



## 11v11 Weekly Training Sessions

### Characteristics of the 13U+ Player

- The more advanced U-14 players are able to execute the range of skills, but most others are still developing previously taught skills and are now being exposed to these additional skills.
- Important psychosocial implications for a child entering puberty – early or late .
- Popularity influences self-esteem.
- Tests limits - a know-it-all attitude .
- Fertile period to learn – full of eagerness.
- Tend to be quite self-critical and may need regular positive reinforcement.
- Bodies are going through physical changes that affect personal appearance
- There will be significant differences in physical maturation rates between individuals.
- Rapid growth spurts of the skeleton leave ligaments, tendons and muscles catching up, so coordination and balance are astray. Temporary gangly movement may result in a loss of touch on the ball. Players do not always make the connection between their growth spurt and the temporary loss of form; they need help realizing that everything will come back into synch in six to 18 months.



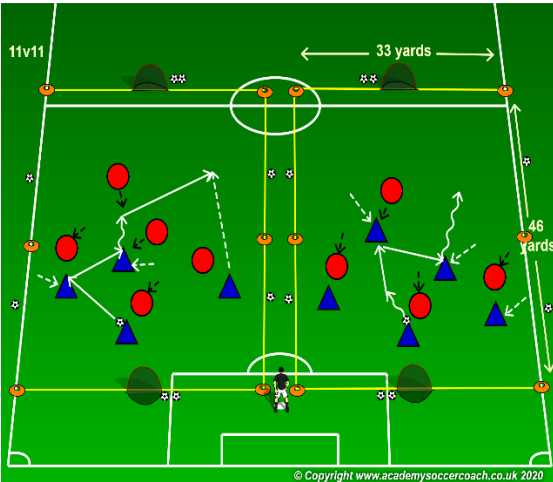
<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half - 1			
<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Create passing options			
<b>KEY QUALITIES</b>	Read the game, Take initiative, Demonstrate Focus			
<b>MOMENT</b>	<b>ATTACKING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>
				<b>18</b>

11V11

**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: 4 min --REST: 1 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 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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.

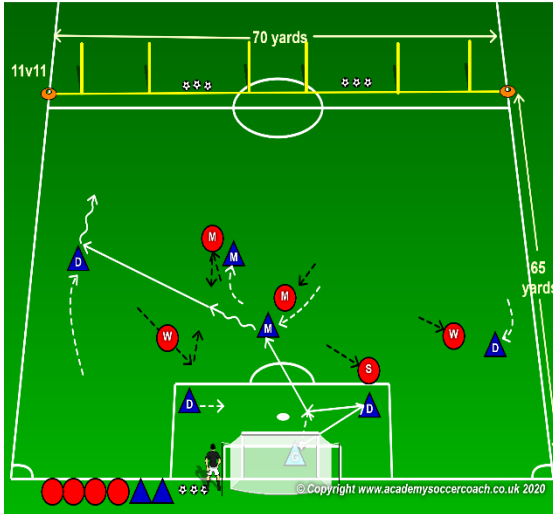
**GUIDED QUESTIONS:** 1. How can we create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack?

**ANSWERS:** 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing 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: 1V5 to goal and dribbling gates**

**DURATION: 20 min -- INTERVALS: 3 --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 a 11V11 field, set up a 70Wx65L playing area with a regular goal and three 8-yard dribbling gates. The 7 Blue players: 1 GK, 4 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.

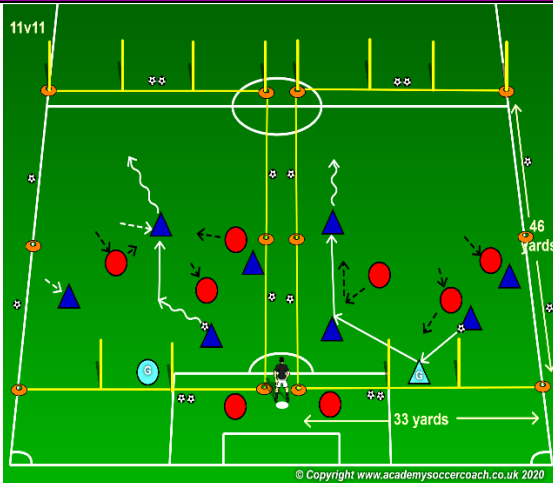
**GUIDED QUESTIONS:** 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

**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 Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

**LESS CHALLENGING: 5v3 to goals and dribbling gates**

**DURATION: 20 min -- INTERVALS: 3 --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 a 11v11 field, set up two 30Wx45L fields with a goal and two dribbling gates. The 5 Blue players will try to score by dribbling through one of the two gates. The 3 Red players will score in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

**SKILL ACQUISITION:** Dribbling, receiving and passing.

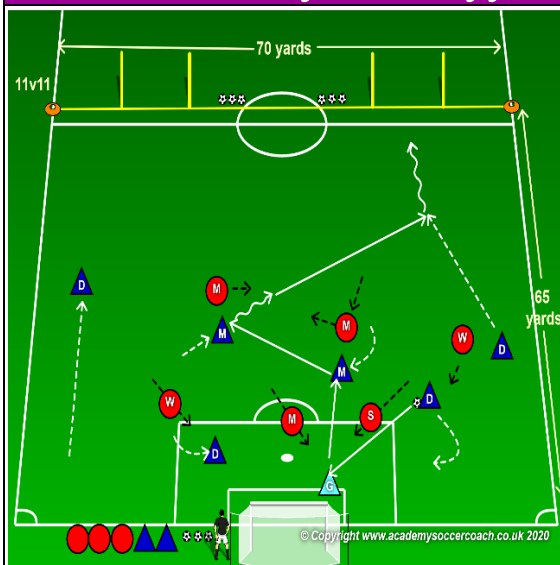
**KEY WORDS:** Opening, Penetrate and Help the attack.

**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: 7v6 to goal & dribbling gates**



**DURATION: 20 min -- INTERVALS: 3 --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 a 11v11 field, set up a 70Wx65L playing area with a regular goal and two 8-yard dribbling gates. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 6 Red players: 3 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.

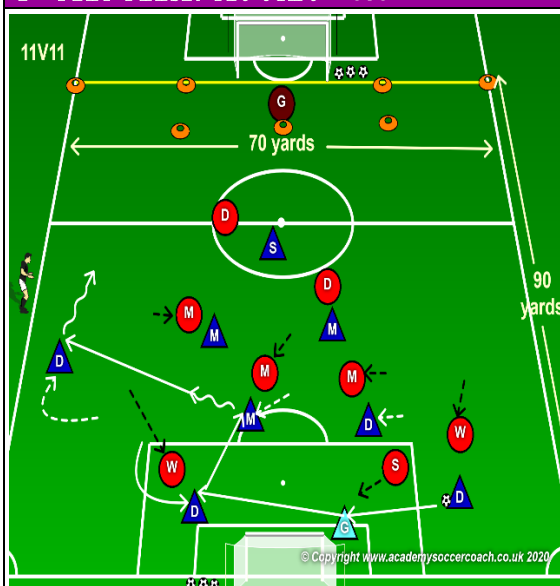
**KEY WORDS:** Opening, Get wide, Penetrate and Help the attack.

**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.

**2<sup>nd</sup> PLAY PHASE: The Game – 9V9**



**DURATION: 20 min -- INTERVALS: 2 --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 a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-3-3 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?

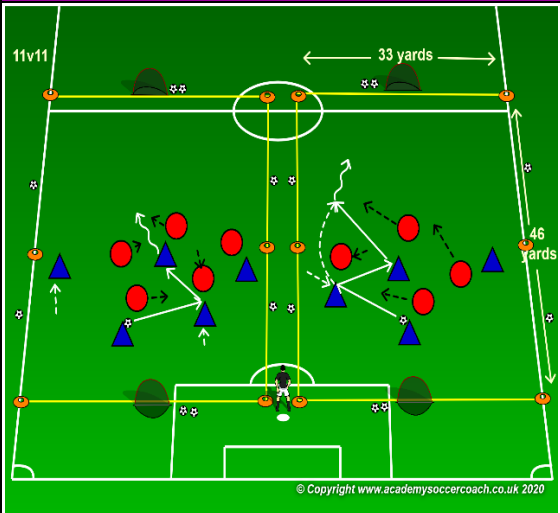
**TRAINING SESSION SELF-REFLECTION QUESTIONS**

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

<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half -2			
<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Support the attack and Change the point of attack			
<b>KEY QUALITIES</b>	Read the game, Take initiative, Optimal technical abilities			
<b>MOMENT</b>	<b>ATTACKING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>
				<b>18</b>

**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: 4 min --REST: 1 min**

**OBJECTIVE:** Pass or dribble to move the ball forward.

**PLAYER ACTIONS:** Pass/dribble forward, Spread out, Support and Change the point of attack.

**ORGANIZATION:** In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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.

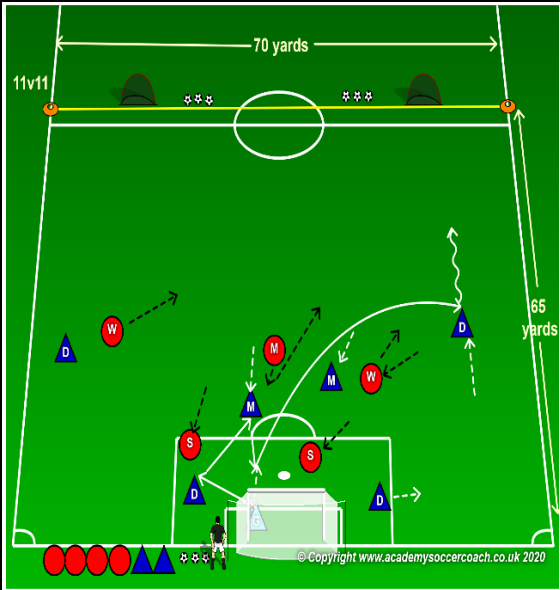
**KEY WORDS:** Opening, Connect, Take it, Options and Switch.

**GUIDED QUESTIONS:** 1. What do we do to create an opening? 2. How do we connect forward with a teammate on the other side of the opening? 3. If we have an opening between two defenders how can we take the ball forward? 4. Where 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 we need to be to the sides, in front and behind.

**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: 7v5 to goals and two small goals**



**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min**

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

**PLAYER ACTIONS:** Pass/dribble forward, Spread out, Support and Change the point of attack.

**ORGANIZATION:** In a 11V11 field, set up a 70Wx65L playing area with a regular goal and two counter goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 5 Red players: 1 midfielder, 2 wingers and 2 strikers. Blue team scores by passing into one of two counter goals. 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:** Opening, Connect, Take it, Options and Switch.

**GUIDED QUESTIONS:** 1. Where should we go to create an opening? 2. When is a good time to connect through an opening 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? 5. When do we change the point of attack?

**ANSWERS:** 1. To create an opening we should spread out to the boundaries - 2. We will connect through an opening with a forward pass when we have a teammate to receive the ball - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes - 5. When we do not have an opening we change the point of attack by going around or over defenders to the other side.

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

**LESS CHALLENGING: 6v3 to goal & two small goals**



**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min**

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

**PLAYER ACTIONS:** Pass/dribble forward, Spread out, Support and Change the point of attack.

**ORGANIZATION:** In a 11v11 field, set up two 33Wx46L fields with a goal and two dribbling gates. The 6 Blue players will try to score by passing to one of the two counter goals. The 3 Red players will score in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

**SKILL ACQUISITION:** Passing, receiving and dribbling.

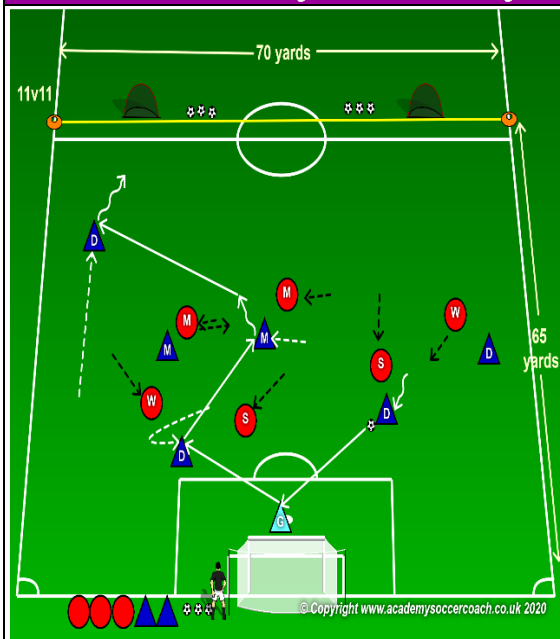
**KEY WORDS:** Opening, Connect, Take it, Options and Switch.

**GUIDED QUESTIONS:** 1. What do we do to create an opening? 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. Where do we need to be to create 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 we need to be to the sides, in front and behind.

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

**MORE CHALLENGING: 7v6 to goal and two small goals**



**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min**

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

**PLAYER ACTIONS:** Pass/dribble forward, Spread out, Support and Change the point of attack.

**ORGANIZATION:** In a 11V11 field, set up a 70Wx65L playing area with a regular goal and two counter goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 6 Red players: 2 midfielders, 2 wingers and 2 strikers. Blue team scores by passing into one of two counter goals. 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:** Opening, Connect, Take it, Options and Switch.

**GUIDED QUESTIONS:** 1. Where should we go to create an opening? 2. When is a good time to connect through an opening 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? 5. When do we change the point of attack?

**ANSWERS:** 1. To create an opening we should spread out to the boundaries - 2. We will connect through an opening with a forward pass when we have a teammate to receive the ball - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes - 5. When we do not have an opening we change the point of attack by going around or over defenders to the other side.

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

**2nd PLAY PHASE: The Game – 9V9**



**DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 4 min --REST: 1 min**

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

**PLAYER ACTIONS:** Pass/dribble forward, Spread out, Support and Change the point of attack.

**ORGANIZATION:** In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-4-2 formation.

**SKILL ACQUISITION:** Passing, receiving and dribbling.

**KEY WORDS:** Opening, Connect, Take it, Options and Switch.

**GUIDED QUESTIONS:** 1 How should we create an opening between 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? 5. Why do we need to switch the attack some times?

**ANSWERS:** 1. 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 - 5. We change the attack when we do not have an opening to go through but there is a bigger opening on the other side.

**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?



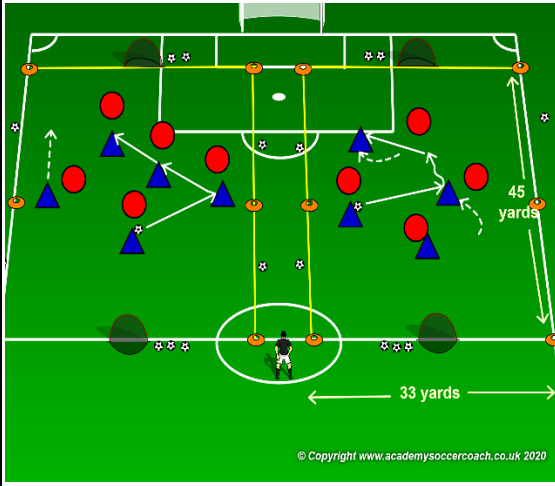
<b>GOAL:</b>	Improve the build up in the opponent's half in order to create scoring chances 1			
<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1			
<b>KEY QUALITIES</b>	Read the game, Focus, Optimal technical abilities			
<b>MOMENT</b>	<b>ATTACKING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>
				<b>18</b>

11V11

**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

**1<sup>st</sup> PLAY PHASE (Intentional Free Play)**

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



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

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

**ORGANIZATION:** In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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: 6v7 to goals and two targets**

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



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

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

**ORGANIZATION:** In a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by passing to one of the target players. 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.

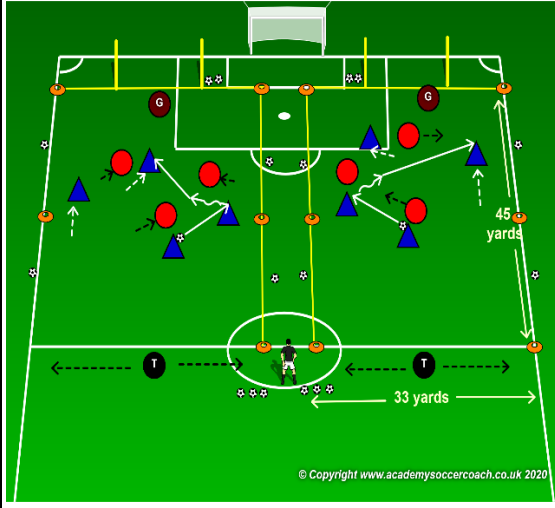
**GUIDED QUESTIONS:** 1. What do we do when we get wide? 2. When should we possess the ball? 3. What can we do to penetrate an opening with a teammate on the other side? 4. When do we penetrate an opening on the dribble? 5. Where should we be to combine with the attacker with the ball?

**ANSWERS:** 1. We spread out to create openings - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. When we have space in front or an opening between two defenders - 5. 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 and a target**

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



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

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

**ORGANIZATION:** In a 11v11 field, set up two 30Wx45L fields with a goal and two dribbling gates. The 5 Blue players will try to score by dribbling through one of the two gates. The 3 Red players will score 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.

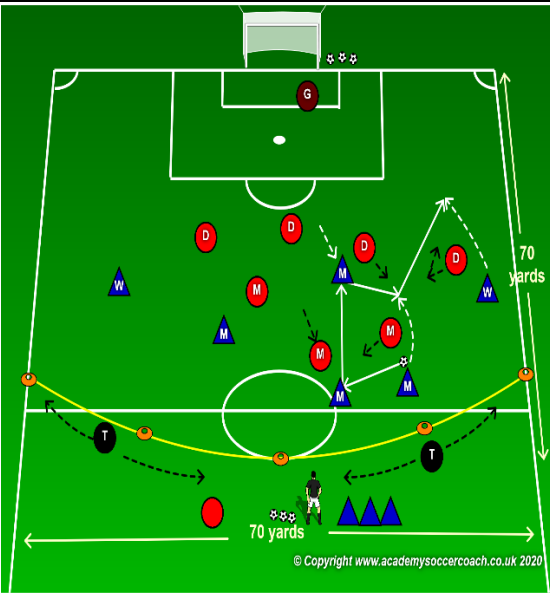
**KEY WORDS:** Get wide, Possess, Penetrate, Combine.

**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: 6v8 to goal and two targets**



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

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

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

**ORGANIZATION:** In a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 8 Red players: 1 GK, 4 defenders and 3 midfielders. Blue team scores in the regular goal. Red scores by passing to one of the target players. 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 do 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. When do we penetrate an opening on the dribble? 5. Where should we be to combine with the attacker with the ball?

**ANSWERS:** 1. We spread out to create openings - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. When we have space in front or an opening between two defenders - 5. 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 – 9V9**



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

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

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

**ORGANIZATION:** In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-3-3 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?

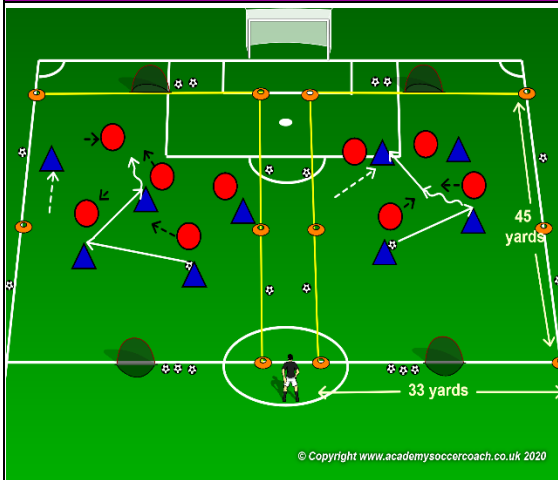
**TRAINING SESSION SELF-REFLECTION QUESTIONS**

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

	<b>GOAL:</b>	Improve the build up in the opponent's half in order to create scoring chances 2				<b>11V11</b>
	<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack				
	<b>KEY QUALITIES</b>	Read the game, Focus, Optimal technical abilities				
	<b>MOMENT</b>	<b>ATTACKING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>	

**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

**1<sup>st</sup> PLAY PHASE (Intentional Free Play)**



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

**OBJECTIVE:** To pass or dribble forward to create scoring chances.

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

**ORGANIZATION:** In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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, Overload, Possession, and Switch.

**GUIDED QUESTIONS:** 1. Where do we want to keep possession of the ball to penetrate? 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 of the opening - 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: 1v1 to regular goals**



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

**OBJECTIVE:** To pass or 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 11v11 field, set up a 70Wx70L playing area with regular goals. The 6 Blue players: 2 midfielders 2 winger and 2 strikers against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Both teams score in the opponent's goal. All Laws of the game in effect. When one team scores, the other team gets a goal-kick to restart the game. Rotate players every interval.

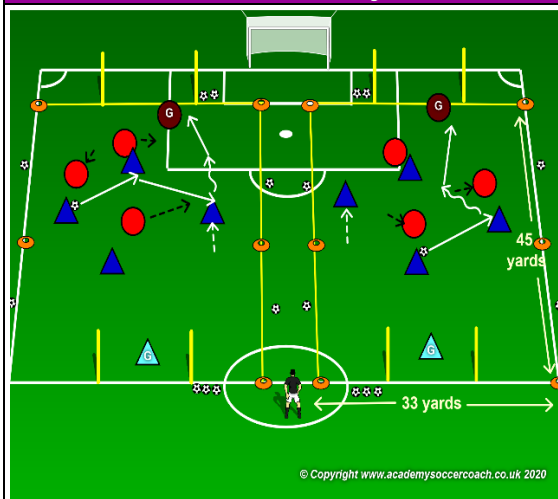
**SKILL ACQUISITION:** Passing, receiving and dribbling.

**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 an overload? 4. When should we penetrate on the dribble? 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 We should combine in a 2v1 - 4. When we have space or we are in a 1v1 - 5. We change fields when we have too many defenders in front and can't penetrate.

**LESS CHALLENGING: 5v4 to goal**



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

**OBJECTIVE:** To pass or 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 11v11 field, set up two 30Wx45L fields with a goal at each end. The 5 Blue players will try to score in the Red's goal and the 4 Red players will score in the Blue's 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:** Opening, Penetrate, Overload, Possession, and Switch.

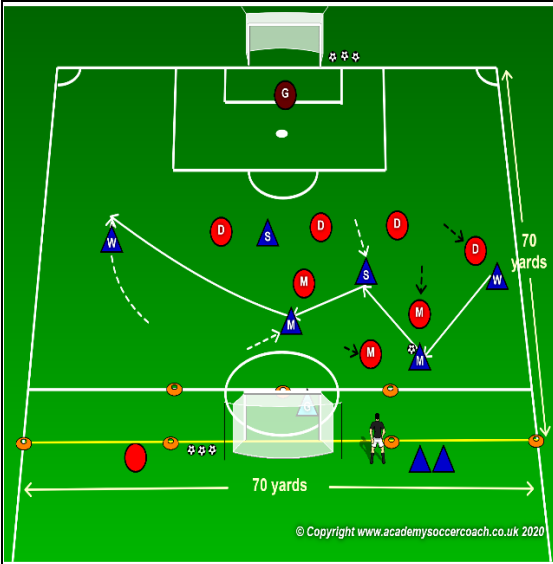
**GUIDED QUESTIONS:** 1. Where do we want to keep possession of the ball? 2. When is a good time to penetrate through an opening? 3. What do we need to create an overload?

**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: 7v8 to regular goals**



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

**OBJECTIVE:** To pass or 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 11v11 field, set up a 70Wx70L playing area with regular goals. The 6 Blue players: 2 midfielders 2 wingers and 2 strikers against 8 Red players: 1 GK, 4 defenders and 3 midfielders. Both teams score in the opponent's goal. All Laws of the game in effect. When one team scores, the other 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 an overload? 4. When should we penetrate on the dribble? 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 We should combine in a 2v1 - 4. When we have space or we are in a 1v1 - 5. We change fields when we have too many defenders in front and can't penetrate.

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

**2<sup>nd</sup> PLAY PHASE: The Game – 9V9**



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

**OBJECTIVE:** To pass or 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 1-2-4-2 formation and the Red team will play in a 1-4-3-1 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**

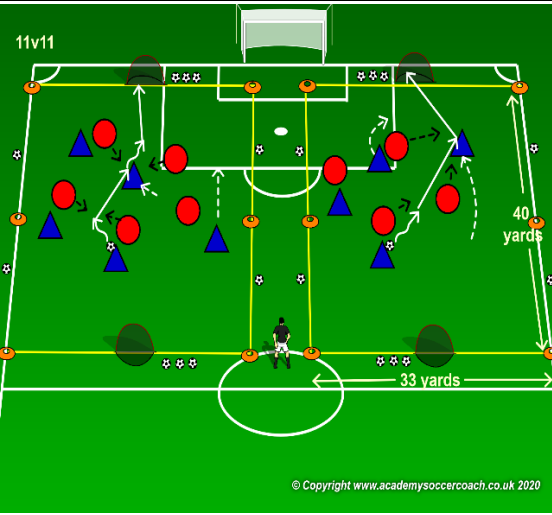
1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?

<b>GOAL:</b>	Improve scoring goals - 1				
<b>PLAYER ACTIONS</b>	Shoot, Pass or Dribble forward, Create a 2v1 or 1v1				
<b>KEY QUALITIES</b>	Make decisions, Take initiative, Optimal technical abilities				
<b>MOMENT</b>	<b>ATTACKING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>	<b>18</b>

**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 our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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.

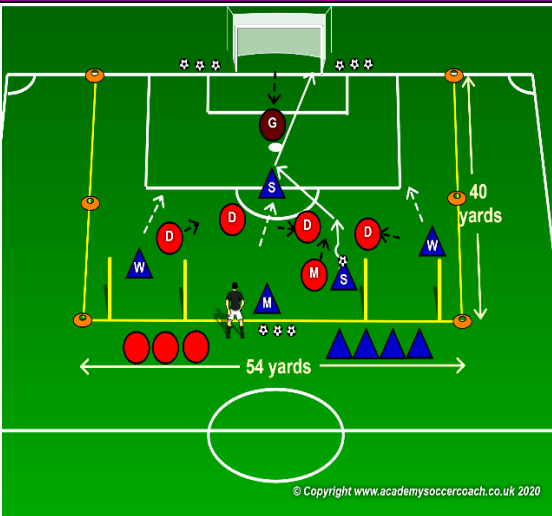
**GUIDED QUESTIONS:** 1. When should we finish the ball at goal? 2. What would you do to take a defender on? 3. When is a good time to connect with a teammate?

**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 GK or create an opening.

**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 goals - two dribbling gates**

**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 a 11v11 field, set up a 54Wx40L playing area with a regular goal and two 8-yard dribbling gates as shown. The 5 Blue players: 1 midfielder 2 wingers and 2 strikers against 6 Red players: 1 GK, 4 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. 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 the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

**LESS CHALLENGING: 4v4 to goal – dribbling gates**

**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 a 11v11 field, set up two 33Wx40L fields with a goal and two dribbling gates. The 4 Blue players will try to score by dribbling through one of the two gates. The Red with a GK and 3 players will score by dribbling through one of the two gates. 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.

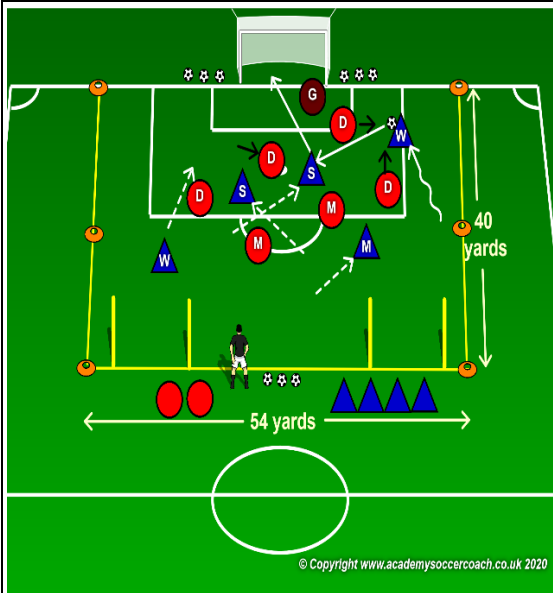
**KEY WORDS:** Opening, Finish, Connect, Take him/her on and Combine.

**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: 5vs7 to goal – dribbling gates**



**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 a 11v11 field, set up a 54Wx40L playing area with a regular goal and two 8-yard dribbling gates as shown. The 5 Blue players: 1 midfielder 2 winger and 2 strikers against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. 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 too easy for the players.

**2<sup>nd</sup> PLAY PHASE: The Game – 9V9**



**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 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-2-4-2 formation and the Red team will play 1-4-3-1 formation.

**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 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**

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**

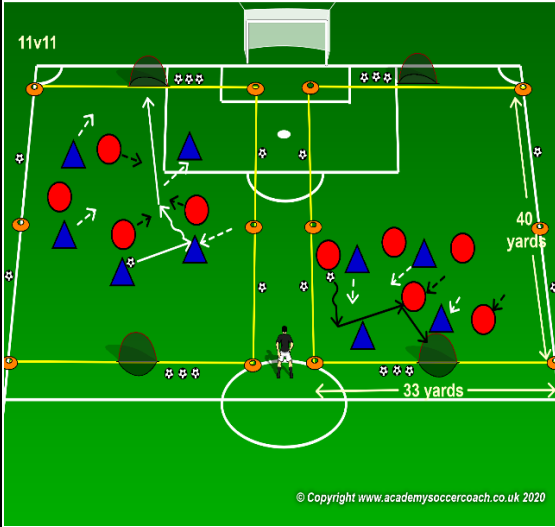
1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?

<b>GOAL:</b>	Improve Scoring Goals - 2			
<b>PLAYER ACTIONS</b>	Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1			
<b>KEY QUALITIES</b>	Improve Scoring Goals - 2			
<b>MOMENT</b>	<b>ATTACKING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>
				<b>18</b>

**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

**1<sup>st</sup> 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 our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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. When should we dribble the ball forward? 3. How can we find or create an opening?

**ANSWERS:** 1. Shoot as soon as you have an opening to goal - 2. Dribble through an opening and shoot or dribble around a defender and shoot if you are in a 1v1 - 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: 6v6 to regular goals**

**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 a 11v11 field, set up a 70Wx40L playing area with two regular goals. The 6 Blue players: 1 GK, 2 midfielders 2 wingers and 1 striker against 6 Red players: 1 GK, 4 defenders and 1 midfielder. Both teams score in the opponent's goal. All Laws of the game in effect. If 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: 5v4 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 a 11v11 field, set up two 33Wx40L fields with a goal at each end. The 5 Blue players: 1 GK and 4 players against the 4 Red team: 1GK and 3 players. Both team's will try to 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:** Shooting, Receiving, Passing and Dribbling.

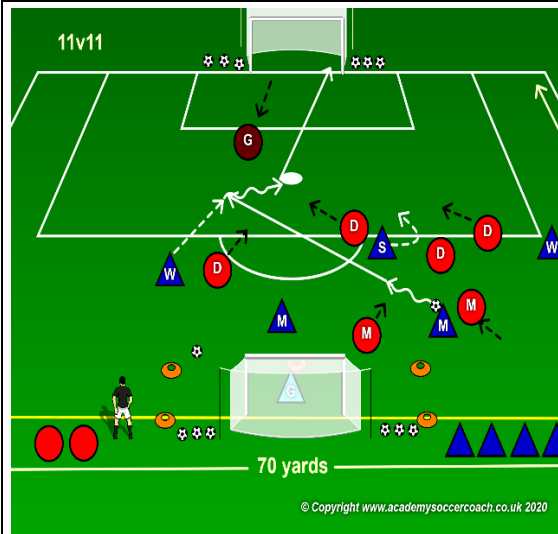
**KEY WORDS:** Strike at goal, Pass, Dribble and Opening.

**GUIDED QUESTIONS:** 1. When should we strike at goal? 2. When should we dribble the ball forward? 3. How can we find or create an opening?

**ANSWERS:** 1. Shoot as soon as you have an opening to goal - 2. Dribble through an opening and shoot or dribble around a defender and shoot if you are in a 1v1 - 3. Pass the ball to move the defenders.

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

**MORE CHALLENGING: 6v8 to regular goals**



**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 11v11 field, set up a 70Wx40L playing area with two regular goals. The 6 Blue players: 1 GK, 2 midfielders 2 wingers and 1 striker against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Both teams score in the opponent's goal. All Laws of the game in effect. If 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 this activity if the Core is too easy for the players.

**2<sup>nd</sup> PLAY PHASE: The Game – 9v9**



**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 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-2-3-3 formation and the Red teams will play 1-4-3-1 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. 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?

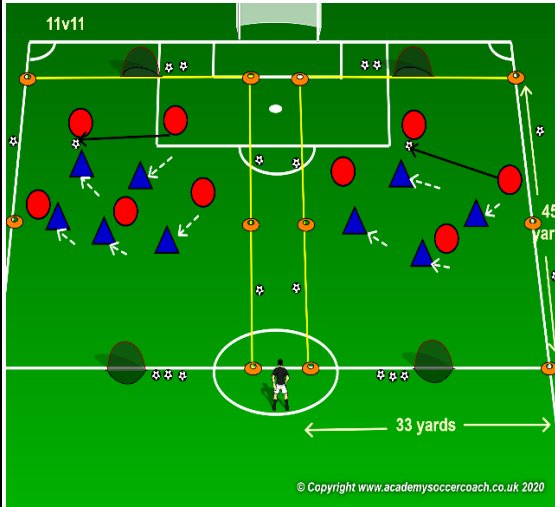
**TRAINING SESSION SELF-REFLECTION QUESTIONS**

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

<b>GOAL:</b>	Improve preventing the opponent from building up in their own half - 1			
<b>PLAYER ACTIONS</b>	Protect the goal, Steal the ball, Pressure, Cover & Balance			
<b>KEY QUALITIES</b>	Make decisions, Focus, Optimal physical abilities			
<b>MOMENT</b>	<b>DEFENDING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>
				<b>18</b>

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

**1<sup>st</sup> 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, Steal the ball, Pressure, Cover & Balance.

**ORGANIZATION:** In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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:** Prevent, Pinch, Harass and Help.

**GUIDED QUESTIONS:** 1. What can we do to prevent the pass forward? 2. When is a good time to pinch the ball from the attacker? 3. What should we do harass the attacker with the ball?

**ANSWERS:** 1. Protect the goal by placing a defender between the ball and the goal - 2. Steal the ball when the attacker has a bad first touch or receiving facing their own goal - 3. Pressure the attacker.

**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: 6v7 to goals and two targets**



**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, Steal the ball, Pressure, Cover & Balance.

**ORGANIZATION:** In a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by passing to one of the target players. 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.

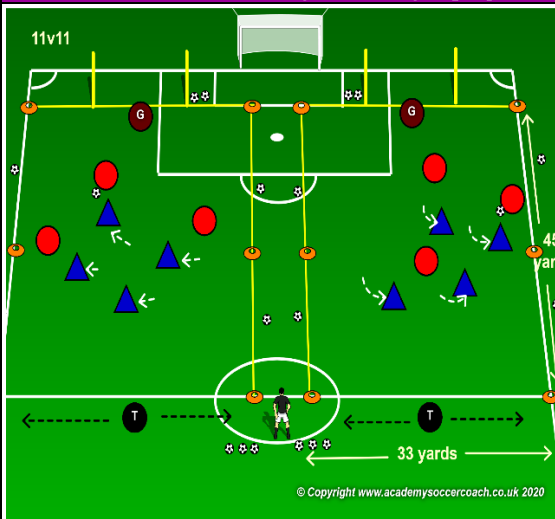
**KEY WORDS:** Prevent, Pinch, Harass and Help.

**GUIDED QUESTIONS:** 1. Who and how should we be preventing the forward pass? 2. When is a good time to harass the attacker with the ball? 3. Who should help the pressing defender?

**ANSWERS:** 1. The closest defender to the ball should protect the goal by getting in between the ball and goal - 2. Pressure the attacker at the moment of receiving the ball or just before - 3. All the other defenders should 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: 4v4 to goal & target player**



**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; Steal the ball, Pressure, Cover & Balance.

**ORGANIZATION:** In a 11v11 field, set up two 33Wx45L fields with a goal and a target player. The 4 Blue players will try to score in the goal. The GK and 3 Red players will score by passing to the target player. 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.

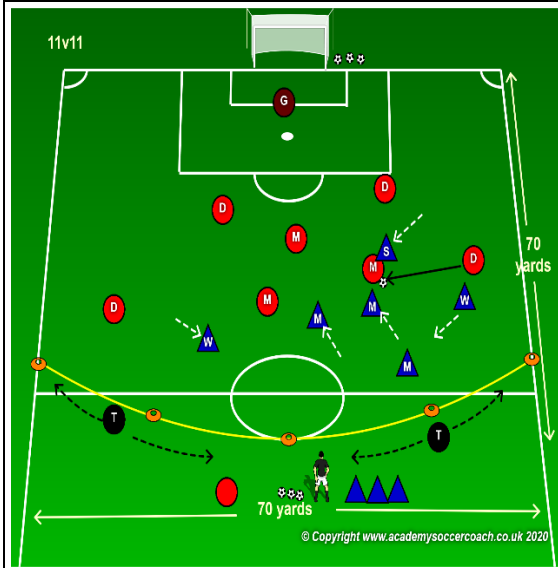
**KEY WORDS:** Prevent, Pinch, Harass and Help.

**GUIDED QUESTIONS:** 1. What can we do to prevent the pass forward? 2. When is a good time to pinch the ball from the attacker? 3. Who should harass the attacker with the ball? 4. How can the other defenders help the pressing defender?

**ANSWERS:** 1. We can protect the goal by placing a defender between the ball and the goal - 2. Pinch it or steal it in a bad first touch or receiving facing their own goal - 3. The closest defender pressures the ball - 4. They provide cover and balance.

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

**MORE CHALLENGING: 6v8 to goal and two targets**



**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, Steal the ball, Pressure, Cover & Balance.

**ORGANIZATION:** In a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 8 Red players: 1 GK, 4 defenders and 3 midfielders. Blue team scores in the regular goal. Red team scores by passing to one of the target players. 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:** Prevent, Pinch, Harass and Help.

**GUIDED QUESTIONS:** 1. Who and how should we be preventing the forward pass? 2. When is a good time to harass the attacker with the ball? 3. Who should help the pressing defender?

**ANSWERS:** 1. The closest defender to the ball should protect the goal by getting in between the ball and the goal - 2. Pressure the attacker at the moment of receiving the ball or just before - 3. All the other defenders should provide cover and balance.

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

**2nd PLAY PHASE: The Game – 9V9**



**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, Steal the ball, Pressure, Cover & Balance.

**ORGANIZATION:** In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-2-3-3 formation and the Red teams will play 1-4-2-2 formation.

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

**KEY WORDS:** Prevent, Pinch, Harass and Help.

**GUIDED QUESTIONS:** 1. What do we need to do to prevent the forward pass? 2. Who must harass the player with the ball? 3. Where should the other defenders be to help the pressing defender?

**ANSWERS:** 1. Protect the goal – 2. The closest defender pressures the ball and tries to steal it – 3. Behind the pressing defender 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**

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?



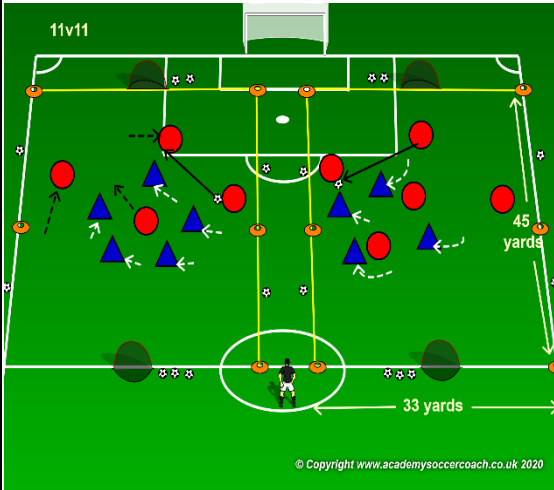
<b>GOAL:</b>	Improve preventing the opponent from building up in their own half - 2			
<b>PLAYER ACTIONS</b>	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance			
<b>KEY QUALITIES</b>	Read the game, Be Proactive, Optimal physical abilities			
<b>MOMENT</b>	<b>DEFENDING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>
				<b>18</b>

11V11

**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 our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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:** Prevent, Reduce, Hassel and Help.

**GUIDED QUESTIONS:** 1. What are we doing when we prevent a forward pass? 2. Who should be preventing the forward pass? 3. How do we reduce the passing lanes?  
**ANSWERS:** 1. We are protecting the goal by getting in front of the ball – 2. The closest defender to the ball protects the goal - 3. We will make it compact and stay compact.

**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: 6v8 to goals & 2 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 a 11v11 field, set up a 70Wx60L playing area with a regular goal and two dribbling gates as shown. The 6 Blue players: 2 midfielders 2 wingers and 2 strikers against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by dribbling through one of the two dribbling gates. 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.

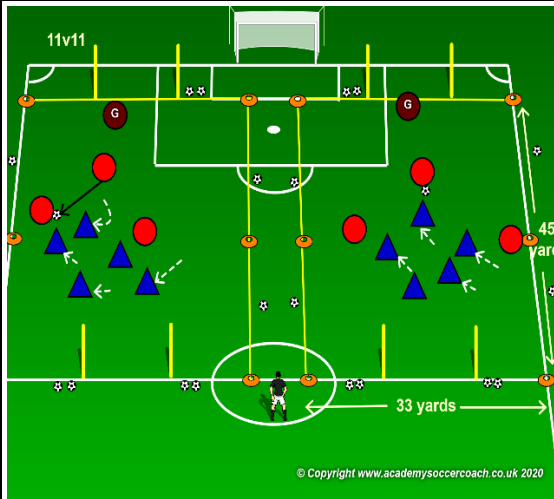
**SKILL ACQUISITION:** Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.  
**KEY WORDS:** Prevent, Reduce, Hassel and Help.

**GUIDED QUESTIONS:** 1. Where should you be to prevent the forward pass? 2. How can we reduce the passing lanes? 3. Who should hassle the player with the ball? 4. How do the other defenders help?

**ANSWERS:** 1. Between the ball and the goal; this way, we protect the goal - 2. Make and keep compact - 3. The closest defender to the ball applies pressure - 4 They 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: 5v4 to goal & a 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 a 11v11 field, set up two 33Wx45L fields with a goal and a dribbling gate. The 5 Blue players will score in the goal. The 4 Red players will score by dribbling through the 10-yard gate. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

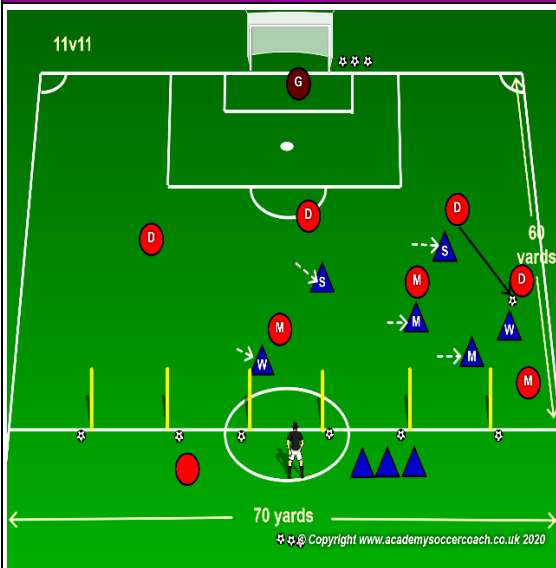
**SKILL ACQUISITION:** Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.  
**KEY WORDS:** Prevent, Reduce, Hassel and Help.

**GUIDED QUESTIONS:** 1. What are we doing when we prevent a forward pass? 2. Who should be preventing the forward pass? 3. How do we reduce the passing lanes?  
**ANSWERS:** 1. We are protecting the goal by getting in front of the ball – 2. The closest defender to the ball protects the goal - 3. We will make it compact and stay compact.

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



**MORE CHALLENGING: 6v7 to goal & 3 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 a 11v11 field, set up a 70Wx60L playing area with a regular goal and three dribbling gates as shown. The 6 Blue players: 2 midfielders 2 wingers and 2 strikers against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by dribbling through one of the two dribbling gates. 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:** Prevent, Reduce, Hassel and Help.

**GUIDED QUESTIONS:** 1. Where should you be to prevent the forward pass? 2. How can we reduce the passing lanes? 3. Who should hassle the player with the ball? 4. How do the other defenders help?

**ANSWERS:** 1. Between the ball and the goal; this way, we protect the goal - 2. Make and keep compact - 3. The closest defender to the ball applies pressure - 4 They provide cover and balance.

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

**2<sup>nd</sup> PLAY PHASE: The Game – 9V9**



**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 11v11 field set up a 70Wx90L playing area for a 9v9. The Blue team will play 1-2-4-2 formation and the Red teams will play 1-4-3-1 formation.

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

**KEY WORDS:** Prevent, Reduce, Hassel and Help.

**GUIDED QUESTIONS:** 1. How do you prevent the pass forward? 2. Where should we be to reduce the passing lanes? 3. What can the closest defender to the ball do to hassle the attacker now that we are compacted? 4. What do the other defenders do to help?

**ANSWERS:** 1. Place a defender in front of the ball to protect the goal - 2. We should be compacted in front of the ball - 3. Pressure the ball - 4. They 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?

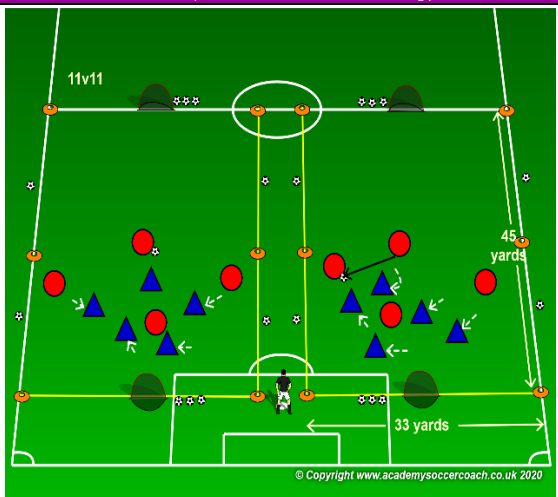
**TRAINING SESSION SELF-REFLECTION QUESTIONS**

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

<b>GOAL:</b>	Improve preventing the opponent from building up and creating scoring chances in our half - 1			
<b>PLAYER ACTIONS</b>	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent			
<b>KEY QUALITIES</b>	Understand the game, Focus, Optimal technical and physical abilities			
<b>MOMENT</b>	<b>DEFENDING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>
				<b>18</b>

**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 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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.

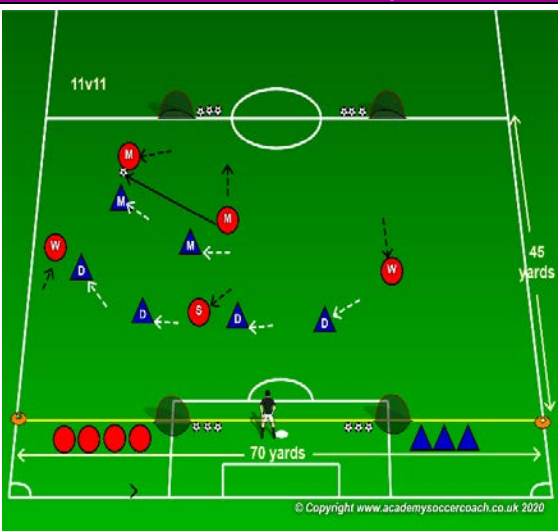
**KEY WORDS:** In front, Force away, Help, Double.

**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: 6v5 to four 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 a 11v11 field, set a 70Wx45L field with 4 small goals as shown. The 6 Blue players: 4 defenders and 2 midfielders will try to regain the ball and score in one of the two small goals in the midfield. The 5 Red players: 2 midfielders, 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.

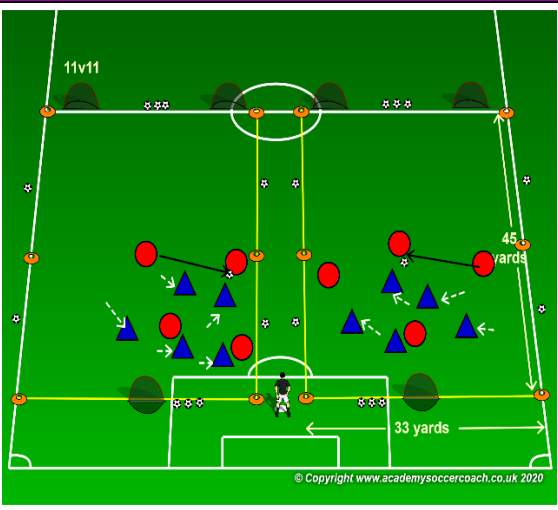
**KEY WORDS:** In front, Force away, Help, Double.

**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 the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

**LESS CHALLENGING: 5v4 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 a 11v11 field, set up two 30Wx45L fields with a goal and two dribbling gates. The 5 Blue players will try to score in one of the two small goals. The 4 Red players will score 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.

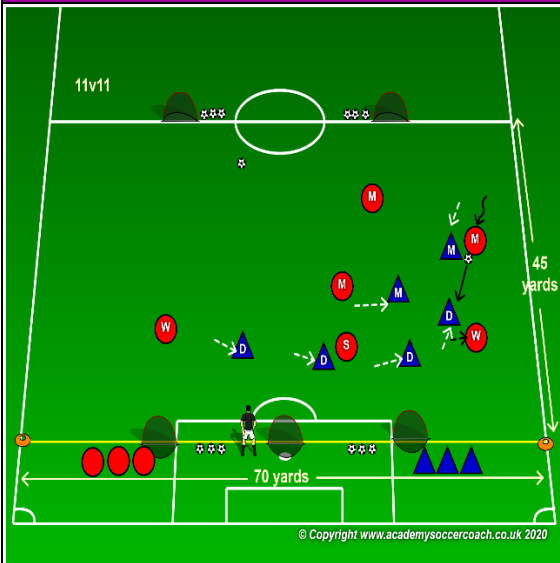
**KEY WORDS:** In front, Force away, Help, Double.

**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: 6v6 to goal and two 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 a 11v11 field, set a 70Wx45L field with 4 small goals as shown. The 6 Blue players: 4 defenders and 2 midfielders will try to regain the ball and score in one of the two small goals in the midfield. The 6 Red players: 3 midfielders, 2 wingers and 1 striker will try to score in one of the two small goals. All Laws of the game in effect. If the Blue team scores, 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 too easy for the players.

**2<sup>nd</sup> PLAY PHASE: The Game – 9V9**



**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 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-3-3 formation.

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

**KEY WORDS:** In 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?



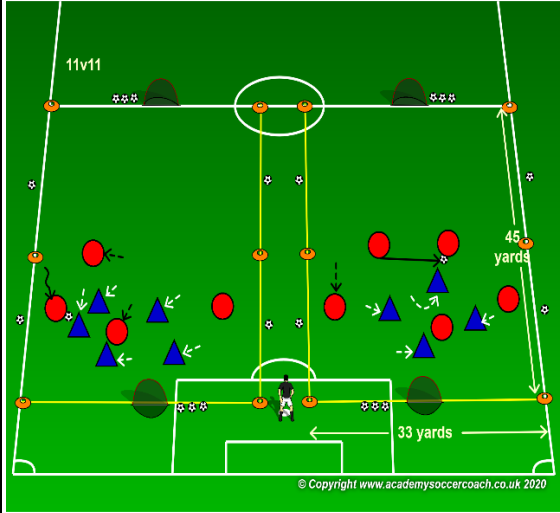
<b>GOAL:</b>	Improve preventing the opponent from building up and creating scoring chances in our half - 2			
<b>PLAYER ACTIONS</b>	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance			
<b>KEY QUALITIES</b>	Read the game, Be pro-active, Focus			
<b>MOMENT</b>	<b>DEFENDING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>
				<b>18</b>

11V11

**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 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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.

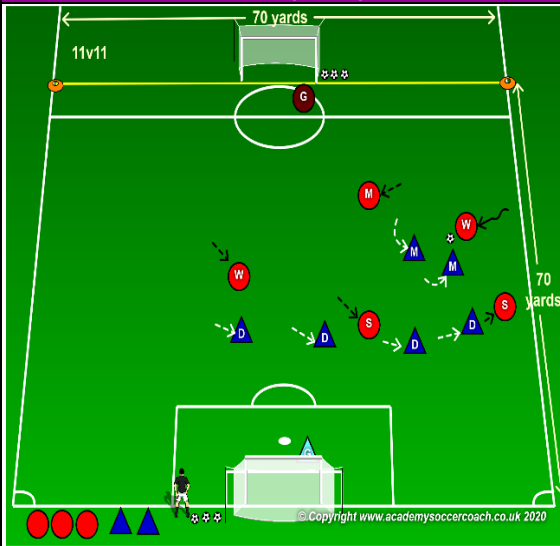
**GUIDED QUESTIONS:** 1. How can we close any opening to pass the ball forward? 2. What should the closest defender to the ball do? 3. Where should the other defender be to help the pressing defender.

**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: 7v6 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 a 11v11 field, set up a 70Wx70L playing area with regular goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 6 Red players: 1 GK, 1 midfielder, 2 wingers and 2 strikers. Both teams score in the opponent's goal. All Laws of the game in effect. If one team scores, the other 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 front, Close the openings, Closest defender, Help.

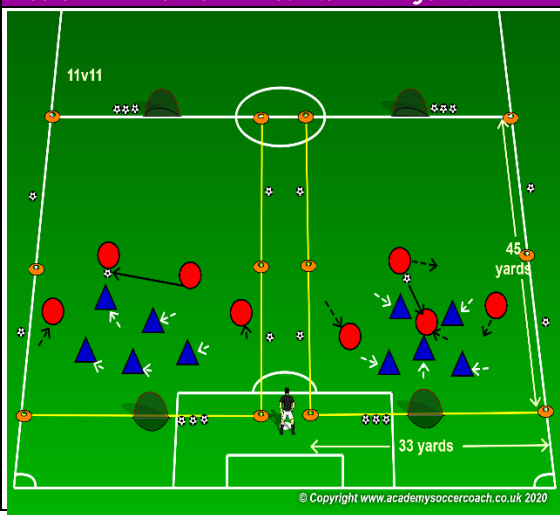
**GUIDED QUESTIONS:** 1. Why do we need to do to put a defender in front of the ball? 2. What should we do to close the openings? 3. Where should the closest defender go now that we are compacted? - 4. What do the other defenders do to help?

**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 the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

**LESS CHALLENGING: 5v4 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 a 11v11 field, set up two 30Wx45L fields with a goal and a mini-goal at each end line. The 5 Blue players and the 4 Red players will 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:** In front, Close the openings, Closest defender, Help.

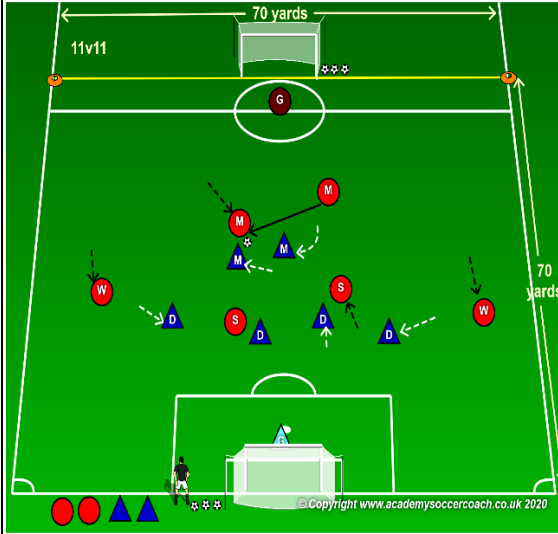
**GUIDED QUESTIONS:** 1. How can we close any opening to pass the ball forward? 2. What should the closest defender to the ball do? 3. Where should the other defenders be to help the pressing defender.

**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.

**MORE CHALLENGING: 1v1 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 a 11v11 field, set up a 70Wx70L playing area with regular goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 7 Red players: 1 GK, 2 midfielders, 2 wingers and 2 strikers. Both teams score in the opponent's goal. All Laws of the game in effect. If one team scores, the other 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 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 this activity if the Core is too easy for the players.

**2<sup>nd</sup> PLAY PHASE: The Game – 9V9**

**DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 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 a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-4-2 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, 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**

**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?

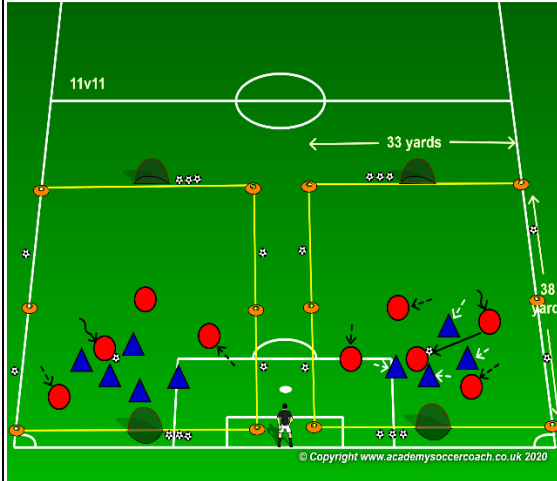
1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?

<b>GOAL:</b>	Improve preventing the opponent from scoring goals - 1			
<b>PLAYER ACTIONS</b>	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance			
<b>KEY QUALITIES</b>	Read the game, Take initiative, Focus			
<b>MOMENT</b>	<b>DEFENDING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>
				<b>18</b>

**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 33Wx38L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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.

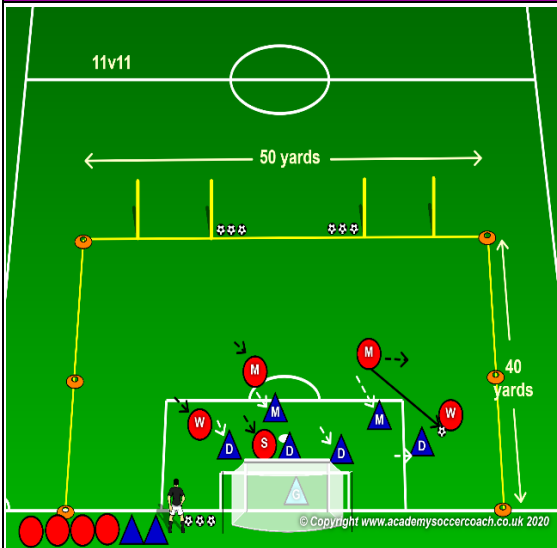
**GUIDED QUESTIONS:** 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted?

**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: 7v5 to goal and dribbling gates**

**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 a 11v11 field, set up a 50Wx40L playing area with a regular goal and two dribbling gates. The 7 Blue players: 1 GK, 4 defenders, 2 midfielders against 5 Red players: 2 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the dribbling 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:** 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.

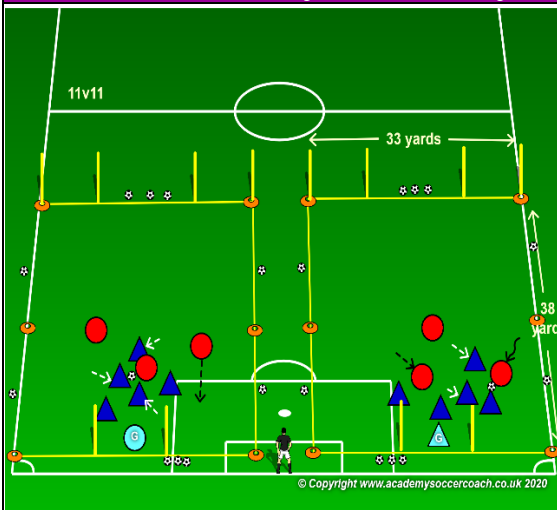
**GUIDED QUESTIONS:** 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

**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 the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

**LESS CHALLENGING: 6v3 to goal & two 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 a 11v11 field, set up two 33Wx38L fields with a goal and two dribbling gates. The 5 Blue players will try to score by dribbling through one of the two gates. The 3 Red players will score in the 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.

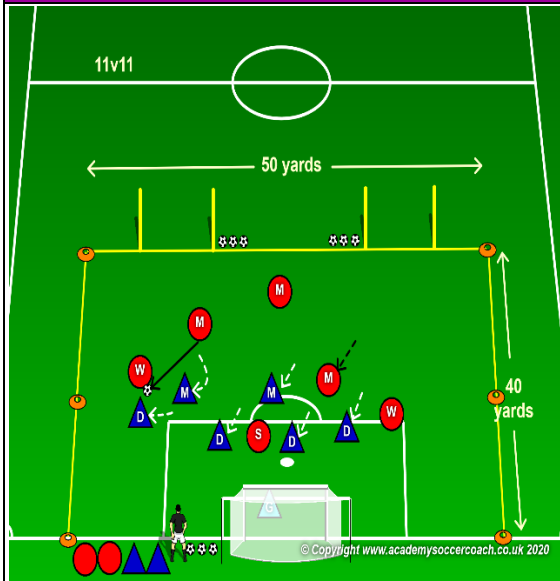
**KEY WORDS:** In Between, Minimize, Press, Help.

**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: 7v6 to goal and two 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 a 11v11 field, set up a 50Wx40L playing area with a regular goal and two dribbling gates. The 7 Blue players: 1 GK, 4 defenders, 2 midfielders against 6 Red players: 3 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the dribbling 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:** 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.

**2<sup>nd</sup> PLAY PHASE: The Game – 9V9**



**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 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red team will play 1-2-3-3 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**

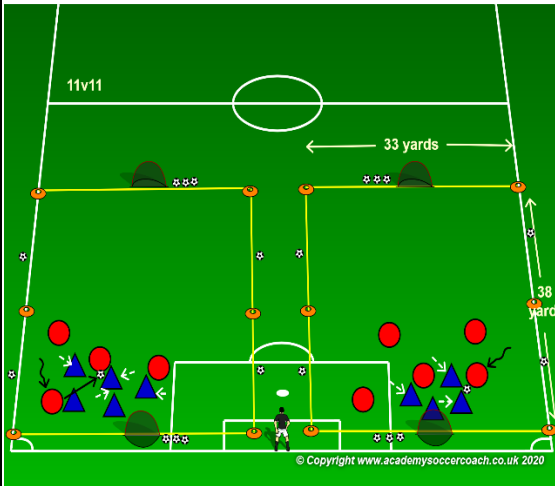
1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?

<b>GOAL:</b>	Improve preventing the opponent from scoring goals - 2			
<b>PLAYER ACTIONS</b>	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent			
<b>KEY QUALITIES</b>	Make decisions, Be proactive, Focus			
<b>MOMENT</b>	<b>DEFENDING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>
				<b>18</b>

**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, Cover & Balance and Outnumber the opponent.

**ORGANIZATION:** In our own half set up two or more 33Wx38L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. 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:** Block the shot, Hassle, Help.

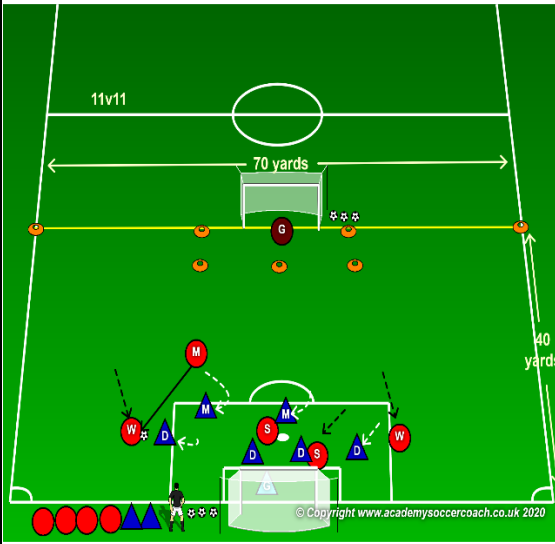
**GUIDED QUESTIONS:** 1. What do we need to do to block the shot? 2. How can we hassle the opponent with the ball? 3. Where should the other defenders help?

**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: 7v6 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 a 11v11 field, set up a 70Wx40L playing area with regular goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 6 Red players: 1 GK, 1 midfielder, 2 wingers and 2 strikers. Both teams score in the opponent's goal. If a team scores, the other 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 shot, Hassle, Help and Double.

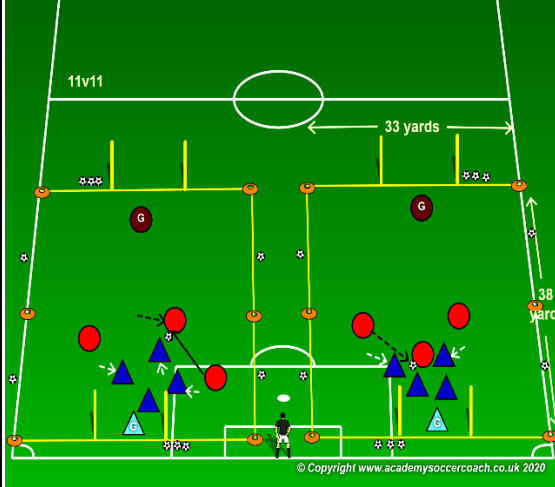
**GUIDED QUESTIONS:** 1. How can a defender block the shot to goal? 2. Who will hassle the player with the ball? 3. How can the other defenders help the pressing defender? 4. When should we double team?

**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: 5v4 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 a 11v11 field, set up two 33Wx38L fields with a goal and two dribbling gates. The Blue players will try to score by dribbling through one of the two gates. The Red players will score in the 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 and Double.

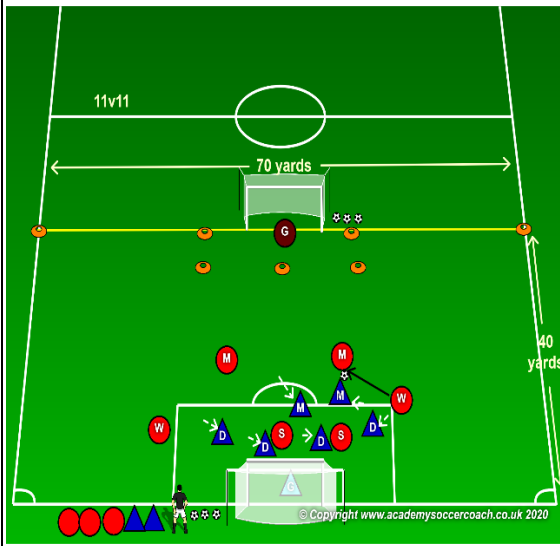
**GUIDED QUESTIONS:** 1. What do we need to do to block the shot? 2. How can we hassle the opponent with the ball? 3. Where should the other defenders help?

**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.



**MORE CHALLENGING: 7v7 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 a 11v11 field, set up a 70Wx40L playing area with regular goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 7 Red players: 1 GK, 2 midfielders 2 wingers and 2 strikers. Both teams score in the opponent's goal. If a team scores, the other 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 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 this activity if the Core is too easy for the players.

**2<sup>nd</sup> PLAY PHASE: The Game – 9V9**



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

**OBJECTIVE:** Deny Scoring chances.

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

**ORGANIZATION:** In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red team will play 1-2-4-2 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 shot, Hassle, Help and Double.

**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?

**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.

**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?