

Week 4: Defending - Preventing Build Up in Own Half (7v7)

OBJECTIVE: Preventing build up in own half

TEAM TACTICAL PRINCIPLES:

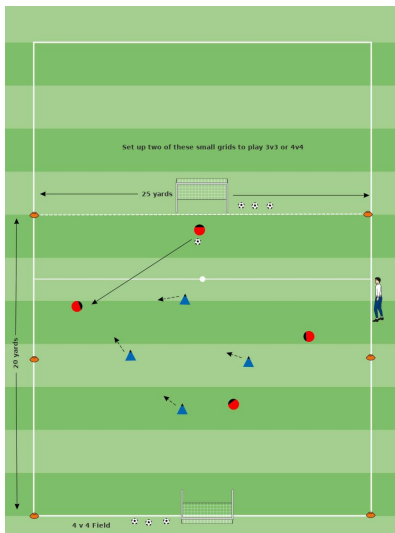
KEY QUALITIES:

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

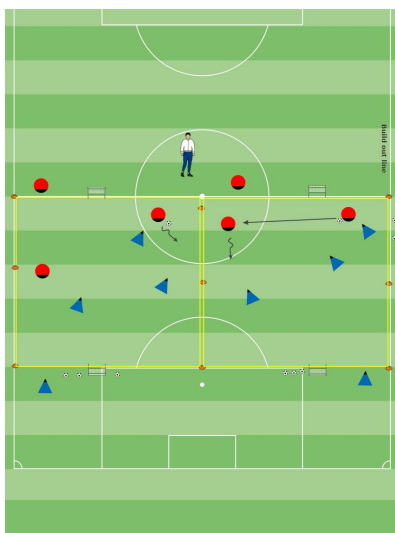
ORGANIZATION: Set up two small grid and let the kids play 4v4, each shooting on a goal or using coned goals. As players arrive, play 1v1-2v2-3v3, etc.

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 Own Half (7v7) 3v2

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

ORGANIZATION: Set up two grids in your own defending half and place three Blue players versus two Red players. Both teams try to score on two small goals or coned goals. Blue team works together as Pressure, Cover, and Balance to disrupt the build up and possession of the Red team.

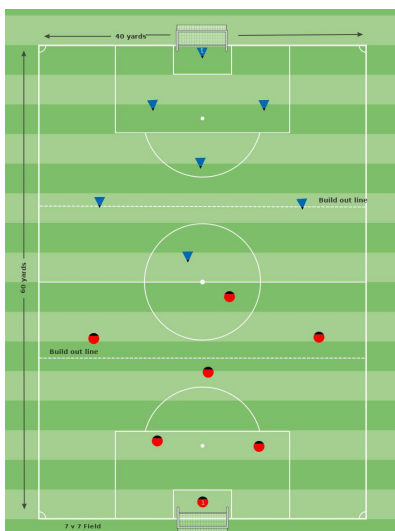
Ball goes out of bounds, then Red can grab

KEY WORDS: Practice (Less Challenging): take one Red player away and play 3v1 or reduce the size of the grid Practice (More Challenging): add in one more Red player and play 3v3 or increase the size of the grid

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?