

Week 3: Defending - Preventing Build Up in Opponent's Half (9v9)

OBJECTIVE: Prevent build up in opponent's half

TEAM TACTICAL PRINCIPLES:

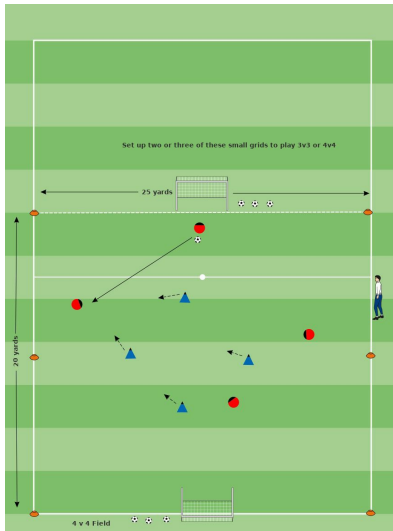
KEY QUALITIES:

Amy Feigl

AGE: U12 / U13 / 14+ players

TEAM FUNCTION:

DURATION: 90 min



1st Play Phase: Intentional Free Play (9v9)

OBJECTIVE: Attacking principles, Defending principles, Possession, Passing, Receiving, Combination play, Dribbling, Running with ball, Transition

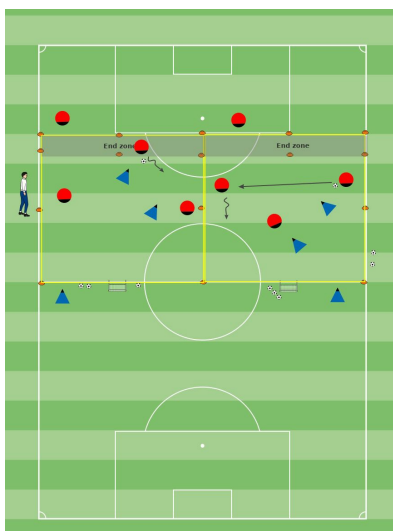
ORGANIZATION: As players arrive to practice, set up small fields to play 4v4 and just let the players play for a good 15-20 minutes on their own with little coaching or "freeze" moments.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Defending - Preventing Build Up in Opponent's Half (9v9)

OBJECTIVE: Prevent build up in opponent's half

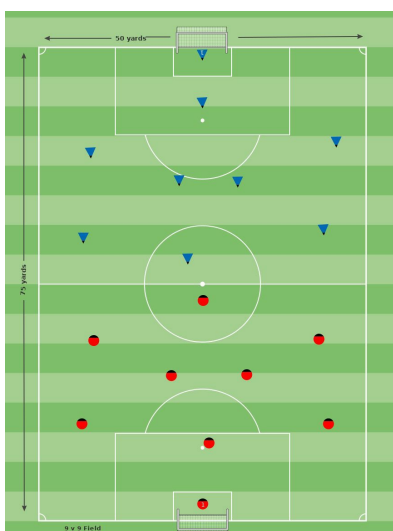
ORGANIZATION: Set up two grids on the opponent's half of the field and play two Blue defenders versus three Red attackers.

KEY WORDS: Practice (Less Challenging): take off one Red attacker to make it 2v2 Practice (More Challenging): add in one Red attacker to make it 4v2 or combine the grids and now play 6v4

GUIDED QUESTIONS:

ANSWERS:

NOTES: The Blue defenders work to prevent the Red team from scoring on the small goals. If Blue team wins the ball, they attack the end zone area for a point. Blue team defenders work on pressure/cover as 1st and 2nd defenders. Rotate in the extra Blues and Reds every few minutes to get them playing time and rotate the offense versus defense as



2nd Play Phase: The Game (9v9)

OBJECTIVE: All your session objectives from the theme of practice

ORGANIZATION: Use a full size 9v9 field or combine with two teams to play each other and use more space. Play with 3 defenders, 2 mid-fielders, and 3 forwards (3-2-3 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?