

Week 7 (b): Defending - Preventing Scoring Chances from Central Areas (7v7 or 9v9)

OBJECTIVE: Preventing scoring chances from central areas

TEAM TACTICAL PRINCIPLES:

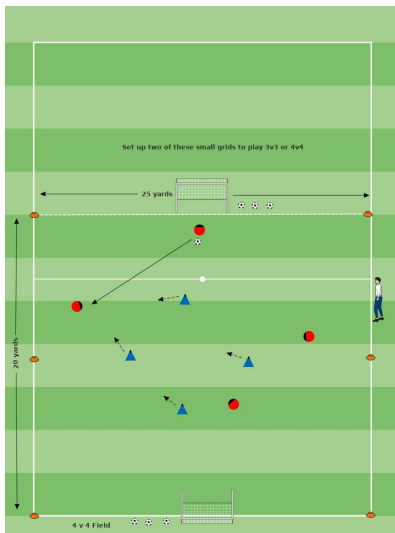
KEY QUALITIES:

Amy Feigl

AGE: U9 / U12 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

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

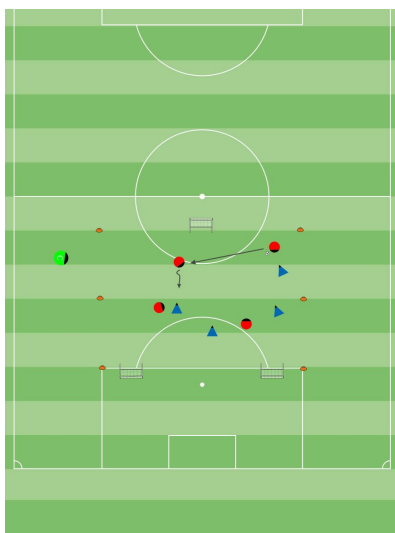
ORGANIZATION: Set up two small grid and let the kids play 4v4, each shooting on a goal or using coned goals. As players arrive, play 1v1-2v2-3v3, etc. nbsp;nbsp;

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

GUIDED QUESTIONS:

ANSWERS:

NOTES:



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

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

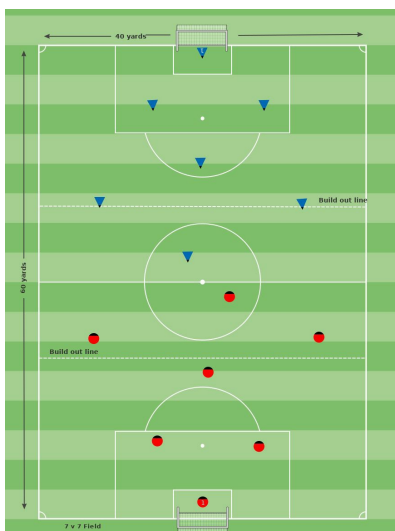
ORGANIZATION: Set up a small grid in our defending half centrally with two goals for the attacking (Red) team to score on a one goal for the defending (Blue) team to score on. Play 4v4 in the grid and rotate others in if more players exist after a goal or after a few minutes.

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 (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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TEAM FUNCTION:

DURATION: 60 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?