

Week 7: Defending - Preventing Scoring Chances from Central Positions (7v7)

OBJECTIVE: Preventing scoring chances from central positions

TEAM TACTICAL PRINCIPLES:

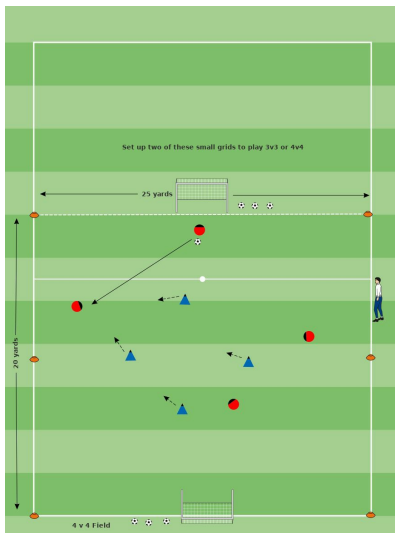
KEY QUALITIES:

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

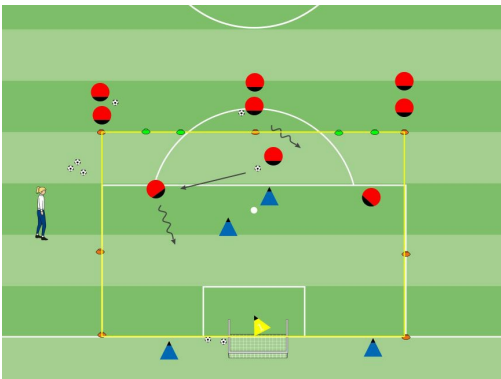
ORGANIZATION: Set up two small grid and let the kids play 4v4, each shooting on a goal or using coned off goals. As players arrive, play 1v1-2v2-3v3, etc.

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

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice: Defending - Preventing Chances in Central Areas (7v7) 2v3

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

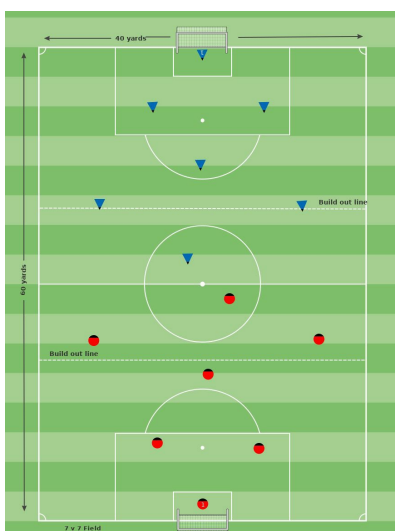
ORGANIZATION: Set up a grid on our defending half, central and in front of our goal. Play with two Blue players as defenders and three Red players as attackers. Blue team tries to prevent the Red team from scoring and if wins the ball tries to score in either of the small coned off goals. Red teams tries to score on the large goal with a keeper. If the ball goes

KEY WORDS: Practice (Less Challenging): add in another defender and make it 3v3 or place a touch limit on the Red team making it two touch or less Practice (More Challenging): make the grid wider or add in another attacker against the defense

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?