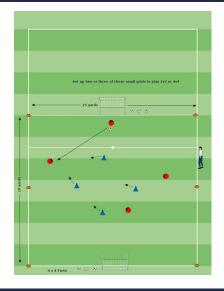
Week 4: Defending - Preventing Build Up in Own Half (11v11)

OBJECTIVE: Prevent build up in own half

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

Amy Feigl AGE: U13 / Senior / 12 players TEAM FUNCTION: DURATION: 90 min



1st Play Phase: Intentional Free Play (11v11)

OBJECTIVE: Attacking principles, Defending principles, Possession, Passing, Receiving, Combination play, Dribbling, Running with ball, Transition

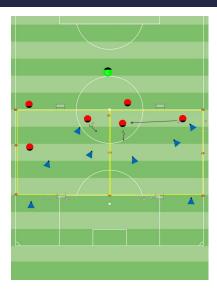
ORGANIZATION: As players arrive to practice, set up small fields to play 4v4 and just let the players play for a good 15-20 minutes on their own with little coaching or "freeze" moments.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Defending - Preventing Build Up in Own Half (9v9)

OBJECTIVE: Prevent build up in own half

ORGANIZATION: Set up two grids on our defensive half of the field and play with three Blue defenders against two Red attackers. Place two small goals on each side for teams to score in. The three Blue defenders work to prevent build up and possession among the Red attackers. They utilize the Pressure, Cover, and Balance roles of 1st, 2nd, and 3rd KEY WORDS: Practice (Less Challenging): put a touch limit on the Red attackers and have them play three touch only before passing or scoring Practice (More Challenging): add in another Red attacker to make it 3v3

GUIDED QUESTIONS:

ANSWERS:

NOTES:



2nd Play Phase: The Game (11v11)

OBJECTIVE: All your session objectives from the theme of practice

ORGANIZATION: Use a full size 11v11 field or 9v9 field if that is all exists and scrimmage 11v11 or combine with two teams to play each other and use more space. Play with 4 defenders, 4 mid-fielders, and 2 forwards (4-4-2 formation).

KEY WORDS: Minimal "freeze" moments, but do make some and be fully engaged in the session. Rotate subs on that are sitting out.

GUIDED QUESTIONS:

ANSWERS:

NOTES:

Week 4: Defending - Preventing Build Up in Own Half (11v11)

OBJECTIVE: Prevent build up in own half

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

Amy Feigl AGE: U13 / Senior / 12 players TEAM FUNCTION: DURATION: 90 min

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 session?
- 4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?
- 5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

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