
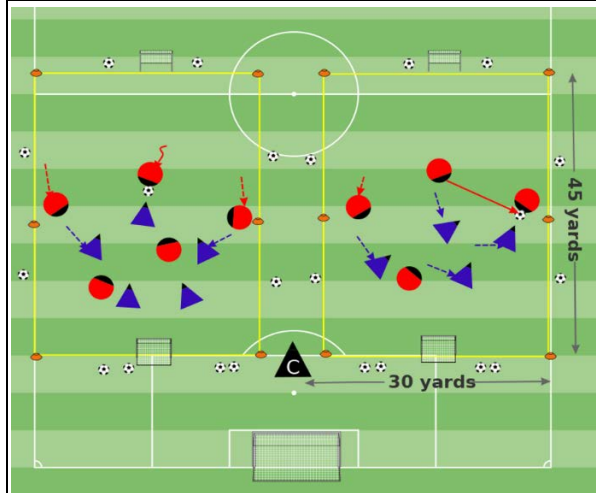


<b>AGE GROUP</b>	<b>GOAL:</b>	Improve preventing the opponent from building up and creating scoring chances in our half - 1				
13+	<b>PLAYER ACTIONS</b>	Protect the goal, Pressure, cover and balance, Outnumber the opponent				
	<b>KEY QUALITIES</b>	Make decisions, Focus, Optimal physical abilities				
11v11	<b>MOMENT</b>	Defending	<b>DURATION</b>	60 minutes	<b>PLAYERS</b>	18 Players

**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): 4v4 or 5v5** | **DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



**OBJECTIVE:** To keep the opposition from moving the ball forward and try to regain the ball.

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

**ORGANIZATION:** Set up two or more 30Wx45L fields with a goal at each end. Play 1v1, 2v1 up to 4v4 or 5v5 Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

**KEY WORDS:** Shield the goal, Put pressure, Double team.

**GUIDED QUESTIONS:** 1. How do you protect the goal? 2. Who presses the ball? 3. When is a good time to double team to regain the ball?

**ANSWERS:** 1. Protect the goal by getting a defender in between the ball and the goal. 2. The defenders closest to the ball 3. To stay compacted and prevent the ball from moving forward.

**Note -** First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

**PRACTICE (Core Activity): 8v6 to Goal and 3 Small Goals** | **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



**OBJECTIVE:** To keep the opposition from moving the ball forward and try to regain the ball.

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

**ORGANIZATION:** Set up a 70Wx60L field with a regular goal and three counter goals. Select 7 Blue defenders a goalkeeper and 6 Red attackers. The Red team scores in the regular goal and the Blue team scores by dribbling through any of the three gates. All Laws of the game in effect.

**KEY WORDS:** Shield the goal, Put pressure, Double team.

**GUIDED QUESTIONS:** 1. What do you need to do to shield the goal? 2. Who should pressure the ball and provide cover? 3. When is a good time to force a mistake to regain the ball?

**ANSWERS:** 1. Protect the goal by getting a defender in between the ball and the goal. 2. The closest players to the ball and other defenders provide cover and balance. 3. When we double team and outnumber the opponent trying to regain the ball.

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

**PRACTICE (Less Challenging): 8v5 to Goal & 3 Small Goals** | **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



**OBJECTIVE:** To keep the opposition from moving the ball forward and try to regain the ball.

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

**ORGANIZATION:** Set up a 70Wx60L field with a regular goal and three counter goals. Select 7 Blue defenders a goalkeeper and 5 Red attackers. The Red team scores in the regular goal and the Blue team scores by dribbling through any of three gates. All Laws of the game in effect.

**KEY WORDS:** Shield the goal, Put pressure, Double team.

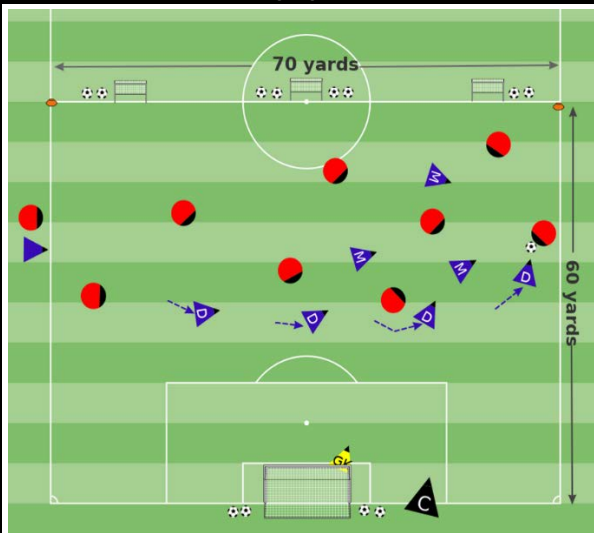
**GUIDED QUESTIONS:** 1. What do you need to do to shield the goal? 2. Who should pressure the ball and provide cover? 3. When is a good time to force a mistake to regain the ball?

**ANSWERS:** 1. Protect the goal by getting a defender in between the ball and the goal. 2. The closest players to the ball and other defenders provide cover and balance. 3. When we double team and outnumber the opponent trying to regain the ball.

**Note -** Switch to this activity if the CORE is too difficult for the players

**PRACTICE (More Challenging): 8v5 to Goal & 3 Small Goals**

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



**OBJECTIVE:** To keep the opposition from moving the ball forward and try to regain the ball.  
**PLAYER ACTIONS:** Protect the goal, Pressure, cover and balance, Outnumber the opponent.

**ORGANIZATION:** Set up a 70Wx60L field with a regular goal and three counter goals. Select 7 Blue defenders a goalkeeper and 5 Red attackers. The Red team scores in the regular goal and the Blue team scores by dribbling through any of three gates. All Laws of the game in effect.

**KEY WORDS:** Shield the goal, Put pressure, Double team.

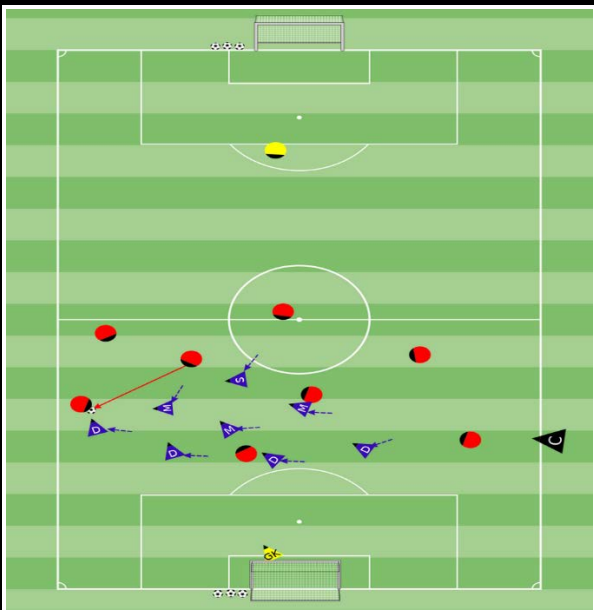
**GUIDED QUESTIONS:** 1. What do you need to do to shield the goal? 2. Who should pressure the ball and provide cover? 3. When is a good time to force a mistake to regain the ball?

**ANSWERS:** 1. Protect the goal by getting a defender in between the ball and the goal. 2. The closest players to the ball and other defenders provide cover and balance. 3. When we double team and outnumber the opponent trying to regain the ball.

**Note –** Switch to this activity if the CORE is not challenging enough.

**2<sup>nd</sup>. PLAY PHASE: The Game – 9v9 ( GK+8v8+GK)**

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



**OBJECTIVE:** To keep the opposition from moving the ball forward and try to regain the ball.

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

**ORGANIZATION:** In a 70Wx120L field play 9v9. The Blue team will play in 1-4-3-1 formation and the Red team will play in 1-2-3-3 formation.

**KEY WORDS:** Shield the goal, Double team, Move together.

**GUIDED QUESTIONS:** 1. How can we force the opponents to play sideways? 2. What do we need to provide for the pressing defender? 3. Why do we surround the player with the ball and try to double team him/her?

**ANSWERS:** 1. By protecting the goal and obstructing the path forward. 2. We must provide cover and balance. 3. To force a mistake and regain the ball. 3.

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

**FIVE ELEMENTS of TRAINING EXERCISE**

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?

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

1. Did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?