 9v9 field, set up a 50Wx48L field with two regular goals as shown. The 6 Blue players:1 GK, 3 defenders and two 2 midfielders will try to prevent the ball from moving forward and regain it and score in the goal. The 6 Red players: 1 GK, 2 midfielders, 2 wingers and 1 striker will try to score in the blue's goal. All Laws of the game in effect. When a team scores the other team will get 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: Close the openings, Closest defender, Help.

GUIDED QUESTIONS: 1. Why do we need to put a defender in front of the ball? 2. What should we do to close the openings? 3. Where should the closest defender go now that we are compacted? - 4. What do the other defenders do to help?
ANSWERS: 1. To protect the goal - 2. We should make it compact and keep it compact - 3. To pressure the ball - 4. They provide cover and balance.
Note – Switch to this activity if the CORE is too easy for the players.

2nd. PLAY PHASE: The Game – 8V8



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

OBJECTIVE: Prevent the opponent's from passing or dribbling the ball forward.

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

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-3-2-2 formation and the red team will play in 1-2-3-2 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Close the openings, Closest defender, Help.

GUIDED QUESTIONS: 1. What must we do to close any opening to prevent a forward pass? 2. What are the two main jobs of the closest defender to the ball? 3. What do the other defenders do to help the pressing defender?

ANSWERS: 1. We Make it compact and stay compact - 2. To protect the goal and pressure the attacker with the ball 3. Get behind and around 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? 3. What could you do better?