

## Week 8: Defending - Preventing Scoring Chances from Wide Areas (9v9)

OBJECTIVE: Prevent scoring chances from wide areas

TEAM TACTICAL PRINCIPLES:

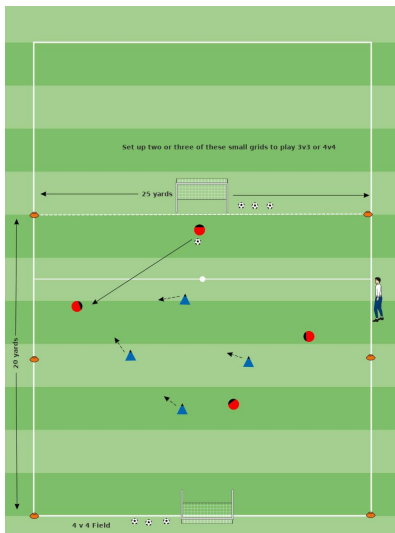
KEY QUALITIES:

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

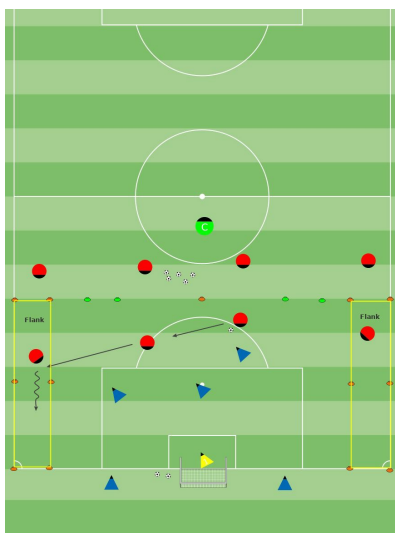
ORGANIZATION: As players arrive to practice, set up small fields to play 4v4 and just let the players play for a good 15-20 minutes on their own with little coaching or "freeze" moments.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:



### Practice (Core Activity): Defending - Preventing Scoring Chances in Wide Areas (9v9)

OBJECTIVE: Prevent scoring chances in wide areas

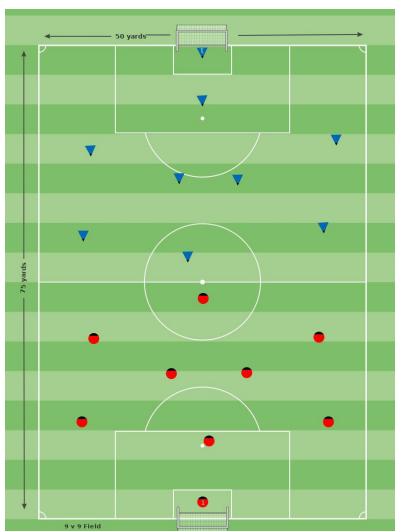
ORGANIZATION: Set up a short but wide grid - as wide as the field.

KEY WORDS: Practice (Less Challenging): take out one Red attacker and play 3v3 and stipulate a touch rule for the attacking team Practice (More Challenging): add in one Red attacker to play 5v3

GUIDED QUESTIONS:

ANSWERS:

NOTES: Play with three Blue defenders (plus a keeper) and four Red attackers. Two of the attackers are in the Flanks (one in each side) that have to stay in the flank during the activity. Red has to get a pass out wide to one of the players in the Flank before they can attempt to score. If the Blue team steals the ball and prevents the Red team from scoring



### 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:

## Week 8: Defending - Preventing Scoring Chances from Wide Areas (9v9)

OBJECTIVE: Prevent scoring chances from wide areas

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

Amy Feigl

AGE: U12 / U13 / 14 players

TEAM FUNCTION:

DURATION: 90 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?