

Week 7: Defending - Preventing Scoring Chances from Central Areas (11v11)

OBJECTIVE: Preventing scoring chances from central areas

TEAM TACTICAL PRINCIPLES:

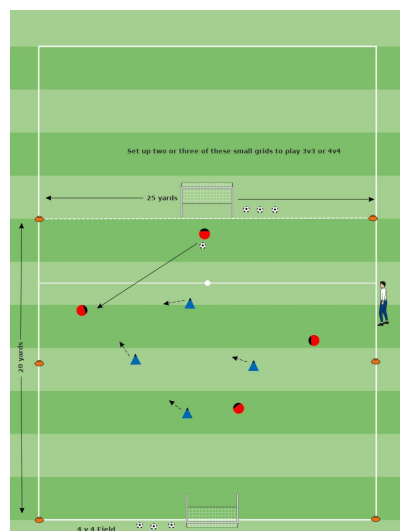
KEY QUALITIES:

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

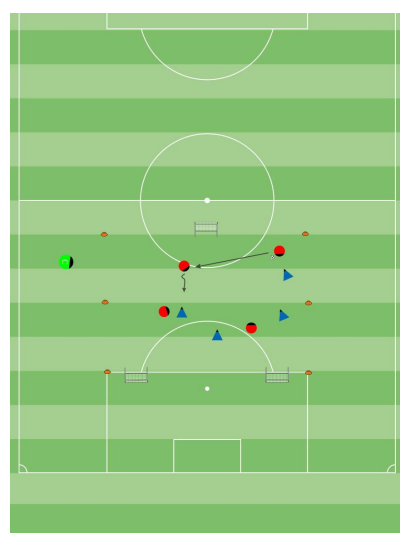
ORGANIZATION: As players arrive to practice, set up small fields to play 4v4 and just let the players play for a good 15-20 minutes on their own with little coaching or "freeze" moments.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice: Defending - Preventing Scoring Chances in Central Areas: 3 Goal Game

OBJECTIVE: Defending principles, Compactness, Pressure, Cover, Balance, Tackling

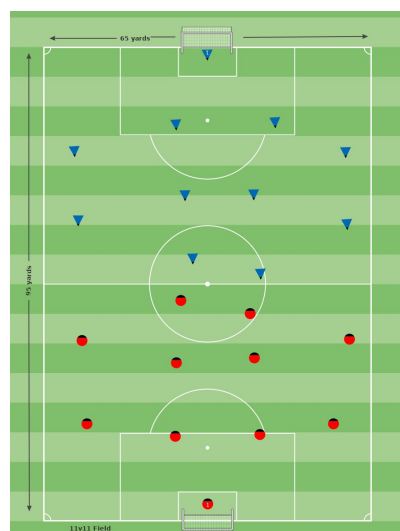
ORGANIZATION: Set up a small grid in our defending half centrally with two goals for the attacking (Red) team to score on a one goal for the defending (Blue) team to score on. Play 4v4 in the grid and rotate others in if more players exist after a goal or after a few minutes.

KEY WORDS: Practice (Less Challenging): take one or two Red attackers off and play with four Blue defenders and two-three Red attackers Practice (More Challenging): add in one more Red attacker or increase the size of the grid

GUIDED QUESTIONS:

ANSWERS:

NOTES: Defending team should work together to prevent the Reds from scoring utilizing the Pressure, Cover, and Balance roles of defense.



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:

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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?