

Week 3: Defending - Preventing Build Up in Opponent's Half (7v7)

OBJECTIVE: Preventing build up in opponent's half

TEAM TACTICAL PRINCIPLES:

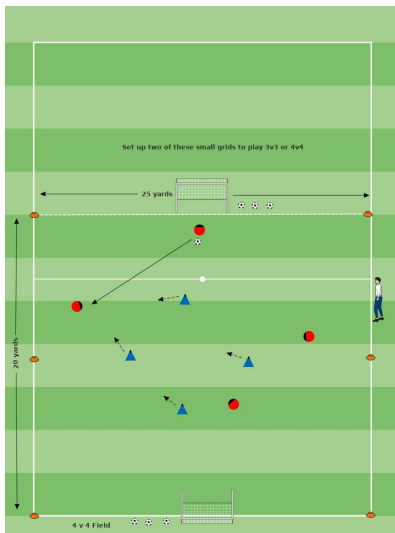
KEY QUALITIES:

Amy Feigl

AGE: U9 / U10 / 12 players

TEAM FUNCTION:

DURATION: 60 min



1st Play Phase: Intentional Free Play (7v7)

OBJECTIVE: Dribbling, Running with ball, Passing, Receiving, 1v1 Attacking and Defending

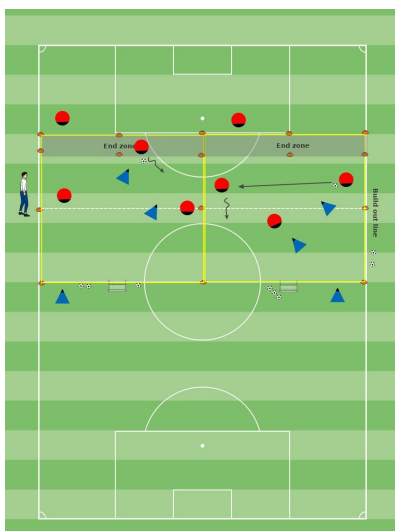
ORGANIZATION: Set up two small grid and let the kids play 4v4, each shooting on a goal or using coned goals. As players arrive, play 1v1-2v2-3v3, etc.

KEY WORDS: Go over your coaching topic here with key phrases and words depending on your session.

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Defending - Preventing Build Up in Opp. Half (a) (7v7) 2v3

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

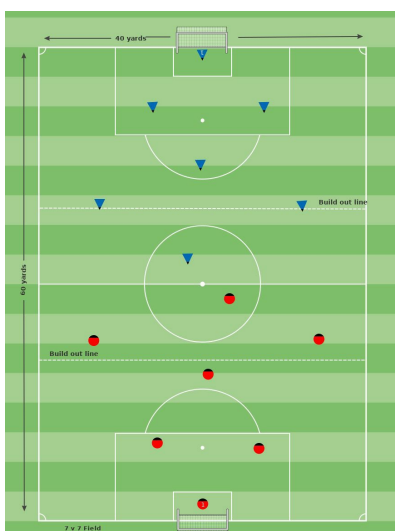
ORGANIZATION: Set up two small grids in your opponent's half of field and put two Blue players as defenders against three Red players as attackers. Blue defends with "pressure" (1st defender) and "cover" (2nd defender) and tries to deny the Red team a chance to advance to score. Red plays to the small goal and Blue team plays to the end

KEY WORDS: Practice (Less Challenging): Add in another Blue defender to play 3v3 or add a touch limit for the offensive team before passing the ball, like two touches before they must pass Practice (More Challenging): Add in another Red player to make it a 4v2 situation or increase the size of the grid, or simply combine both grids into one and play 4v6

GUIDED QUESTIONS:

ANSWERS:

NOTES:



2nd Play Phase: The Game (7v7)

OBJECTIVE: Possession, Dribbling, Running with ball, Passing, Receiving, Attacking, Defending, Turning, Switching play

ORGANIZATION: Play 7v7 if numbers permit on a normal sized 7v7 field. If they don't try to graft in another team to scrimmage against or just drop numbers to 5v5 or 6v6 and reduce size of field.

KEY WORDS: Let them play! Minimal "freeze" moments and plenty of reinforcing key phrases for the day's theme.

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?