

7v7 Defending- Improve Preventing the Opponent from Building Up in Our Own Half- (B)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

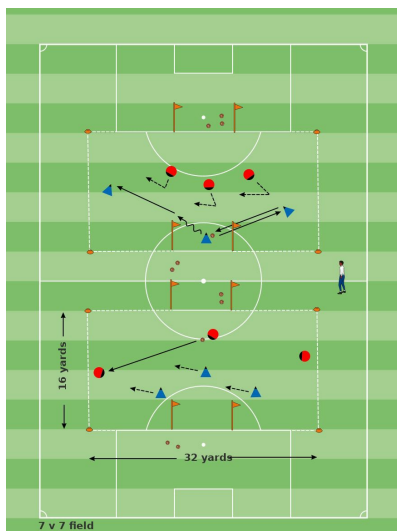
PLAYER ACTIONS: Pressure/cover/balance, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Focus

AGE: U9-U10 / 7v7 / 12 players

MOMENT: Defending

DURATION: 90 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To deny chances, win the ball and score.

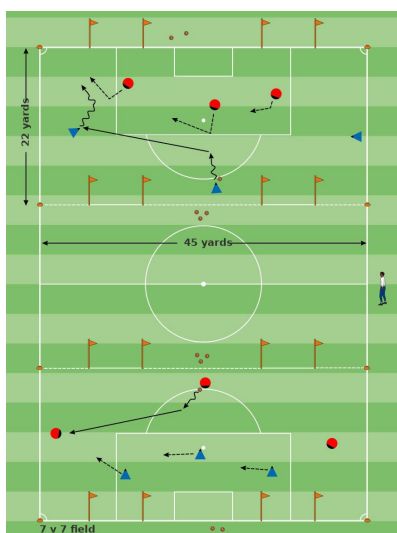
ORGANIZATION: Mark out two 16 x 32-yard fields. Divide players into four teams of three. Teams play 3 v 3 on goal lines (pass on the ground to score). Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, pressure and cover, move with the ball

GUIDED QUESTIONS: 1) How can you keep the opponent away from your goal? 2) What's your job when you're the defender closest to the ball? 3) What do the other defenders need to do?

ANSWERS: 1) Get yourselves behind the ball and block the path to the goal. 2) Protect the goal, steal the ball, stop the ball carrier. 3) Follow the ball and cover the defender closest to it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 3 v 3 on Two Goals Each

OBJECTIVE: To stop the opponent's attack and deny chances.

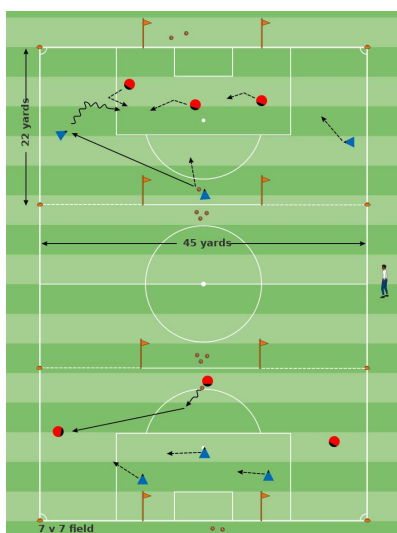
ORGANIZATION: Mark out two 22 x 45-yard fields, each with two 10-yard goal lines on each endline. Divide players into four teams of three. Teams play 3 v 3 on goal lines (pass on the ground to score). Play for 30 minutes with two breaks.

KEY WORDS: Pressure and cover, move with the ball, shift

GUIDED QUESTIONS: 1) How can you keep the opponent from breaking through on the wing and scoring? 2) How should you position yourselves to do that? 3) What's your job when you're the defender closest to the ball? 4) When do you step to pressure the ball?

ANSWERS: 1) Get compact on the side where the ball is at. 2) Move with the ball 3) Stop the ball carrier. 4) When the attacker's head down or takes a bad touch.

NOTES: Start with the Core Activity after the first Play Phase and decide if it's too easy or too difficult. Spend a total of 30 minutes in the Practice Phase.



PRACTICE (Less Challenging): 3 v 3 on Goal Line in Middle

OBJECTIVE: To stop the opponent's attack and deny chances.

ORGANIZATION: Same as core activity, except there's just one 18-yard goal line in the middle of each endline, and players have to dribble across it to score. Play for 30 minutes with two breaks.

KEY WORDS: Pressure and cover, move with the ball, shift

GUIDED QUESTIONS: 1) How can you keep the opponent from scoring? 2) How should you position yourselves to do that? 3) What's your job when you're the defender closest to the ball? 4) When do you step to pressure the ball?

ANSWERS: 1) Get compact. 2) Move with the ball. 3) Stop the ball carrier. 4) When the attacker has his/her head down or takes a bad touch.

NOTES: Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.

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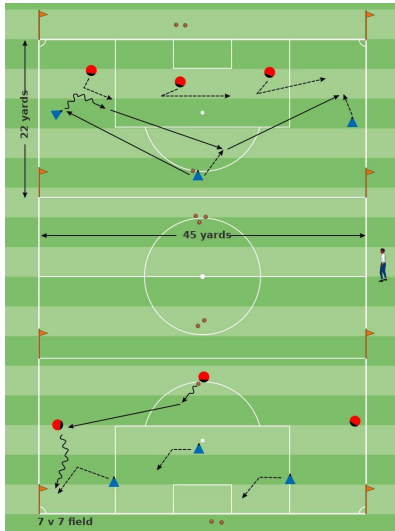
PLAYER ACTIONS: Pressure/cover/balance, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Focus

AGE: U9-U10 / 7v7 / 12 players

MOMENT: Defending

DURATION: 90 min



PRACTICE (More Challenging): 3 v 3 on Endlines

OBJECTIVE: To stop the opponent's attack and deny chances.

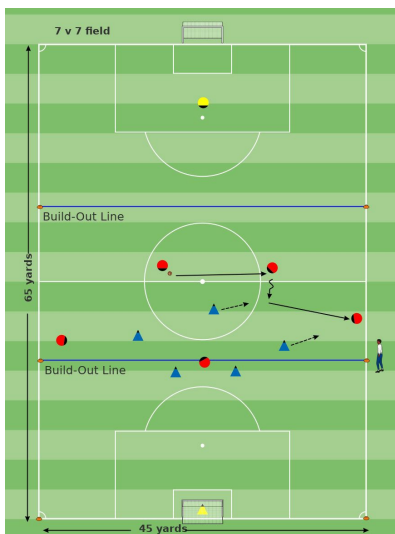
ORGANIZATION: Same as core activity, except players have to dribble across the endlines to score. Play for 30 minutes with two breaks.

KEY WORDS: Pressure and cover, move with the ball, shift

GUIDED QUESTIONS: 1) How can you keep the opponent from breaking through on the wing and scoring? 2) How should you position yourselves to do that? 3) What's your job when you're the closest defender? 4) When do you step to pressure the ball?

ANSWERS: 1) Get compact on the side where the ball is at. 2) Move with the ball. 3) Stop the ball carrier. 4) When the attacker has his/her head down or takes a bad touch.

NOTES: Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To stop the opponent's attack, deny chances and win the ball back.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS: Stay compact, pressure and cover, move with the ball, shift

GUIDED QUESTIONS: 1) How can you keep the opponent away from your goal? 2) What should you do when the opponent is attacking up the wing?

ANSWERS: 1) Form a block behind the ball, cover the entire field and block the path to the goal. 2) Everyone moves toward the ball. Whoever's closest stops the ball carrier while the others cover.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

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