Fall 2020	GOAL:	Improve preventing the opponent from building up in their own half - 2					U9-U10 7V7
	PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance					
	KEY QUALITIES	Read the game, Take initiative, Focus, Optimal physical abilities					
	MOMENT	**Defending**	DURATION	**60 minutes**	PLAYERS	**12**	

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To regain the ball in the opponent's half.

PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.

ORGANIZATION: In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

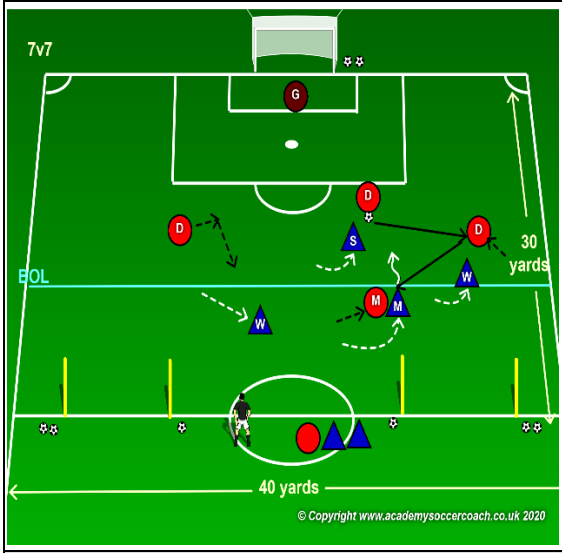
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Block the openings, Work together, Hassle and Help.

GUIDED QUESTIONS: 1. How do you close the openings to not let the ball go forward? 2. What do the other defenders do to work together to close the openings?

ANSWERS: 1. Get the closest defender in front of the ball - 2. They get compacted and stay compacted behind the defender in front of the ball.
Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 4v5 to goal – dribbling gates

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

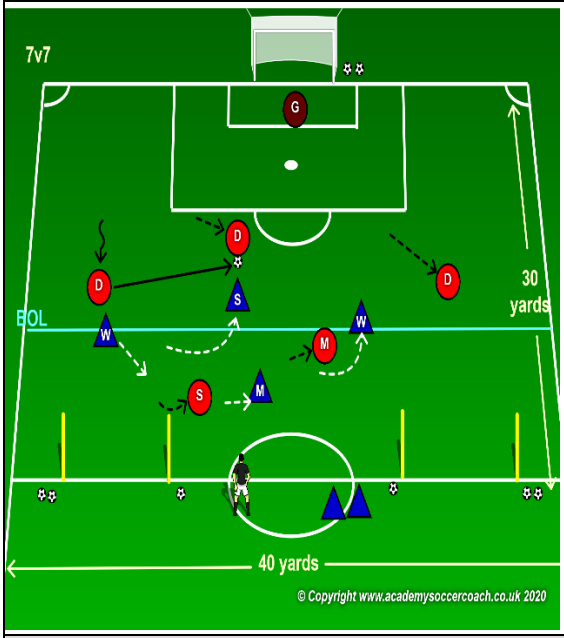


OBJECTIVE: To regain the ball in the opponent's half.
PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.
ORGANIZATION: In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and two dribbling gates. The 4 Blue players: 1 midfielder, 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The Red team: 1 GK, 3 defenders and 1 midfielder will try to score by dribbling the ball through one of the two 10 yard dribbling gates. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Block the opening, Hassle, Work together, and Help.
GUIDED QUESTIONS: 1. What does the closest defender to the ball do to block the opening to pass the ball forward? 2. When is a good time to hassle the attacker with the ball? 3. Where should the other defenders move to help?
ANSWERS: 1. Protect the goal by getting in front of the ball then press the attacker- 2. Bad first touch or receiving facing the goal - 3. They need to work together, get and stay compacted plus provide cover and balance.
Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 5v5 to goal-dribbling gate

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: To regain the ball in the opponent's half.
PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.
ORGANIZATION: In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and one 15 yard dribbling gate. The 4 Blue players: 1 midfielder, 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The Red team: 1 GK, 3 defenders and 1 midfielder will try to score by dribbling the ball through the 20 yard dribbling gate. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Block the openings, Work together, Hassle and Help.
GUIDED QUESTIONS: 1. How do you close the openings to not let the ball go forward? 2. When is a good time to hassle the attacker with the ball? 3. What do the other defenders do to work together to close the openings?
ANSWERS: 1. Protect the goal by getting the closest defender in front of the ball - 2. When he/she does not have a good first touch or bad receiving body position. - 3. Make it and stay compacted behind the defender in front of the ball.
Note: Switch to this activity if the Core is too difficult for the players.

MORE CHLLENGING: 4v6 to goal - dribbling gates	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: To regain the ball in the opponent's half. PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance. ORGANIZATION: In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and two dribbling gates. The 4 Blue players: 1 midfielder, 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The Red team: 1 GK, 3 defenders, 1 midfielder and 1 striker will try to score by dribbling the ball through one of two 10 yard dribbling gates. Play with the build out line. ugh one of two 10 yard dribbling gates. Play with the build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the openings, Work together, Hassle and Help. GUIDED QUESTIONS: 1. What does the closest defender to the ball do to block the opening to pass the ball forward? 2. When is a good time to hassle the attacker with the ball? 3. Where should the other defenders do to help? ANSWERS: 1. Protect the goal by getting in front of the ball then press the attacker- 2. If he has a bad first touch or receiving facing his goal - 3. They need to move together, get and stay compacted plus provide cover and balance. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: To regain the ball in the opponent's half. PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in 1-1-3-1 formation and Red teams will play in a 1-3-1-1 formation. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the openings; Work together, Hassle and Help. GUIDED QUESTIONS: 1. Who blocks the way forward? 2. What do we need to do to work together to reduce the chances for the opponents to pass or dribble forward? 3. Why do we hassle the player with the ball? 4. How do we help the pressing defender to regain the ball? ANSWERS: 1. The closest defender steps up to protect the goal – 2. We need to get compact and stay compact – 3. We pressure the ball to prevent him/her to pass or dribble forward and to regain the ball – 4. By providing cover and balance. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions 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 the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 1. What could you do better?