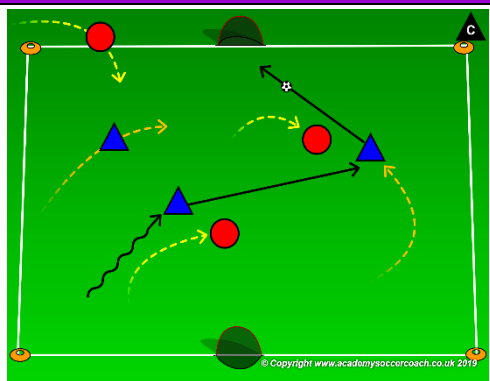




<b>GOAL:</b>	Deny Scoring Chances		<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Pressure the ball, steal the ball		<b>8U</b>
<b>KEY QUALITIES</b>	Read and understand the game, Take initiative		
<b>MOMENT</b>	Defending	<b>DURATION</b>	<b>60 Minutes</b>
			<b>4v4</b>

**1st PLAY PHASE (intentional Free Play)**

**18 Min.-Play multiple 3-4 minute games**



**Objective:** to deny the opponent's ability to create scoring chances or scoring goals.

**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

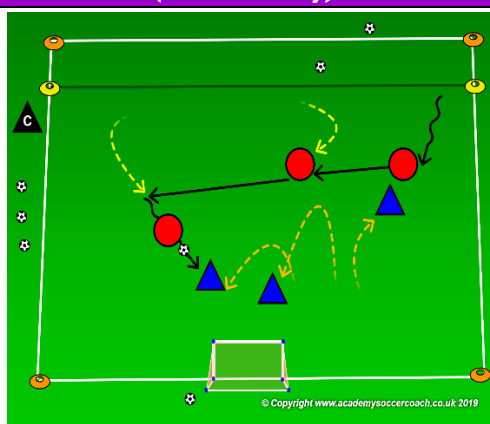
**Key Words:** block your goal, get back

**Guided Questions:** What should you do if you see an opening to your goal? Where should you go if the ball is closer to your goal than you are?

**Answers:** Move to block your goal. Get back so you are closer to your goal than the ball is.

**PRACTICE (Core Activity): 3v3 Defend Your Goal**

**18 Minutes-3 intervals-4 min. play-2 min. rest**



**Organization:** In a 20Wx30L yard grid with a goal on one end line & a 3 yard end zone on the other, play a 3v3 game. The focus team defends the goal and scores by stopping the ball in the opponent's end zone. The focus team can enter the end zone with a pass to a teammate or dribbling in. The opposing team (red circles) cannot wait in the end zone but can enter to stop the attack. **Rules:** play local laws/rules of the game other than scoring.

**Key Words:** move together, step to the ball, close the openings

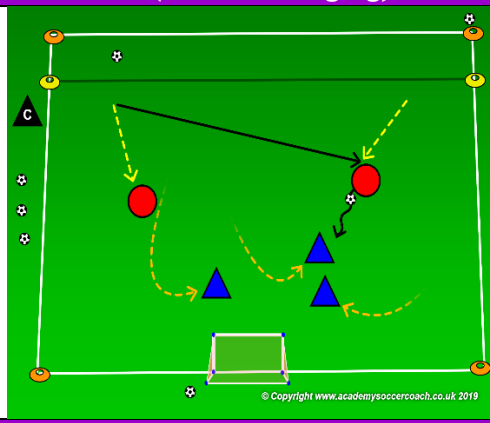
**Guided Questions:** Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

**Answers:** By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

**Notes:** Same size fields as the first play stage; simply add the end zone. 2 games can be played at the same time. This game can be 3v2 or 2v2 if attendance is low for training.

**PRACTICE (Less Challenging): 3v2 Defend Your Goal**

**18 Minutes-3 intervals-4 min. play-2 min. rest**



**Organization:** In a 20Wx30L yard grid with a goal on one end line & a 3 yard end zone on the other, play a 3v2 game. The focus team (blue triangles) has 3 players & they defend the goal. They score by stopping the ball in the opponent's end zone. The focus team can enter the end zone with a pass to a teammate or dribbling in. The opposing team (red circles) cannot wait in the end zone but can enter to stop the attack. **Rules:** play local laws/rules of the game other than scoring.

**Key Words:** move together, step to the ball, close the openings

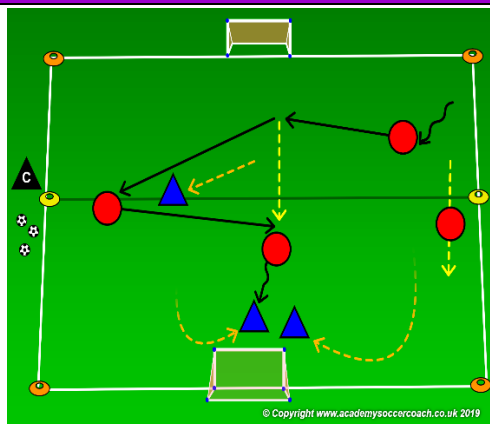
**Guided Questions:** Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

**Answers:** By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

**Notes:** Same size fields as the first play stage; simply add the end zone. 2 games can be played at the same time. This game can be 3v2 or 2v2 if attendance is low for training.

**PRACTICE (More Challenging): 3v4 Defend your Goal**

**18 Minutes-3 intervals-5 min. play-1 min. rest**



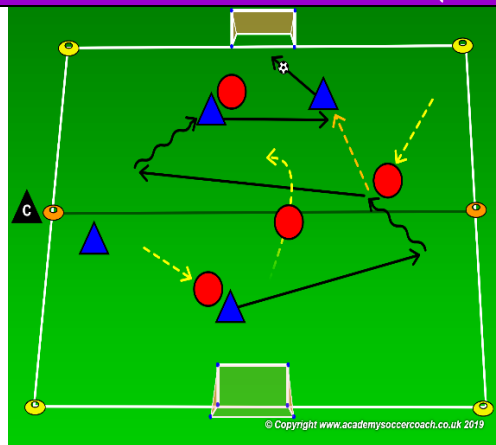
**Organization:** In a 20Wx30L yard grid with a goal on each end line. Play a 3v4 game. The focus team (blue triangles) has 3 players & they defend one goal. They score in the opponent's goal. The opposing team (red circles) have 4 players. **Rules:** play local laws/rules of the game other than scoring.

**Key Words:** move together, step to the ball, close the openings

**Guided Questions:** Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

**Answers:** By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

**Notes:** Same size fields as the first play stage; simply add the end zone. 2 games can be played at the same time. Adjust players as needed to allow the session to flow.



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

**Key Words:** move together, step to the ball, close the openings

**Guided Questions:** Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

**Answers:** The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?
2. What did you do well?
3. What could you do better?