



9v9 Weekly Training Sessions

Characteristics of the Under 12 Player

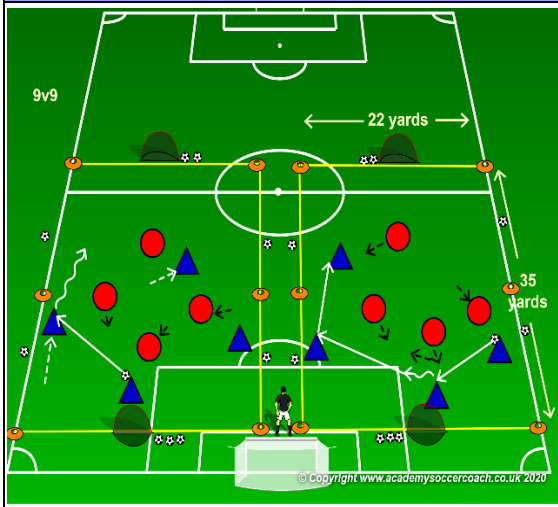
- . All children are maturing at different rates and are sensitive to that fact.
- . Need to warm-up and stretch as muscle pulls and other nagging injuries tend to become more common.
- . Typically understand elemental abstract concepts and hypothetical situations.
- . They like to solve problems.
- . Peer evaluation is a constant.
- . Egos are sensitive.
- . Coordination may depend on whether or not they are in a growth spurt.
- . Technique still needs to be reinforced constantly.
- . Playing too much can lead to overuse injuries.
- . Playing too much and not feeling like they have a choice in the matter can lead to burnout and drop-out.
- . This is the dawn of tactics!
- . Keep asking the players to be creative and to take risks.
- . Ask for feedback from them. They will tell you how things are going.
- . Try to hand over leadership and ownership of the team to them. They will enjoy leading and it will add to the learning environment.

GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 1			
PLAYER ACTIONS	Pass or dribble forward, Spread out, Create passing options			
KEY QUALITIES	Read the game, Take initiative, Demonstrate Focus			
MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS
				16

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)

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



OBJECTIVE: Move the ball forward.

PLAYER ACTIONS: Pass or dribble forward, Spread out, and Create passing options.

ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How can create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack?

ANSWERS: 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing option to the right, left back and in front of the player with 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: 6v5 to goal and dribbling gates

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



OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 9v9 field, set up a 50Wx45L playing area with a regular goal and three 8-yard dribbling gates. The 6 Blue players: 1 GK, 3 defenders and 2 midfielders against 5 Red players: 2 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, receiving and passing.

KEY WORDS: Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

ANSWERS: 1. Spread out - 2. When we have an opening to pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 5v3 to goal and dribbling gate

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



OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In our half set up two 22Wx35L fields with a goal and an 8 yard dribbling gate. Play 5v3. The Blue team: 1 GK and 4 attackers against the Red Team: 3 defenders. Blue team scores by dribbling through the 8-yard gate. Red scores in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

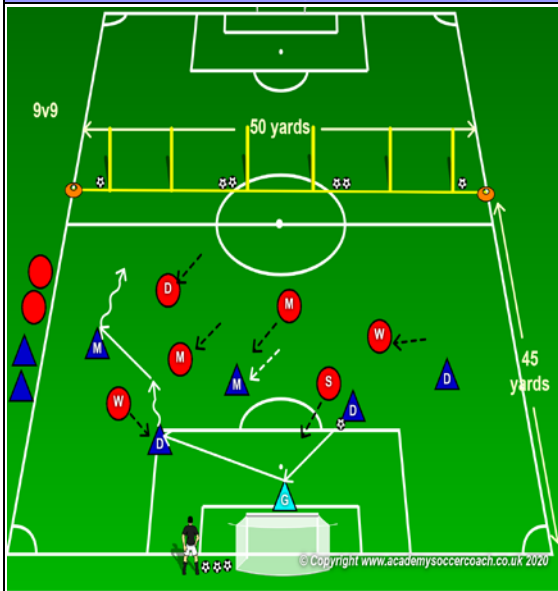
SKILL ACQUISITION: Dribbling, receiving and passing.

KEY WORDS: Opening, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack?

ANSWERS: 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing options to the right, left back and in front of the player with the ball.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHALLENGING: 6v6 to goal – dribbling gates**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min****OBJECTIVE:** Move the ball forward into the opponent's half.**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 9v9 field, set up a 50Wx45L playing area with a regular goal and three 8-yard dribbling gates. The 6 Blue players: 1 GK, 3 defenders and 2 midfielders against 6 Red players: 1 defender, 2 midfielder, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, receiving and passing.**KEY WORDS:** Opening, Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

ANSWERS: 1. Spread out - 2. When we have an opening and we pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.

Note: Switch to this activity if the Core is too easy for the players.**2nd PLAY PHASE: The Game – 8V8****DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min****OBJECTIVE:** Move the ball forward into the opponent's half.**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play 1-3-2-2 formation and the Red teams will play 1-2-4-1 formation.

SKILL ACQUISITION: Dribbling, receiving and passing.**KEY WORDS:** Opening, Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. Why do we need to get wide? 2. How do we penetrate an opening? 3. Where should you move to help the attack every time the ball moves?

ANSWERS: 1. We spread out to create openings to pass or dribble the ball forward - 2. We can pass or dribble the ball forward though the opening - 3. We should create passing options in the form of diagonal passing lanes.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**FIVE ELEMENTS of TRAINING EXERCISE**

- 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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

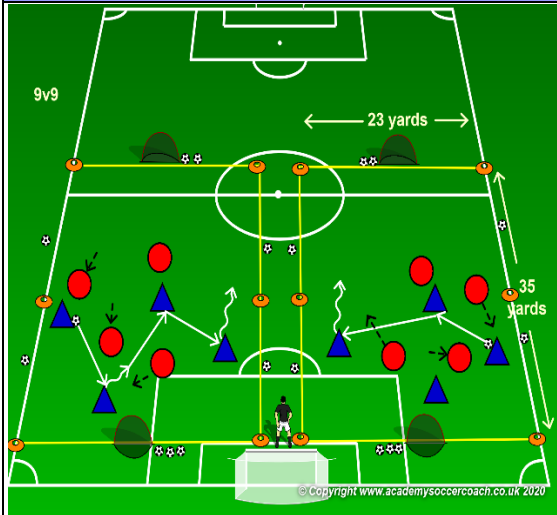
- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half -2			
PLAYER ACTIONS	Pass or dribble forward, Spread out, Support the attack			
KEY QUALITIES	Read the game, Take initiative, Optimal technical abilities			
MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS
				16

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)

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



OBJECTIVE: Pass or dribble to move the ball forward.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack.

ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Disperse, Connect, Take it and Options.

GUIDED QUESTIONS: 1. What do we do when we disperse? 2. How do we connect forward with a teammate on the other side? 3. If we have an opening between two defenders how can we take the ball forward? 4. Why do we need to be an option for the player with the ball?

ANSWERS: 1. We spread out to create openings - 2. Passing the ball forward - 3. Dribble the ball forward through the opening - 4. To support the attack.

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: 5v4 to goal and two targets

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



OBJECTIVE: Pass or dribble to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack.

ORGANIZATION: In a 9v9 field, set up a 40Wx45L playing area with a regular goal and two target players. The 5 Blue players: 1 GK, 3 defenders and 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. Blue team scores by passing to one of the target players. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Disperse, Connect, Take it and Options.

GUIDED QUESTIONS: 1. Where should we go to disperse? 2. When is a good time to connect around the defenders with a teammate? 3. What do we do to take the ball forward if we have space in front? 4. How can we become a passing option?

ANSWERS: 1. To spread out we go up to the boundaries - 2. When we do not have an opening we pass the ball around and away from the defenders - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 4v2 to goal and a target

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



OBJECTIVE: Pass or dribble to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack.

ORGANIZATION: In our half set up two 22Wx35L fields with a goal and a target player. Play 4v4. The Blue team: 1 GK and 4 attackers against the Red Team: 2 defenders. Blue team scores by passing to the target player. Red scores in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

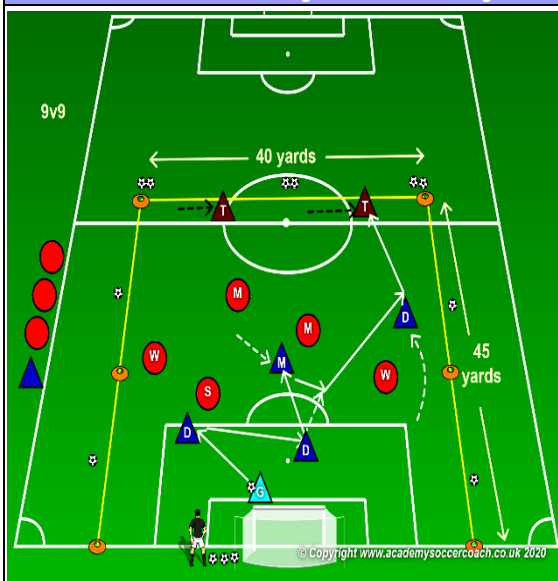
KEY WORDS: Disperse, Connect, Take it and Options.

GUIDED QUESTIONS: 1. What do we do when we disperse? 2. How do we connect forward with a teammate on the other side? 3. If we have an opening between two defenders how can we take the ball forward? 4. Why do we need to be an option for the player with the ball?

ANSWERS: 1. When we spread out we create an opening – 2. Passing the ball forward – 3. Dribble the ball forward through the opening – 4. To support the attack.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHALLENGING: 5v5 to goal and two targets



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

OBJECTIVE: Pass or dribble to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack.

ORGANIZATION: In a 9v9 field, set up a 40Wx45L playing area with a regular goal and two target players. The 5 Blue players: 1 GK, 3 defenders and 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. Blue team scores by passing to one of the target players. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Disperse, Connect, Take it and Options.

GUIDED QUESTIONS: 1. Where should we go to disperse? 2. When is a good time to connect around the defenders with a teammate? 3. What do we do to take the ball forward if we have space in front? 4. How can we become a passing option?

ANSWERS: 1. To spread out we go up to the boundaries - 2. When we do not have an opening we pass the ball around and away from the defenders - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes.

Note: Switch to this activity if the Core is too easy for the players.

2nd PLAY PHASE: The Game – 8V8



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: Pass or dribble to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play 1-3-2-2 formation and the Red team will play 1-2-4-1 formation.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Disperse, Connect, Take it and Options.

GUIDED QUESTIONS: 1 Why should we disperse away from defenders? 2. Where should we be if we want the player with the ball to connect with us? 3. When is a good time to take the ball forward? 4. Why do we need to be behind, to the sides and in front of the ball to be an option?

ANSWERS: 1. To Create openings by spreading out - 2. We should be on the other side of the opening so the player with the ball can pass forward to me - 3. When we have an opening with space to dribble the ball forward - 4. To support the attack.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

Passing, receiving and dribbling

FIVE ELEMENTS of TRAINING EXERCISE

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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?



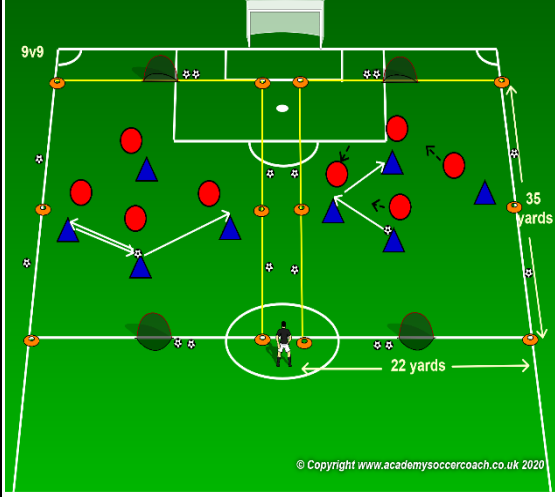
GOAL:	Improve the build up in the opponent's half in order to create scoring chances 1				
PLAYER ACTIONS	Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1				
KEY QUALITIES	Read the game, Focus, Optimal technical abilities				
MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS	16

9v9

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)

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



OBJECTIVE: To possess and move the ball forward.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In a 9v9 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, 2v2, up to 3v3. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Get wide, Possess, Penetrate, Combine.

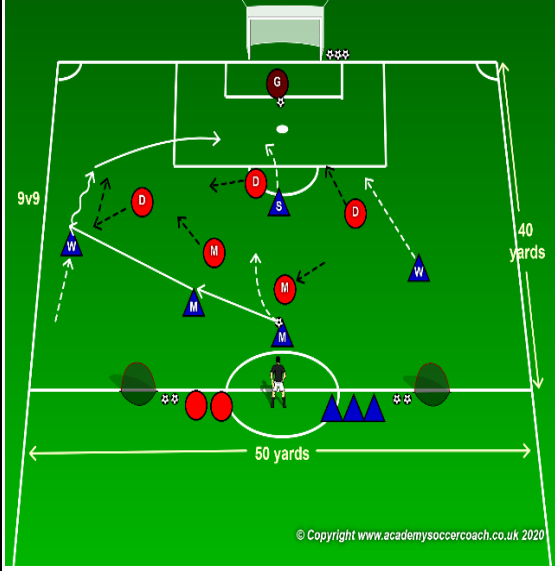
GUIDED QUESTIONS: 1. How do we get wide? 2. How can we penetrate forward? 3. If we can't move the ball forward what should we do? 4. When is a good time to combine?

ANSWERS: 1. By spreading out – 2. We can pass the ball or dribble it forward – 3. Possess the ball – 4. When we have created a 2v1.

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: 5v6 to goal - two counter goals

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



OBJECTIVE: To possess and move the ball forward to create chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a small goal as shown. The 5 Blue players: 2 midfielders, 2 wingers and 1 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders will try to score in one of the two counter goals. 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: Passing, receiving and dribbling.

KEY WORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. What do we create when we get wide? 2. When should we possess the ball? 3. What can we do to penetrate an opening with a teammate on the other side? 4. Where should we be to combine with the attacker with the ball?

ANSWERS: 1. By spreading out we create an opening to play through - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. We should be creating a 2v1 and a diagonal passing lane.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 4v4 to goal - a small goal

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



OBJECTIVE: To possess and move the ball forward to create chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In the opponent's half set up two 22Wx35L fields with a goal and a small goal. The Blue team: 4 attackers against the Red Team: GK and 3 defenders. Blue team scores in the regular goal. Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

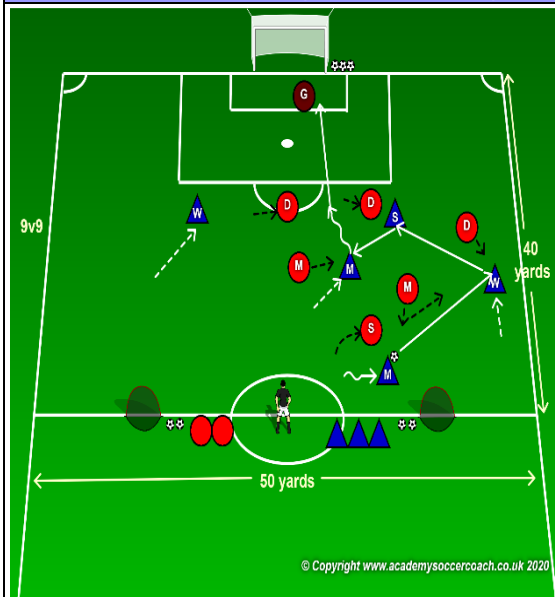
KEY WORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. How do we get wide? 2. How can we penetrate forward? 3. If we can't move the ball forward what should we do? 4. When is a good time to combine?

ANSWERS: 1. By spreading out – 2. We can pass the ball or dribble it forward – 3. Possess the ball – 4. When we have created a 2v1.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHALLENGING: 5v7 to goal – 2 counter goals



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

OBJECTIVE: To possess and move the ball forward to create chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a small goal as shown. The 5 Blue players: 2 midfielders, 2 wingers and 1 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, 2 midfielders and 1 striker will try to score in one of the two counter goals. 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: Passing, receiving and dribbling.

KEY WORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. What do we create when we get wide? 2. When do we penetrate on the dribble? 3. How can we penetrate an opening with a teammate on the other side? 4. Where should we be to combine with the attacker with the ball?

ANSWERS: 1. By spreading out we create opening to play through - 2. When we have space or are in 1v1 situation - 3. By passing the ball forward - 4. We should be creating a 2v1 and a diagonal passing lane.

Note: Switch to this activity if the Core is too easy for the players.

2nd PLAY PHASE: The Game – 8V8



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To possess and move the ball forward to create chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-2-4-1 formation and the Red team will play in a 1-3-2-2 formation.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. Why do we get wide? 2. What can we do when we possess the ball? 3. When is a good time to penetrate? 4. Where should we be to combine around a defender?

ANSWERS: 1. We spread out to create openings - 2. We can move the ball until we find or create an opening - 3. When we have an opening with a teammate on the other side we pass forward; if we have a space or are in a 1v1 situation, we dribble forward - 4. Creating a 2v1 to the side of the defender creating a diagonal passing lane.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?



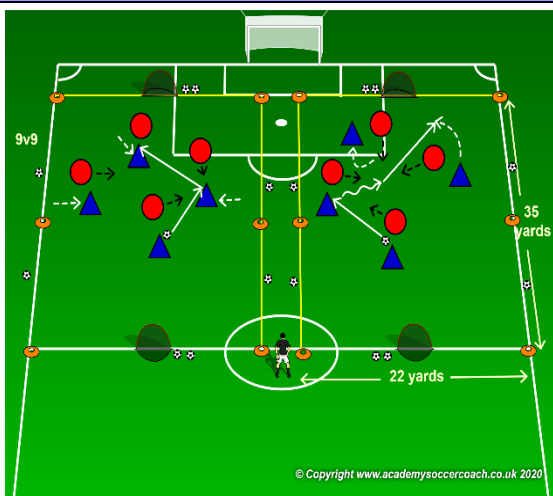
GOAL:	Improve the build up in the opponent's half in order to create scoring chances 2				
PLAYER ACTIONS	Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack				
KEY QUALITIES	Read the game, Focus, Optimal technical abilities				
MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS	16

9v9

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)

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



OBJECTIVE: To pass and dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In a 9v9 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, 2v2, up to 3v3. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Possession and Overload.

GUIDED QUESTIONS: 1. Where do we want to keep possession of the ball? 2. When is a good time to penetrate through an opening? 3. What do we need to do to create an overload?

ANSWERS: 1. In the attacking half of the field - 2. We will pass forward though an opening when we have a receiver on the other side to receive the ball – 3. Create a 2v1 and combine forward.

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: 5v6 to goal and end zone

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



OBJECTIVE: To pass and dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a 3 yards end zone. The 5 Blue players: 1 midfielder, 2 wingers and 2 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders will try to score by dribbling or passing to a teammate running into the end zone. 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: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate Overload, Possession, and Switch.

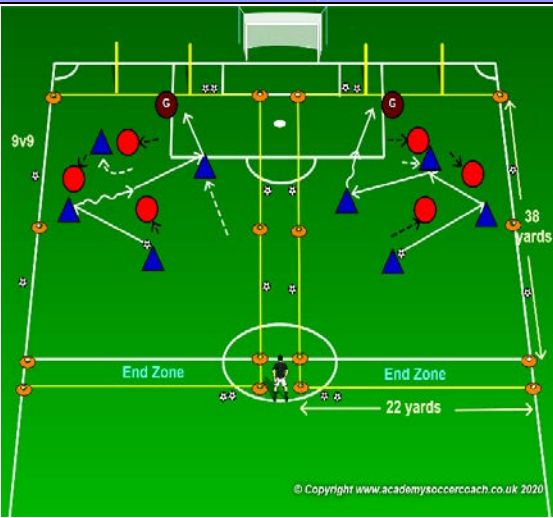
GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do if we can't penetrate? 3. What should you do in a 1v1? 4. When should we keep possession of the ball? 5. When is a good time to switch fields?

ANSWERS: 1. We spread out - 2. Possess the ball, pass around the defenders to move the ball forward - 3 Dribble the defender to move the ball forward. - 4. When we can't pass forward through or around an opening - 5. We change fields when we have too many defenders in front.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 4v4 to goal and end zones

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



OBJECTIVE: To pass and dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In the opponent's half set up two 22Wx35L fields with a goal and a small goal. The Blue team: 4 attackers against the Red Team: GK and 3 defenders. Blue team scores in the regular goal. Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. Where do we want to keep possession of the ball? 2. When is a good time to penetrate through an opening? 3. What do we need to create an overload?

ANSWERS: 1. In the attacking half of the field - 2. We will pass forward though an opening when we have a receiver on the other side to receive the ball – 3. To create a 2v1 and combine forward.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHALLENGING: 5v7 to goal and an end zone



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

OBJECTIVE: To pass and dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a 3 yards end zone. The 5 Blue players: 1 midfielder, 2 wingers and 2 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders and 1 striker will try to score by dribbling or passing to a teammate running into the end zone. 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: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do if we can't penetrate? 3. What should you do in a 1v1? 4. When should we keep possession of the ball? 5. When is a good time to switch fields?

ANSWERS: 1. We spread out - 2. Possess the ball, pass around the defenders to move the ball forward - 3 Dribble the defender to move the ball forward. - 4. When we can't pass forward through or around an opening - 5. We change fields when we have too many defenders in front.

Note: Switch to this activity if the Core is too easy for the players.

2nd PLAY PHASE: The Game – 8V8



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To pass and dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-2-3-2 formation and the Red team will play in a 1-3-2-2 formation.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. How do we create an opening? 2. Where should we move the ball when in possession? 3. When should we penetrate through and forward? 4. Why do we want to create an overload? 5. In what ways can we pass the ball to switch fields?

ANSWERS: 1. Spread out - 2. Pass the ball backwards, sideways and diagonally to move the defenders and find or create an opening - 3 Pass though and forward when we find or create an opening - 4. To create a 2v1 and combine passing around a defender - 5. We can pass around defenders to get the ball to the other side or we can pass over defenders.


Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?

	GOAL:	Improve scoring goals - 1					9V9
	PLAYER ACTIONS	Shoot, Pass or Dribble forward, Create a 2v1 or 1v1					
	KEY QUALITIES	Make decisions, Take initiative, Optimal technical abilities					
	MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS	16	

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body position, surface of the foot and ball, first touch – **Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

1st PLAY PHASE (Intentional Free Play)

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



OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1.

ORGANIZATION: In a 9v9 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, 2v2, up to 3v3. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.

KEY WORDS: Opening, Finish, Connect, Take him/her on.

GUIDED QUESTIONS: 1. When should we finish the ball at goal? 2. What would you do to take a defender on? 3. When is a good time to connect with a teammate?

ANSWERS: 1. Shoot when we have an opening to goal – 2. Dribble the defender and then shoot at goal - 3. When we can't pass forward and the teammate can shoot at goal or pass to move the defenders to find or create an opening.

Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

CORE ACTIVITY: 5v5 to goal - two counter goals

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



OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward create 2v1 or 1v1.

ORGANIZATION: In a 9v9 field, set up a 44Wx28L playing area with a regular goal and two counter goals. The 5 Blue players: 1 midfielder 2 winger and 2 strikers against 5 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by passing to one of two counter goals. 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: Shooting, passing, receiving and dribbling.

KEY WORDS: Opening, Finish, Connect, Take him/her on and Combine.

GUIDED QUESTIONS: 1. When is a good time to finish? 2. If we are in front of an opening what should we do to connect with a teammate? 3. What can we do to combine?

ANSWERS: 1. When we have an opening to goal - 2. We should pass forward through the opening to connect. - 3. Create a 2v1 to wall pass around the defender.

Note - Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

LESS CHALLENGING: 4v4 to goal - a small goal

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



OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1.

ORGANIZATION: In the opponent's half set up two 22Wx35L fields with a goal and a small goal. Play 4v4. The Blue team: 4 attackers against the Red Team: GK and three defenders. Blue team scores in the regular goal. Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.

KEY WORDS: Opening, Finish, Connect, Take him/ her on, and Combine.

GUIDED QUESTIONS: 1. What should we do to finish on goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do to take him/her on?

ANSWERS: 1. Shoot - 2. Pass the ball - 3. Dribble past the defender.

Note - Switch to this activity if the CORE is too difficult for the players.

MORE CHALLENGING: 5v6 to goal – 2 counter goals

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



OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1.

ORGANIZATION: In a 9v9 field, set up a 44Wx28L playing area with a regular goal and two counter goals. The 5 Blue players: 1 midfielder 2 wingers and 2 strikers against 6 Red players: 1 GK, 3 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by passing to one of two counter goals. 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: Shooting, passing, receiving and dribbling.

KEY WORDS: Opening, Finish, Connect, Take him/her on and Combine.

GUIDED QUESTIONS: 1. When is a good time to finish? 2. What should we do to take the ball forward in a 1v1? 3. Where should you be to connect forward with you through an opening? 4. How can we create a combination play?

ANSWERS: 1. We will shoot to goal when we have an opening- 2. Dribble the defender and shoot to goal – 3. I should be behind an opening to receive a forward pass and create a goal scoring opportunity - 4. Create a 2v1 to wall pass around the defender.

Note – Switch to this activity if the CORE is not challenging enough.

2nd PLAY PHASE: The Game – 8V8

DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min



OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1.

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-2-3-2 formation and the red team will play in 1-3-3-1 formation.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.

KEY WORDS: Finish, Connect, Take him/her on, and Combine.

GUIDED QUESTIONS: 1. What should we do to finish if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?

ANSWERS: 1. Shoot to finish - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

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?

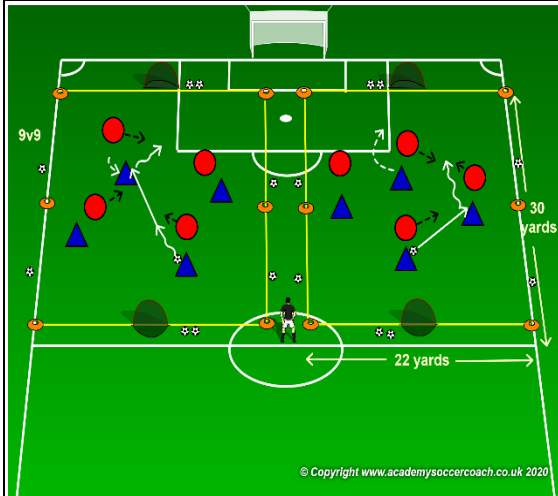
1. **How did you achieve your goals in the training session?**
2. **What did you do well?**
3. **What could you do better?**

GOAL:	Improve Scoring Goals - 2				
PLAYER ACTIONS	Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1				
KEY QUALITIES	Read the game, Be proactive, Optimal technical abilities				
MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS	16

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch – **Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

1st PLAY PHASE (Intentional Free Play)

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



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1.

ORGANIZATION: In a 9v9 field, set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, Dribble and Opening.

GUIDED QUESTIONS: 1. When should we strike at goal? 2. What should we do if we have the ball and one defender in front? 3. How can we find or create an opening?

ANSWERS: 1. Shoot as soon as you have an opening to goal - 2. Dribble around the defender and shoot - 3. Pass the ball to move the defenders.

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: 5v5 to goal

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



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 36Wx28L field with a regular goal. The 5 Blue players: 1 GK, 1 midfielder, 2 wingers and 1 striker against the Red team: 1GK, 3 defenders and 1 midfielder. Both teams will score in the opponent's goal. All laws of the game in effect. If the one team scores, the other team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, Dribble and Opening.

GUIDED QUESTIONS: 1. Where should we strike to score a goal? 2. When is a good time to pass to a teammate? 3. What do we need to do to create a wall pass combination?

ANSWERS: 1. Low and to the corners away from the keeper - 2. When we have an opening and he/she is in a scoring position - 3. We need to create a passing option in a 2v1.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 4v3 to goal

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



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1.

ORGANIZATION: In the opponent's half set up two 22Wx30L fields with a goal at each end. Play 4v3. The Blue team: 1GK and 3 attackers against the Red Team: 1 GK and two defenders. Both teams score in the opponent's goal. Red scores by dribbling or passing to a player getting in the end zone. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, Dribble and Opening.

GUIDED QUESTIONS: 1. When should we strike at goal? 2. What should we do if we have the ball and one defender in front? 3. How can we find or create an opening?

ANSWERS: 1. As soon as you have an opening to goal - 2. Dribble around the defender and shoot - 3. Pass the ball to move the defenders.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHALLENGING: 5v6 to goal



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

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 36Wx28L field with a regular goal. The 5 Blue players: 1 GK, 1 midfielder, 2 wingers and 1 striker against the Red team: 1GK, 3 defenders and 2 midfielders. Both teams will score in the opponent's goal. All laws of the game in effect. If the one team scores, the other team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, Dribble and Opening.

GUIDED QUESTIONS: 1. Where should we strike to score a goal? 2. When is a good time to pass to a teammate? 3. What do we need to combine?

ANSWERS: 1. Low and to the corners away from the keeper - 2. When we have an opening and he/she is in a scoring position - 3. We need to create a passing option with a 2v1.

Note: Switch to this activity if the Core is too easy for the players.

2nd PLAY PHASE: The Game – 8V8



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1.

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-2-2-3 formation and the red team will play in 1-3-2-2 formation.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, and Dribble.

GUIDED QUESTIONS: 1. When should you strike to score? 2. When should you dribble forward? 3. What should you do if you find an opening?

ANSWERS: 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. We should pass forward, dribble forward or shoot at goal.



Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

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?

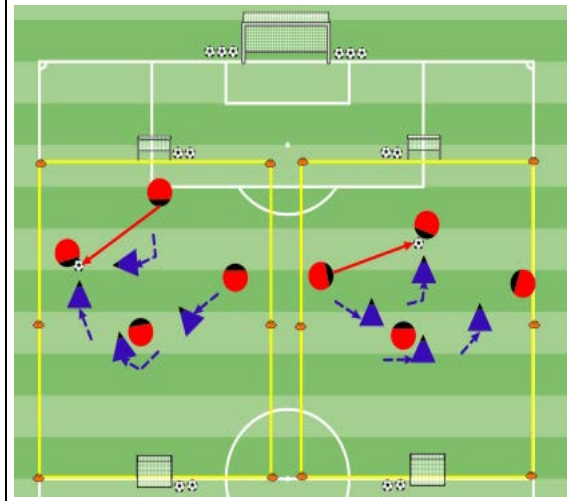
TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?

AGE GROUP	GOAL:	Improve preventing the opponent from building up in their own half					
	PLAYER ACTIONS	Pressure, cover and balance, Get and make it compact, Steal the ball					
	KEY QUALITIES	Understand the game, Focus, Take initiative					
9v9	MOMENT	Defending	DURATION	60 minutes	PLAYERS	16 Players	

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): 4v4 to Goal **DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up two or more 20Wx30L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with two breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

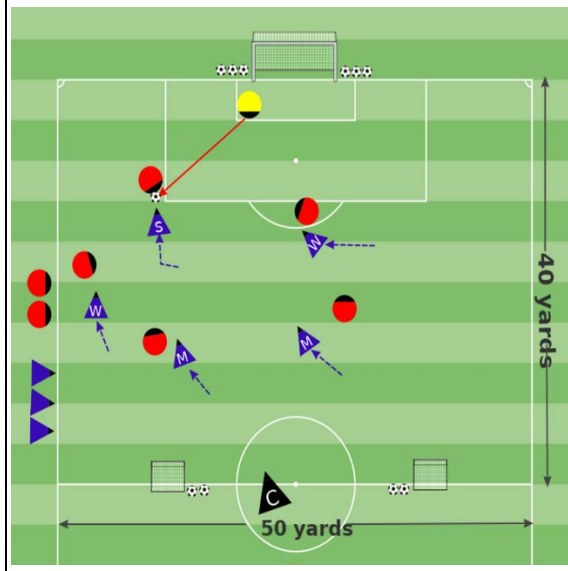
KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender press the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward 3. When you are close enough to poke it, tackle it, or steal it.

Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 5v6 to Goal & two counter goal **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up a 50Wx40L field with a regular goal and two counter goals. Select 5 Blue attackers, 5 Red defenders and their goalkeeper. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

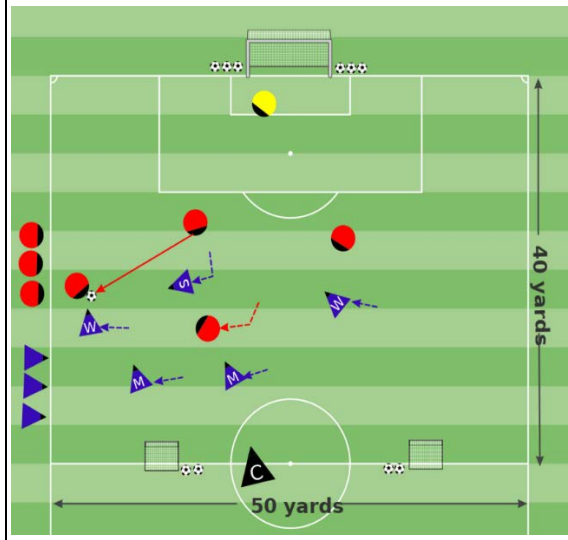
KEY WORDS: Attack the ball, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note - Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 5v5 to Goal & counter goals **DURATION: 20 min -- INTERVALS:4 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up a 50Wx40L field with a regular goals and two counter goals. Select 4 Red attackers, their goalkeeper, and 5 Blue defenders. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

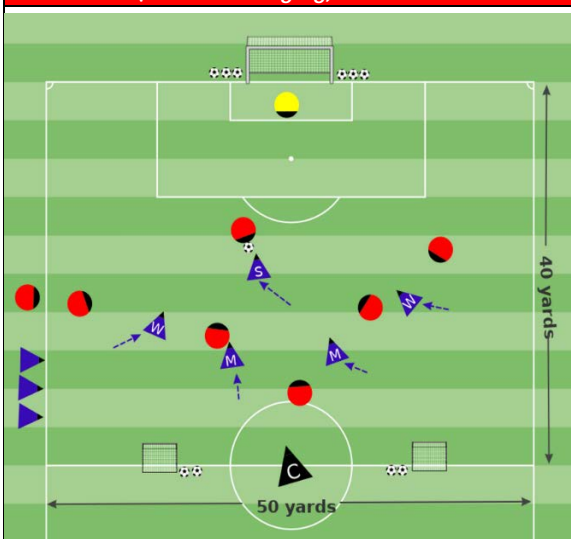
GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note - Switch to this activity if the CORE is too difficult for the players

PRACTICE (More Challenging): 5v6 to Goal & counter goals

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



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up a 50Wx40L field with a regular goal and two counter goals. Select 6 Red attackers a their goalkeeper, and 5 Blue defenders. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

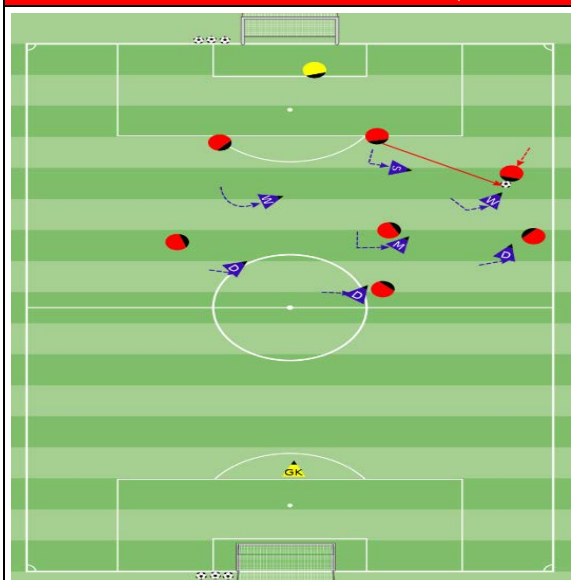
GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note – Switch to this activity if the CORE is not challenging enough.

2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+GK)

DURATION: 20 min -- INTERVALS: --ACTIVITY: 8 min --REST: 2 min



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: In a 50Wx80L field play 8v8. The Blue team will play in 1-2-2-3 formation and the Red team will play in 1-3-3-1 formation.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.



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

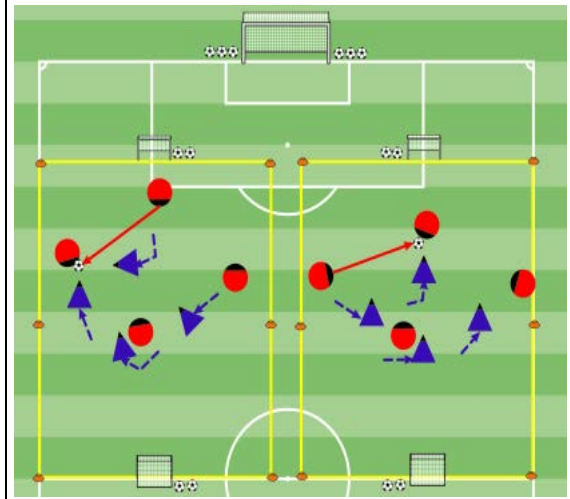
1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the proper coaching based on the age/level of the players?

1. Did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?

	GOAL:	Improve preventing the opponent from building up in their own half					
	PLAYER ACTIONS	Pressure, cover and balance, Get and make it compact, Steal the ball					
	KEY QUALITIES	Understand the game, Focus, Take initiative					
9v9	MOMENT	Defending	DURATION	60 minutes	PLAYERS	16 Players	

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): 4v4 to Goal **DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up two or more 20Wx30L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with two breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

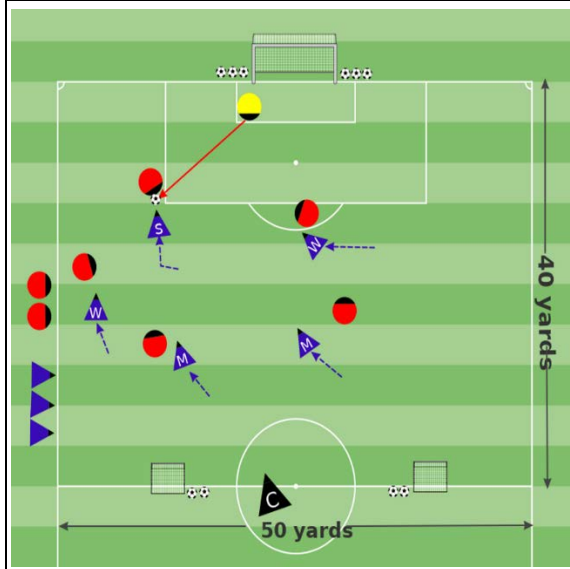
KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender press the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward 3. When you are close enough to poke it, tackle it, or steal it.

Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 5v6 to Goal & two counter goal **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up a 50Wx40L field with a regular goal and two counter goals. Select 5 Blue attackers, 5 Red defenders and their goalkeeper. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

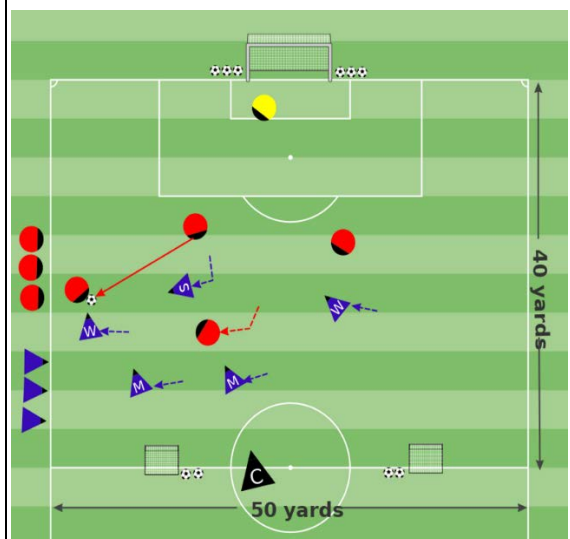
KEY WORDS: Attack the ball, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note - Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 5v5 to Goal & counter goals **DURATION: 20 min -- INTERVALS:4 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up a 50Wx40L field with a regular goals and two counter goals. Select 4 Red attackers, their goalkeeper, and 5 Blue defenders. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

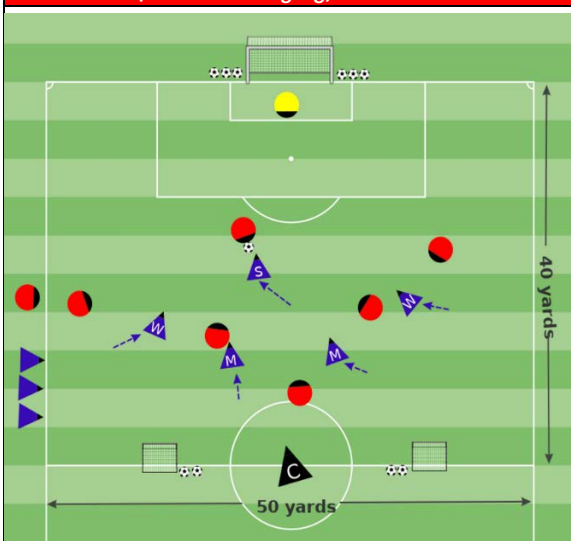
GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note - Switch to this activity if the CORE is too difficult for the players

PRACTICE (More Challenging): 5v6 to Goal & counter goals

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



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up a 50Wx40L field with a regular goal and two counter goals. Select 6 Red attackers a their goalkeeper, and 5 Blue defenders. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

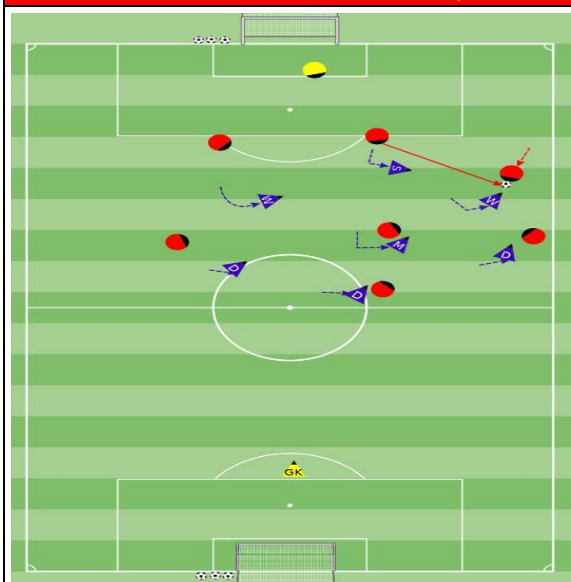
GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note – Switch to this activity if the CORE is not challenging enough.

2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+GK)

DURATION: 20 min -- INTERVALS: --ACTIVITY: 8 min --REST: 2 min



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: In a 50Wx80L field play 8v8. The Blue team will play in 1-2-2-3 formation and the Red team will play in 1-3-3-1 formation.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

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?

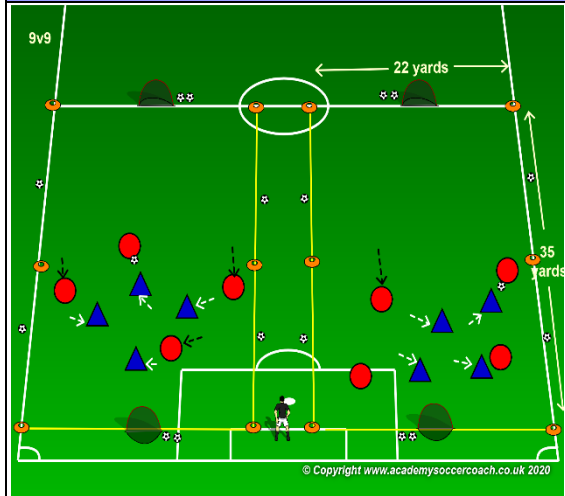
1. Did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?

GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 1				
PLAYER ACTIONS	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent				
KEY QUALITIES	Understand the game, Focus, Optimal technical and physical abilities				
MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS	16

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 prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or 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: In front, Force away, Help, Double.

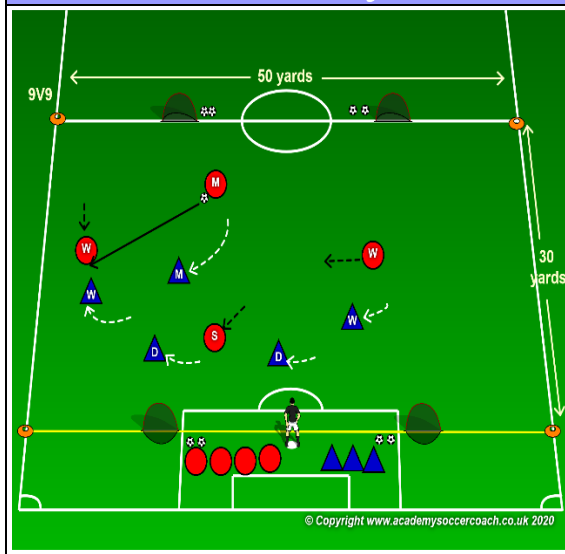
GUIDED QUESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the ball away? 3. Where should the other defenders be to help?

ANSWERS: 1. Protect the goal - 2. We Pressure the attacker with the ball - 3. They should be behind the pressing defender providing cover and balance.

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: 5v4 to 4 small goals

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



OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In the defensive half of a 9v9 field, set up a 50Wx30L field with 4 small goals as shown. The 5 Blue players: 2 defenders, 1 midfielder and 2 wingers will try to regain the ball and score in one of the two small goals in the midfield. The 4 Red team: 1 midfielder, 2 wingers and 1 striker will try to score in one of the two small goals. All Laws of the game in effect. 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: In front, Force away, Help, Double.

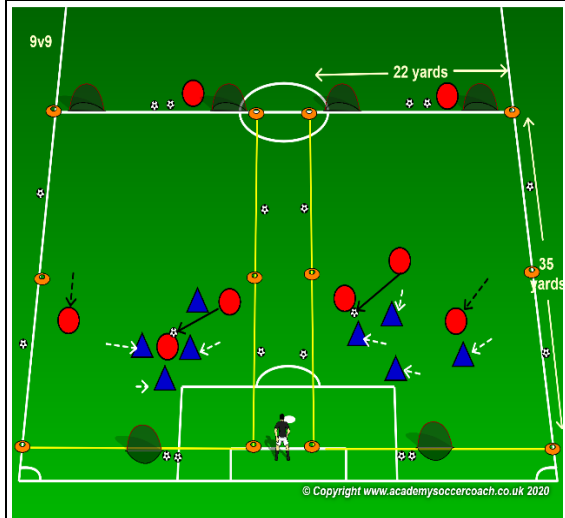
GUIDED QUESTIONS: 1. Who should get in between the ball and the goal? 2. What does the closest defender do to force the ball away? 3. Who Helps the pressing defender? 4. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the ball will protect the goal - 2. Presses the ball by approaching the attacker on an angle - 3. The other defenders provide cover and balance - 4. We will double when we outnumber the opponent.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy

LESS CHALLENGING: 4v3 to small goals

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



OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In our half set up two 22Wx35L fields with a small goal on one end and two small goals in the other end. Play 4v3. The Blue team: 4 players against the Red Team: 3 players. Blue team scores in one of the small goals and the Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

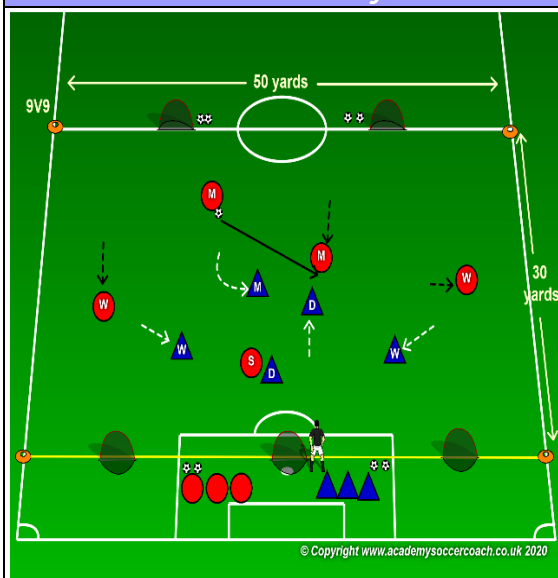
KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the ball away? 3. Where should the other defenders be to help?

ANSWERS: 1. Protect the goal - 2. We Pressure the attacker with the ball - 3. They should be behind the pressing defender providing cover and balance.

Note – Switch to this activity if the CORE is too difficult for the players

MORE CHALLENGING: 5v5 to small goals



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

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In the defensive half of a 9v9 field, set up a 50Wx30L field with 2 small goals on the midline and 3 small in the other end. The 5 Blue players: 2 defenders, 1 midfielder and 2 wingers will try to regain the ball and score in one of the two small goals in the midfield. The 5 Red team: 2 midfielders, 2 wingers and 1 striker will try to score in one of the three small goals. All Laws of the game in effect. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

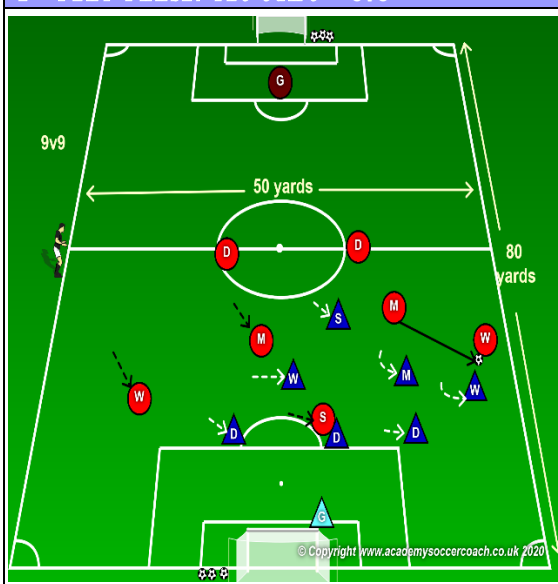
KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Who should get in between the ball and the goal? 2. What does the closest defender do to force the ball away? 3. Who helps the pressing defender? 4. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the ball will protect the goal - 2. Presses the ball by approaching the attacker on an angle - 3. The other defenders provide cover and balance - 4. We will double when we outnumber the opponent.

Note – Switch to this activity if the CORE is not challenging enough.

2nd PLAY PHASE: The Game – 8V8



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-2-2-3 formation and the Red team will play in 1-3-3-1 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Why should we get in between the ball and the goal? 2. Who should force the attacker and the ball away? 3. Why do we help the pressing defender? 4. What do we need to do to double team the attacker with the ball?

ANSWERS: 1. To protect the goal - 2. The closest defender to the ball after he got defenders behind him - 3. To provide cover and balance - 4. Outnumber the attacker by having more defenders around.

Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?



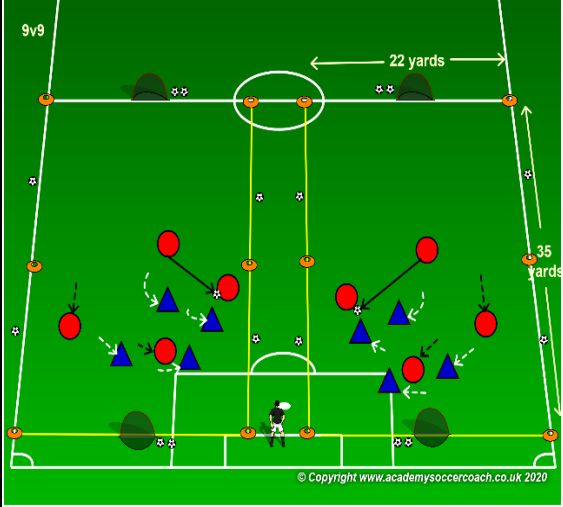
GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 2				
PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				
KEY QUALITIES	Read the game, Be pro-active , Focus				
MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS	16

9v9

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: Prevent the opponents from passing or dribbling the ball forward.

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

ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or 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: Close the openings, Closest defender, Help.

GUIDED QUESTIONS: 1. How can we close any opening to pass the ball forward? 2. What should the closest defender to the ball do? 3. Where should the other defender be to help the pressing defender.

ANSWERS: 1. Make it compact and stay compact - 2. Protect the goal by getting in front of the ball and pressure the attacker - 3. They should be behind providing cover and balance.

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: 6v5 to regular goals

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



OBJECTIVE: Prevent the opponents from passing or dribbling the ball forward.

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

ORGANIZATION: In the defending half of a 9v9 field, set up a 50Wx48L field with two regular goals as shown. The 6 Blue players: 1 GK, 3 defenders and two 2 midfielders will try to prevent the ball from moving forward and regain it and score in the goal. The 5 Red players: 1 GK, 1 midfielder, 2 wingers and 1 striker will try to score the blue's goal. All Laws of the game in effect. When a team scores the other team will get 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: In front, Close the openings, Closest defender, Help.

GUIDED QUESTIONS: 1. Why do we need to put a defender in front of the ball? 2. What should we do to close the openings? 3. Where should the closest defender go now that we are compacted? - 4. What do the other defenders do to help?

ANSWERS: 1. To protect the goal - 2. We should make it compact and keep it compact - 3. To pressure the ball - 4. They provide cover and balance.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

LESS CHALLENGING: 4v3 to small goals

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



OBJECTIVE: Prevent the opponents from passing or dribbling the ball forward.

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

ORGANIZATION: In our half set up two 22Wx35L fields with a goal and an end zone gate. Play 4v4. The Blue team: 4 players against the Red Team: 3 players. Both teams score in the opponent's goal. 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: Close the openings, Closest defender, Help.

GUIDED QUESTIONS: 1. How can we close any opening to pass the ball forward? 2. What should the closest defender to the ball do? 3. Where should the other defenders be to help the pressing defender.

ANSWERS: 1. Make it compact and stay compact - 2. Protect the goal by getting in front of the ball and pressure the attacker - 3. They should be behind providing cover and balance.

Note – Switch to this activity if the CORE is too difficult for the players.



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

OBJECTIVE: Prevent the opponents from passing or dribbling the ball forward.

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

ORGANIZATION: In the defensive half of a 9v9 field, set up a 50Wx48L field with two regular goals as shown. The 6 Blue players: 1 GK, 3 defenders and two 2 midfielders will try to prevent the ball from moving forward and regain it and score in the goal. The 6 Red players: 1 GK, 2 midfielders, 2 wingers and 1 striker will try to score in the blue's goal. All Laws of the game in effect. When a team scores the other team will get 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: Close the openings, Closest defender, Help.

GUIDED QUESTIONS: 1. Why do we need to put a defender in front of the ball? 2. What should we do to close the openings? 3. Where should the closest defender go now that we are compacted? - 4. What do the other defenders do to help?

ANSWERS: 1. To protect the goal - 2. We should make it compact and keep it compact - 3. To pressure the ball - 4. They provide cover and balance.

Note – Switch to this activity if the CORE is too easy for the players.



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: Prevent the opponent's from passing or dribbling the ball forward.

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

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-3-2-2 formation and the red team will play in 1-2-3-2 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Close the openings, Closest defender, Help.

GUIDED QUESTIONS: 1. What must we do to close any opening to prevent a forward pass? 2. What are the two main jobs of the closest defender to the ball? 3. What do the other defenders do to help the pressing defender?

ANSWERS: 1. We Make it compact and stay compact - 2. To protect the goal and pressure the attacker with the ball 3. Get behind and around the pressing defender and provide cover and balance.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. **How did you achieve your goals in the training session?**
2. **What did you do well?**
3. **What could you do better?**



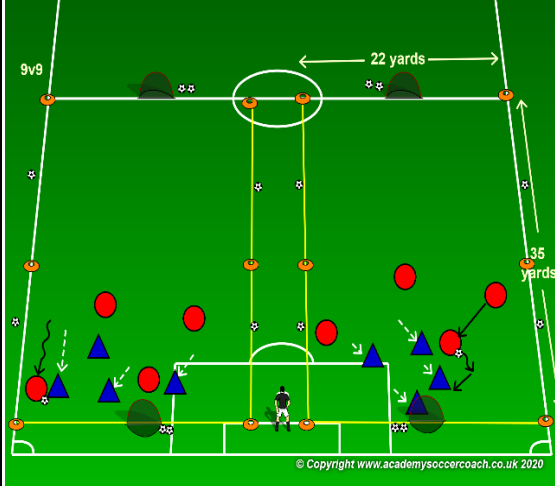
GOAL:	Improve preventing the opponent from scoring goals - 1				
PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				
KEY QUALITIES	Read the game, Take initiative, Focus				
MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS	16

9v9

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 deny scoring chances.

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

ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or 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: In Between, Minimize, Press, Help.

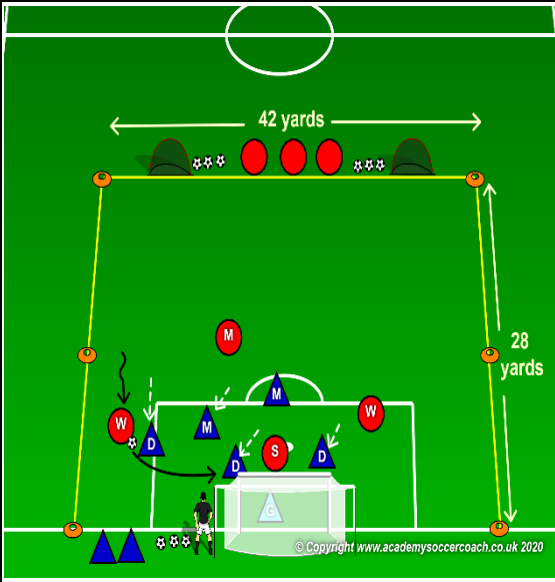
GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted?

ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures 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: 6v4 to goal & 2 small goals

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



OBJECTIVE: To deny scoring chances.

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

ORGANIZATION: In our half of a 9v9 field, set up a 42Wx28L field with a regular goal and two small goals as shown. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders will try to deny scoring chances and regain the ball and score in one of the two small goals. The 4 Red players: 1 midfielder, 2 wingers and 1 striker will try to score in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue 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: In Between, Minimize, Press, Help.

GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball - 4. Provide cover and balance.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy

LESS CHALLENGING: 4v3 to goal & 2 small goals

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



OBJECTIVE: To deny scoring chances.

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

ORGANIZATION: In our half set up two 22Wx35L fields with a goal and two small goals. Play 5v3. The Blue Team: 1 GK, 4 defenders against the Red Team: 3 attackers. The Blue Team scores by passing into one of the two small goals. The Red Team scores in the goal. Play with kick-ins or 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: In Between, Minimize, Press, Help.

GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted?

ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball.

Note – Switch to this activity if the CORE is too difficult for the players.

MORE CHALLENGING: 6v6 to goal & 2 small goals



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

OBJECTIVE: To deny scoring chances.

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

ORGANIZATION: In our half of a 9v9 field, set up a 42Wx28L field with a regular goal and two small goals as shown. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders will try to deny scoring chances and regain the ball and score in one of the two small goals. The 4 Red players: 1 midfielder, 2 wingers and 1striker will try to score in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue 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: In Between, Minimize, Press, Help.

GUIDED QUESTIONS: 1. Why do we get in between the ball and the goal? 2. What must we do to minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

ANSWERS: 1. To protect the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball - 4. Provide cover and balance.

Note – Switch to this activity if the CORE is too easy for the players.

2nd PLAY PHASE: The Game – 8V8



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To deny scoring chances.

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

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-3-2-2 formation and the Red team will play in 1-2-2-3 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In Between, Minimize, Press, Help.

GUIDED QUESTIONS: 1. Why do we get in between the ball and the goal? 2. What must we do to minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

ANSWERS: 1. To protect the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball - 4. Provide cover and balance

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

- 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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

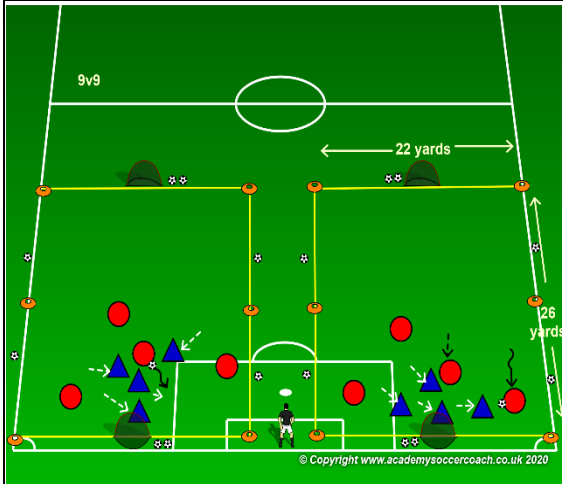
- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

GOAL:	Improve preventing the opponent from scoring goals - 2				
PLAYER ACTIONS	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent				
KEY QUALITIES	Make decisions, Be proactive, Focus				
MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS	16

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: Deny Scoring chances.
PLAYER ACTIONS: Protect the goal, Pressure and Cover.
ORGANIZATION: In a 9v9 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play 3 rounds for a total of 20 minutes with two 1.5 minute breaks. 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 shot, Hassle, Help.
GUIDED QUESTIONS: 1. What do we need to do to block the shot? 2. How can we hassle the opponent with the ball? 3. Where should the other defenders help?
ANSWERS: 1. Get a defender in front of the ball to protect the goal - 2. Pressure the attacker - 3. They should be providing cover behind the pressing defender.
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: 6v5 to regular goals

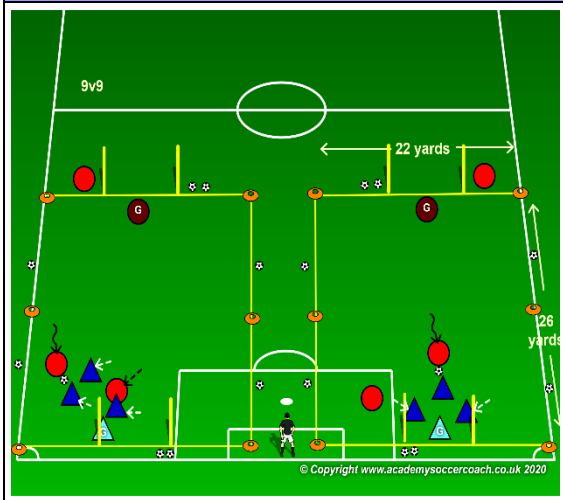
DURATION: 20 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



OBJECTIVE: Deny Scoring chances.
PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.
ORGANIZATION: In our half of a 9v9 field, set up a 50Wx30L field with two regular goals as shown. The 6 Blue players: 1GK, 3 defenders and 2 midfielders will try to regain the ball and score in the Red's goal. The 5 Red players: 1GK, 1 midfielder, 2 wingers and 1 striker will try to score in the Blue's goal. All Laws of the game in effect. 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 shot, Hassle, Help and Double.
GUIDED QUESTIONS: 1. How can a defender block the shot to goal? 2. Who will hassle the player with the ball? 3. How can the other defenders help the pressing defender? 4. When should we double team?
ANSWERS: 1. Protect the goal by getting in between the ball and goal - 2. The closest defender will pressure the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.
Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 4v3 to goal

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



OBJECTIVE: Deny Scoring chances.
PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.
ORGANIZATION: In our half set up two 22Wx26L fields with two goals. Play 4v3. The Blue team: 1 GK and 3 players against the Red Team: 1 GK and 2 players. Both teams score in the opponent's goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. 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 shot, Hassle, Help.
GUIDED QUESTIONS: 1. What do we need to do to block the shot? 2. How can we hassle the opponent with the ball? 3. Where should the other defenders help?
ANSWERS: 1. Get a defender in front of the ball to protect the goal - 2. Pressure the attacker - 3. They should be providing cover behind the pressing defender.
Note: Switch to this activity if the Core is too difficult for the players.

<p>MORE CHALLENGING: 6v6 to regular goals</p> <p>9v9 50 yards 30 yards</p> <p>© Copyright www.academysoccercoach.co.uk 2020</p>	<p>DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 5 min --REST: 1.5 min</p> <p>OBJECTIVE: Deny Scoring chances.</p> <p>PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.</p> <p>ORGANIZATION: In our half of a 9v9 field, set up a 50Wx30L field with two regular goals as shown. The 6 Blue players: 1GK, 3 defenders and 2 midfielders will try to regain in the ball and score in the Red's goal. The 6 Red players: 1GK, 1 midfielder, 2 wingers and 2 strikers will try to score in the Blue's goal. All Laws of the game in effect. Rotate players every interval.</p> <p>SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.</p> <p>KEY WORDS: Block the shot, Hassle, Help and Double.</p> <p>GUIDED QUESTIONS: 1. How can a defender block the shot to goal? 2. Who will hassle the player with the ball? 3. How can the other defenders help the pressing defender? 4. When should we double team?</p> <p>ANSWERS: 1. Protect the goal by getting in between the ball and goal - 2. The closest defender will pressure the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.</p> <p>Note: Switch to this activity if the Core is too easy for the players.</p>
<p>2nd PLAY PHASE: The Game – 8V8</p> <p>9v9 50 yards 80 yards</p> <p>© Copyright www.academysoccercoach.co.uk 2020</p>	<p>DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min</p> <p>OBJECTIVE: Deny Scoring chances.</p> <p>PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.</p> <p>ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-3-2-2 formation and the red team will play in 1-2-3-2 formation.</p> <p>SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.</p> <p>KEY WORDS: Block the shot, Hassle, Help and Double.</p> <p>GUIDED QUESTIONS: 1. Why do we want to block the shot? 2. When should we hassle the attacker with the ball? 3. How can the other defender help the pressing defender? 4. What should we do to double team the attacker with the ball?</p> <p>ANSWERS: 1. To protect the goal - 2. We put pressure as soon as he is about to receive the ball - 3. By providing cover and balance - 4. Outnumber the attacker with the ball.</p> <p>Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.</p>

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<ol style="list-style-type: none"> 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? 	<ol style="list-style-type: none"> 1. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?