

Week 4: Defending - Preventing Build Up in Own Half (9v9)

OBJECTIVE: Prevent build up in own half

TEAM TACTICAL PRINCIPLES:

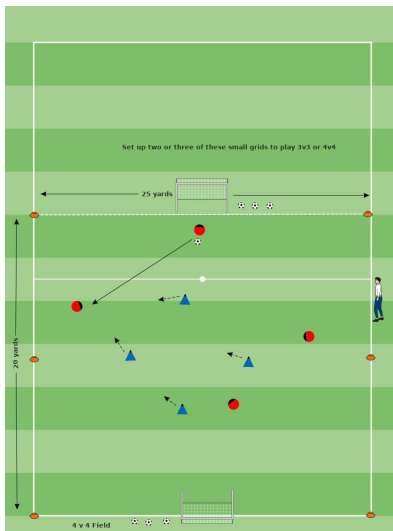
KEY QUALITIES:

Amy Feigl

AGE: U12 / U13 / 12 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

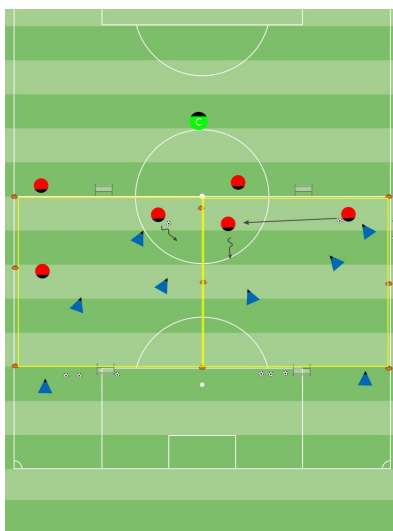
ORGANIZATION: As players arrive to practice, set up small fields to play 4v4 and just let the players play for a good 15-20 minutes on their own with little coaching or "freeze" moments.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Defending - Preventing Build Up in Own Half (9v9)

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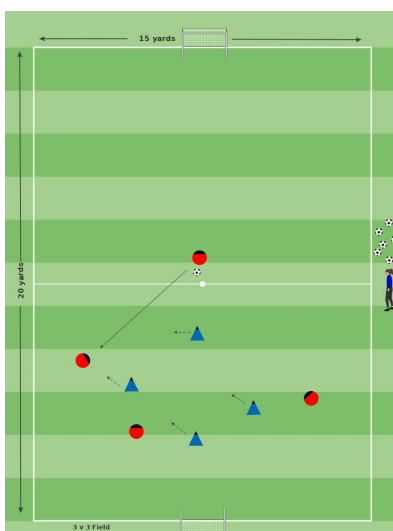
ORGANIZATION: Set up two grids on our defensive half of the field and play with three Blue defenders against two Red attackers. Place two small goals on each side for teams to score in. The three Blue defenders work to prevent build up and possession among the Red attackers. They utilize the Pressure, Cover, and Balance roles of 1st, 2nd, and 3rd

KEY WORDS: Practice (Less Challenging): put a touch limit on the Red attackers and have them play three touch only before passing or scoring Practice (More Challenging): add in another Red attacker to make it 3v3

GUIDED QUESTIONS:

ANSWERS:

NOTES:



2nd Play Phase: The Game (3v3)

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: ORGANIZATION: Mark out a regular 3 v 3 field (25 x 15 yards) with two mini goals. Divide players into two teams of three. Teams play 3 v 3. Play using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes

KEY WORDS: GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) And what if they manage to get in front of the goal anyway? ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to attack them and make sure they can not shoot.

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?