
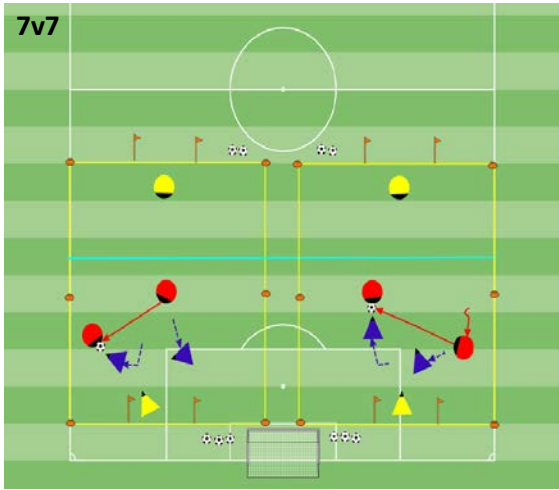


AGE GROUP	GOAL:	Improve preventing the opponent from scoring goals				
9U-10U	PLAYER ACTIONS	Protect the goal, Make and Keep it compact, Pressure cover and balance				
	KEY QUALITIES	Read the game, Be proactive, Focus				
7V7	MOMENT	Attacking	DURATION	60	PLAYERS	12

• **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): 3v3 to Goal | **DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 4.5 min -- REST: 2 min**



OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: Set up two or more 18Wx20L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

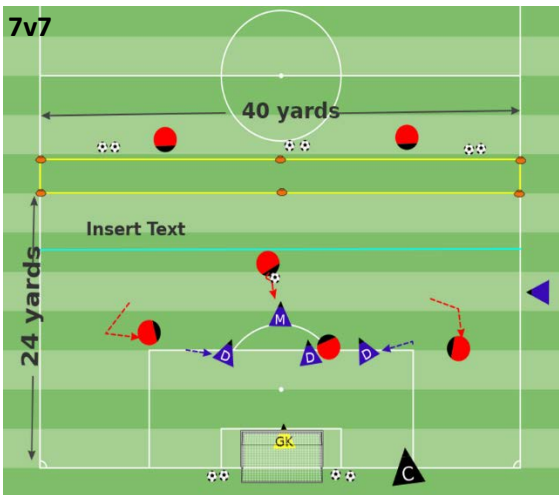
KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together

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): 5v4 to Goal and an End Zone | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: Set up a 40Wx24L field with a two-yard end zone. Select 4 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

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

PRACTICE (Less Challenging): 5v3 to Goal and an End Zone | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: Set up a 40Wx24L field with a two-yard end zone. Select 3 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Move together.

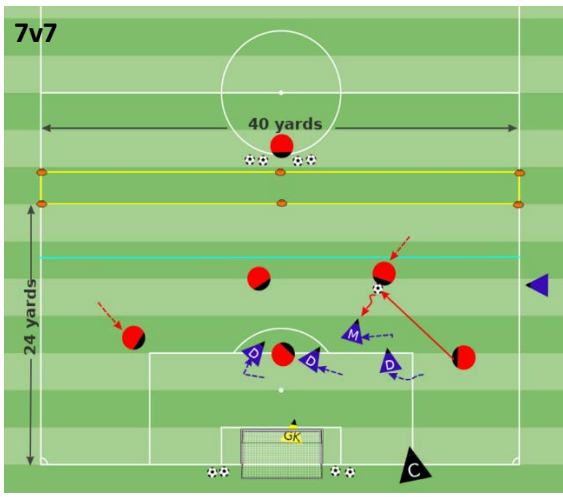
GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

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

PRACTICE (More Challenging): 5v5 to Goal and an End Zone

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



OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: Set up a 40Wx24L field with a two-yard end zone. Select 5 Red attackers, 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Move together.

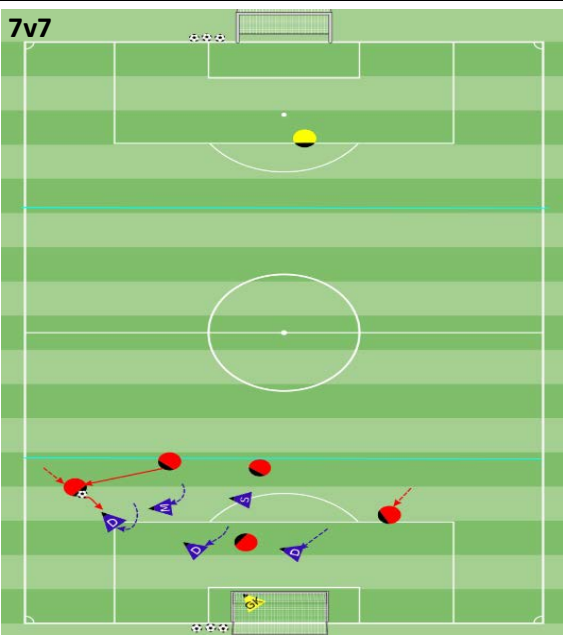
GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

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

2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)

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



OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance

ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-3-2 formation and the Red team will play in 1-2-3 formation.

KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

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