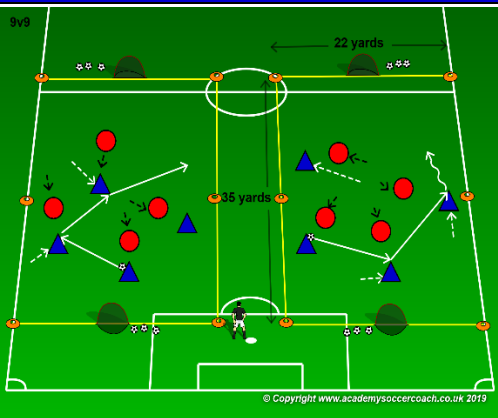




<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half - 1			<b>AGE GROUP</b>  <b>U11/12</b>		
<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Create passing options					
<b>KEY QUALITIES</b>	Read the game, Take initiative, Demonstrate Focus					
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>	<b>9v9</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



**OBJECTIVE:** Move the ball forward.

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

**ORGANIZATION:** In the defending half of the 9v9 field set up two 20Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

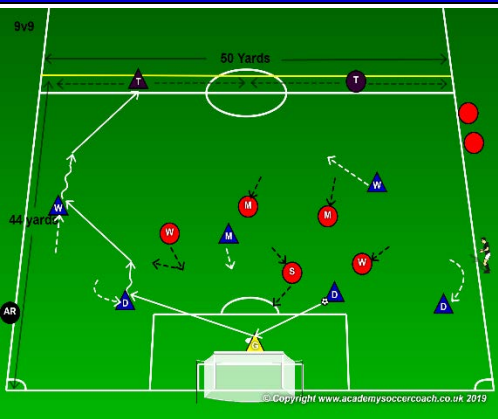
**KEY WORDS:** Pass, Dribble, Get wide and Help.

**GUIDED QUESTIONS:** 1. How do we create openings? 2. When do we pass or dribble forward? 3. Where do we need to be to help the player with the ball?

**ANSWERS:** 1. By spreading out - 2. When you have an opening - 3. By being in front, to the sides, and behind the ball we help to create a passing option.

**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.

**PRACTICE (Core Activity): 7v5 to Goal & 2 Targets** | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



**OBJECTIVE:** Create or find an opening to move the ball forward into the opponent's half.

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

**ORGANIZATION:** In the defending half of the 9v9 field, set up a 50Wx40L with a regular goal and a 4 yard zone for the 2 target players. The Blue team scores by passing to either target player. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restarts the game with a goal kick.

**KEY WORDS:** Pass, Dribble and Get wide, Help.

**GUIDED QUESTIONS:** 1. Why do we need to get wide? 2. What should you do when you see an opening? 3. What do you need to do if you do not have the ball?

**ANSWERS:** 1. To create openings - 2. Dribble or pass the ball forward through the opening - 3. Help your teammate by creating passing options.

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

**PRACTICE (Less Challenging): 7v4 to Goal & 3 Targets** | DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min



**OBJECTIVE:** Create or find an opening to move the ball forward into the opponent's half.

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

**ORGANIZATION:** In the defending half of the 9v9 field, set up a 50Wx40L with a regular goal and a 4 yard zone for the 2 target players. The Blue team scores by passing to either target player. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restarts the game with a goal kick.

**KEY WORDS:** Pass, Dribble, Get wide and Help.

**GUIDED QUESTIONS:** 1. How do we create openings? 2. When do we pass or dribble forward? 3. Where do we help the player with the ball?

**ANSWERS:** 1. By spreading out - 2. When we have an opening - 3. By being in front, to the sides and behind the ball we help to create passing options.

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

**PRACTICE (More Challenging): 7v6 to Goal & 2 Targets** | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



**OBJECTIVE:** Create or find an opening to move the ball forward into the opponent's half.

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

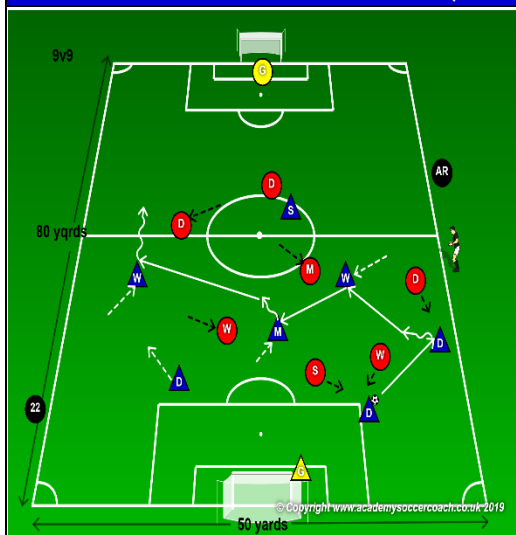
**ORGANIZATION:** In the defending half of the 9v9 field, set up a 50Wx40L with a regular goal and a 4 yard zone for the 2 target players. The Blue team scores by passing to either target player. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restarts the game with a goal kick.

**KEY WORDS:** Pass, Dribble and Get wide, Help.

**GUIDED QUESTIONS:** 1. Why do we need to get wide? 2. What should you do when you see an opening? 3. What do you need to do if you do not have the ball?

**ANSWERS:** 1. To create openings - 2. Dribble or pass the ball forward through the opening - 3. Help your teammate by creating passing options.

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



**OBJECTIVE:** Create or find an opening to move the ball forward into the opponent's half.

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

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

**KEY WORDS:** Pass, Dribble and Get wide, Help.

**GUIDED QUESTIONS:** 1. Why do we need to get wide? 2. What should you do when you see an opening? 3. What do you need to do if you do not have the ball?

**ANSWERS:** 1. To create openings - 2. Dribble or pass the ball forward through the opening - 3. Help your teammate by creating passing options.

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

### 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 training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

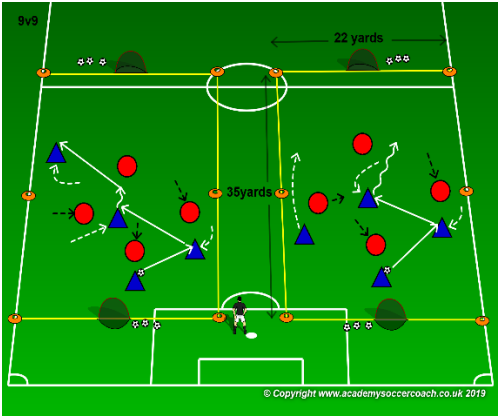
2. What did you do well?

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>AGE GROUP</b>  <b>U11/12</b>		
<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Support the attack					
<b>KEY QUALITIES</b>	Read the game, Take initiative, Demonstrate Focus					
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>	<b>9v9</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



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

**PLAYER ACTIONS:** Pass or dribble forward, Spread out.

**ORGANIZATION:** In the defending half of the 9v9 field set up two 20Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

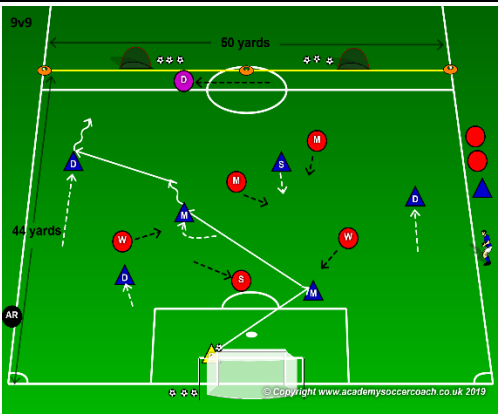
**KEY WORDS:** Pass, Dribble, Get open and Help.

**GUIDED QUESTIONS:** 1. When do we spread out? 2. How do you create an opening? 3. What should you do when you see an opening?

**ANSWERS:** 1. As soon as we get the ball we get open - 2. By passing or dribbling the ball - 3. Pass or dribble 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.

**PRACTICE (Core Activity): 7v5 to Goal & 2 Small Goals** | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



**OBJECTIVE:** Pass or dribble to create openings and get the ball into the opponent's half.

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

**ORGANIZATION:** In the defending half of the 9v9 field, set up a 50Wx40L field with a regular goal and a 4 yard zone for the 2 small goals and a defender. The Blue team scores by passing to either small goal. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restart the game with a goal kick.

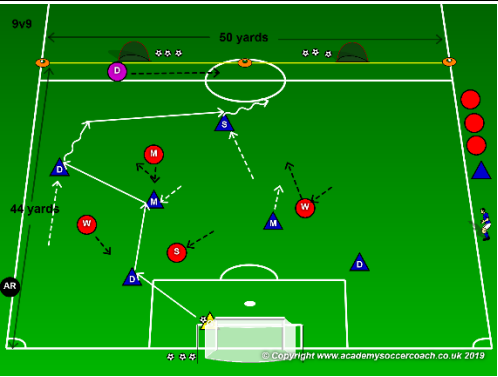
**KEY WORDS:** Pass, Dribble and Get open, Help.

**GUIDED QUESTIONS:** 1 What do we do to create an opening and move the defenders? 2. What do we need to do if the openings are closed? 3. Why do we get behind, to the sides or in front of the players with the ball?

**ANSWERS:** 1. By spreading out - 2. Pass or dribble the ball to move the defenders and create a new opening - 3. To support the attack creating diagonal passes lanes.

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

**PRACTICE (Less Challenging): 7v4 to Goal & 2 Goals** | DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min



**OBJECTIVE:** Pass or dribble to create openings and get the ball into the opponent's half.

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

**ORGANIZATION:** In the defending half of the 9v9 field, set up a 50Wx40L field with a regular goal and a 4 yard zone for the 2 small goals and a defender. The Blue team scores by passing to either small goal. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restarts the game with a goal kick.

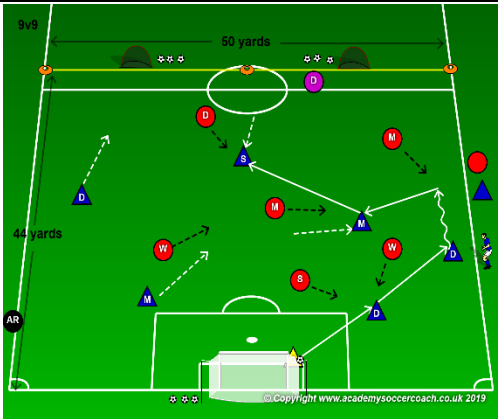
**KEY WORDS:** Pass, Dribble, Get wide and Help.

**GUIDED QUESTIONS:** 1. When do we spread out? 2. How do you create an opening? 3. What should you do when you see an opening? 4. Where should we be to help the player with the ball?

**ANSWERS:** 1. As soon as we get the ball we get open - 2. By passing or dribbling the ball - 3. Pass or dribble forward - 4. In front, to the sides and behind creating diagonal passing lanes.

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

**PRACTICE (More Challenging): 7v6 to Goal & 2 Goals** | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



**OBJECTIVE:** Pass or dribble to create openings and get the ball into the opponent's half.

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

**ORGANIZATION:** In the defending half of the 9v9 field, set up a 50Wx40L field with a regular goal and a 4 yard zone for the 2 small goals and a defender. The Blue team scores by passing to either small goal. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restarts the game with a goal kick.

**KEY WORDS:** Pass, Dribble and Get wide, Help.

**GUIDED QUESTIONS:** 1 What do we do to create an opening and move the defenders? 2. What do we need to do if the openings are closed? 3. Why do we get behind, to the sides or in front of the player with the ball?

**ANSWERS:** 1. Spread out - 2. Pass or dribble the ball to move the defenders and create a new opening - 3. To support the attack creating diagonal passing lanes.

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



**OBJECTIVE:** Pass or dribble to create openings and get the ball into the opponent's half.

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

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

**KEY WORDS:** Pass, Dribble and Get wide, Help.

**GUIDED QUESTIONS:** 1 What can we do to create an opening and move the defenders? 2. What do we need to do if the openings are closed? 3. Why do we get behind, to the sides or in front of the player with the ball?

**ANSWERS:** 1. Spread out - 2. Pass or dribble the ball to move the defenders and create a new opening. 3. To support the attack creating diagonal passing lanes.

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

### 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 training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)


5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

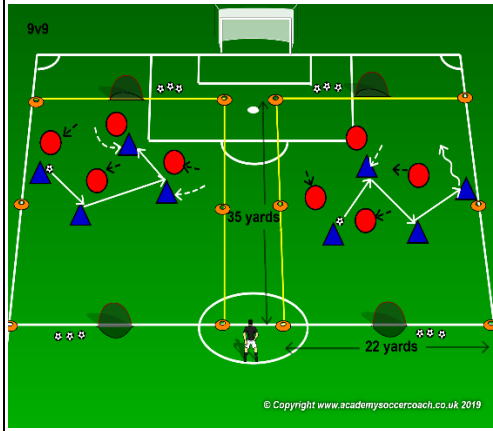
1. How did you do in achieving the goal of the training session?

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>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1				<b>U11/12</b>
	<b>KEY QUALITIES</b>	Read the game, Focus, Optimal technical abilities				
	<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal**      **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5**



**OBJECTIVE:** To pass or dribble forward to find or create openings.

**PLAYER ACTIONS:** Pass or dribble forward and Support the attack.

**ORGANIZATION:** In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

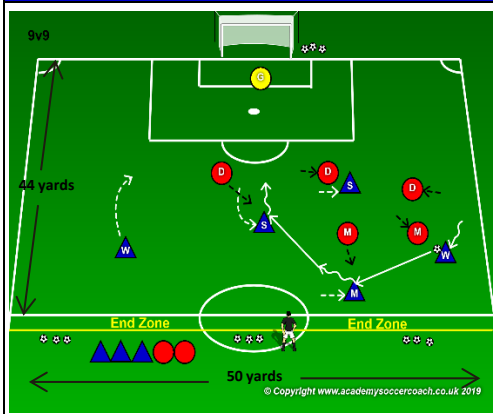
**KEY WORDS:** Dribble, Pass and Help to connect.

**GUIDED QUESTIONS:** 1. When should you dribble forward? 2. Where can we support the player with the ball? 3. Why do we pass forward?

**ANSWERS:** 1. When you are in a 1v1 or have space in front - 2. Behind, to the sides, or in front making a diagonal passing lane - 3. To connect through an opening with a teammate or to shoot at goal.

**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.

**PRACTICE (Core Activity): 5v6 to Goals & an End Zone**      **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To pass and dribble the ball to find and create openings in order to create scoring chances.

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

**ORGANIZATION:** In the attacking half of the 9v9 field set up a 50Wx44L field with a regular goal and an End Zone as shown. The 5 Blue attackers score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.

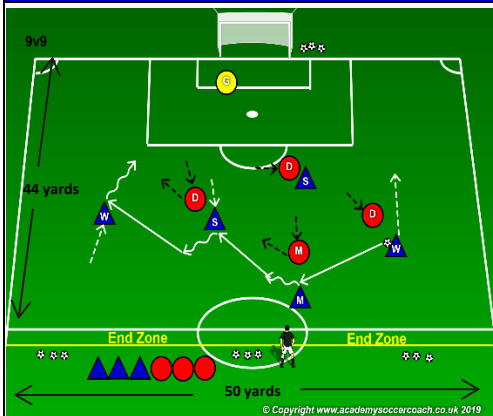
**KEY WORDS:** Opening, Pass, Dribble, Get open and Help to combine.

**GUIDED QUESTIONS:** 1. How can we create openings? 2. What do we do if we find an opening? 3. Why do we stand away and to the side of the defender creating a diagonal passing lane?

**ANSWERS:** 1. By spreading out - 2. Pass forward, through or around the defensive lines or we can dribble forward - 3. To support the attack and create a 2v1.

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

**PRACTICE (Less Challenging): 5v5 to Goals & an End Zone**      **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



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

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

**ORGANIZATION:** In the attacking half of the 9v9 field set up a 50Wx44L field with a regular goal and an End Zone as shown. The 5 Blue attackers score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.

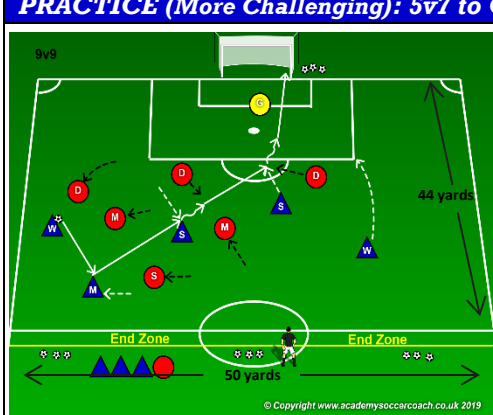
**KEY WORDS:** Possess, Pass, Dribble, and Help to combine.

**GUIDED QUESTIONS:** 1. What should we do if we can't go forward with the ball? 2. When do we pass or dribble forward? 3. What do we need to do to help the player with the ball?

**ANSWERS:** 1. Possess it and pass it sideways or backwards - 2. Pass forward to connect with a teammate through an opening. Dribble forward when you have space or only one opponent in front to beat - 3. Support to create a passing option and create a 2v1.

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

**PRACTICE (More Challenging): 5v7 to Goal & an End Zone**      **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To pass and dribble the ball to find and create openings in order to create scoring chances.

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

**ORGANIZATION:** In the attacking half of the 9v9 field set up a 50Wx44L field with a regular goal and an End Zone as shown. The 5 Blue attackers score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.

**KEY WORDS:** Opening, Pass, Dribble, Get open and Help to combine.

**GUIDED QUESTIONS:** 1. How can we create openings? 2. What do we do if we find an opening? 3. Why do we stand away and to the side of the defender creating a diagonal passing lane?

**ANSWERS:** 1. By spreading out - 2. Pass forward, through or around the defensive lines or we can dribble forward - 3. To support the attack and create a 2v1.

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



**OBJECTIVE:** To pass and dribble the ball to find and create openings in order to create scoring chances.

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

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

**KEY WORDS:** Opening, Pass, Dribble, Get open and Help to combine.

**GUIDED QUESTIONS:** 1. What do we do if we can't go forward with the ball? 2. Why do we need to get wide? 3. Where do we need to support in order create a chance to combine.

**ANSWERS:** 1. We move the ball until we find an opening to go forward - 2. We spread out to create an opening - 3. Support by standing away and 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 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 training 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 players?

### Training Session Self-Reflection Questions

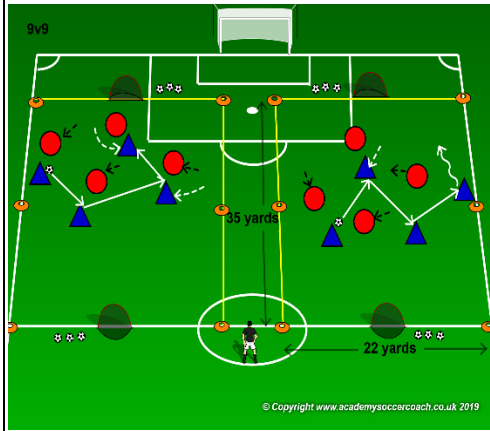
1. How did you do in achieving the goal of the training session?

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>AGE GROUP</b>			
	<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack	<b>U11/12</b>			
<b>KEY QUALITIES</b>	Read the game, Focus, Optimal technical abilities					
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>	<b>9v9</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



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

**PLAYER ACTIONS:** Pass or dribble forward and Create Passing options.

**ORGANIZATION:** In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

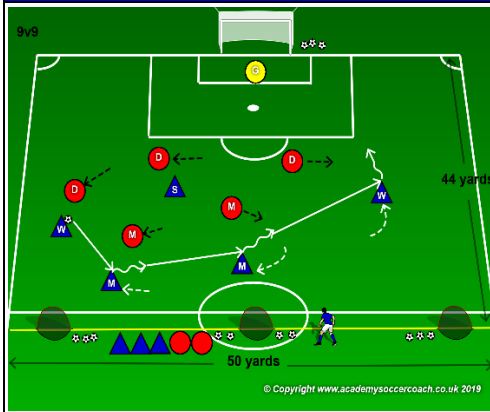
**KEY WORDS:** Pass, Dribble, Possess and Combine.

**GUIDED QUESTIONS:** 1. What portion of the field do we need the ball to be in to create scoring chances? 2. When should you pass forward? 3. Where do you need to be to provide a passing option?

**ANSWERS:** 1. The opponent's half - 2. When we can strike the ball through an opening to a teammate - 3. Behind, to the sides, or in front of the player with the ball making diagonal passing lanes.

**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.

**PRACTICE (Core Activity): 5v6 to Goals & 3 Mini Goals** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



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

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx44L field with a regular goal and two small goals. The 5 Blue attackers score in the regular goal, Red team scores in either counter goal. Rotate players every round.

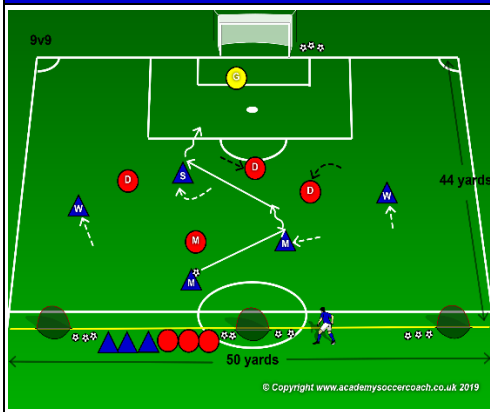
**KEY WORDS:** Opening, Pass, Dribble, Get wide, Combine and Switch.

**GUIDED QUESTIONS:** 1. What should we do when we get the ball to create openings? 2. How can we move the ball forward? 3. When is a good time to combine? 4. What should we do if the openings are closed?

**ANSWERS:** 1. Spread out - 2. Passing it forward, through an opening or dribble it forward - 3. When we become a passing option creating a 2v1 - 4. Possess the ball and change the point of attack.

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

**PRACTICE (Less Challenging): 5v5 to Goals & an End Zone** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



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

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx44L field with a regular goal and two small goals. The 5 Blue attackers score in the regular goal, Red team scores in either counter goal. Rotate players every round.

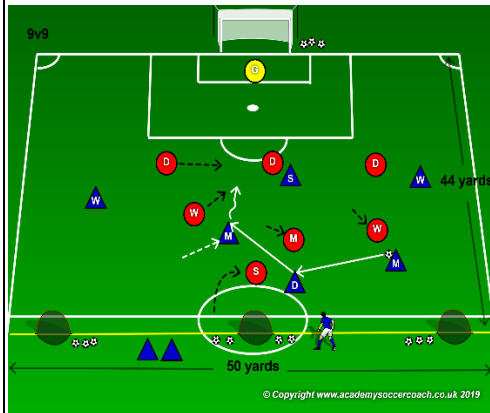
**KEY WORDS:** Pass, Dribble, Get wide and Combine.

**GUIDED QUESTIONS:** 1. What do you do if you are in a 1v1? 2. When do we pass forward? 3. What do we need to do to help the player with the ball?

**ANSWERS:** 1. Dribble forward around the opponent - 2. Pass forward to connect with a teammate. - 3. Become a passing option by being behind, to the sides, or in front making a diagonal passing lane.

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

**PRACTICE (More Challenging): 6v8 to Goal & an End Zone** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



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

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx44L field with a regular goal and two small goals. The 5 Blue attackers score in the regular goal, Red team scores in either counter goal. Rotate players every round.

**KEY WORDS:** Opening, Pass, Dribble, Get wide, Combine and Switch.

**GUIDED QUESTIONS:** 1. What should we do when we get the ball to create openings? 2. How can we move the ball forward? 3. When is a good time to combine? 4. What should we do if the openings are closed?

**ANSWERS:** 1. Spread out - 2. Passing it forward, through an opening or dribble it forward - 3. When we become a passing option creating a 2v1 - 4. Possess the ball and change the point of attack.

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



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

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

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

**KEY WORDS:** Opening, Pass, Dribble, Get wide, Combine and Switch.

**GUIDED QUESTIONS:** 1. What should we do when we get the ball to create openings? 2. How can we move the ball forward? 3. When is a good time to combine? 4. What should we do if the openings are closed?

**ANSWERS:** 1. Spread out - 2. Passing it forward, through an opening or dribble it forward - 3. When we become a passing option creating a 2v1 - 4. Possess the ball and change the point of attack.

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

### 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 training 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 players?

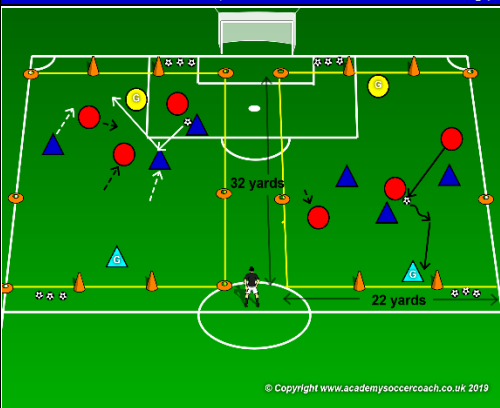
### Training Session Self-Reflection Questions

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



<b>GOAL:</b>	Improve scoring goals - 1				<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Shoot, Pass or Dribble forward, Create a 2v1 or 1v1				<b>U11/12</b>
<b>KEY QUALITIES</b>	Make decisions, Take initiative, Optimal technical abilities				
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>
					9v9

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



**OBJECTIVE:** To create scoring chances to score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward.

**ORGANIZATION:** In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

**KEY WORDS:** Opening, Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we have an opening to goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do?

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

**PRACTICE (Core Activity): 5v5 to Goal & End Zone** | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



**OBJECTIVE:** To create scoring chances to score goals.

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 40Wx32L field with a regular goal and an End Zone. The 5 Blue attackers score in the regular goal, Red team scores dribbling the ball into the end zone or connecting a pass to a teammate in the end zone. Rotate players every round.

**KEY WORDS:** Opening, Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. When should we shoot at 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. When we find or create an opening - 2. Passing the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

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

**PRACTICE (Less Challenging): 5v3 to Goal & End Zone** | DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min



**OBJECTIVE:** To create scoring chances to score goals.

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 40Wx32L field with a regular goal and an End Zone. The 5 Blue attackers score in the regular goal, Red team scores dribbling the ball into the end zone or connecting a pass to a teammate in the end zone. Rotate players every round.

**KEY WORDS:** Opening, Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we create or find an opening to goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do? 4. How can we help the player with the ball to create a 2v1?

**ANSWERS:** 1. Shoot - 2. Pass the ball - 3. Dribble past the defender - 4. Become a passing option.

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

**PRACTICE (More Challenging): 5v6 to Goal & End Zone** | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



**OBJECTIVE:** To create scoring chances to score goals.

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 40Wx32L field with a regular goal and an End Zone. The 5 Blue attackers score in the regular goal, Red team scores dribbling the ball into the end zone or connecting a pass to a teammate in the end zone. Rotate players every round.

**KEY WORDS:** Opening, Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. When should we shoot at 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. When we find or create an opening - 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:** Switch to this activity if the Core is too easy for the players.



**OBJECTIVE:** To create scoring chances to score goals.

**PLAYER ACTIONS:** Shoot, Pass or dribble forward, Create a 2v1 or 1v1.

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

**KEY WORDS:** Opening, Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. When should we shoot at 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. When we find or create an opening - 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:** Switch to this activity if the Core is too easy for the players.

### 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 training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)



5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

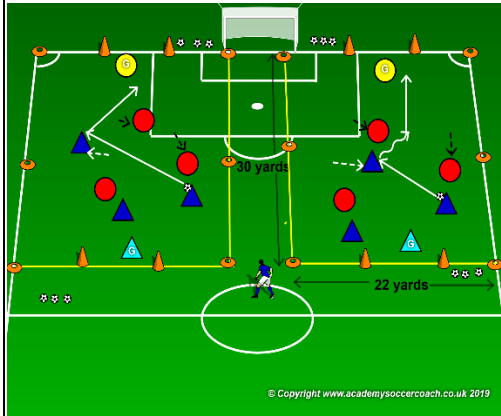
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

 	<b>GOAL:</b>	Improve Scoring Goals - 2				<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1				<b>U11/12</b>
	<b>KEY QUALITIES</b>	Read the game, Be proactive, Optimal technical abilities				
	<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goals** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward.

**ORGANIZATION:** In a 9v9 field set up two 22Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

**KEY WORDS:** Shoot, Pass, and Dribble.

**GUIDED QUESTIONS:** 1. When should you shoot? 2. What should we do if confronted by one defender near the goal? 3. How can we create or find an opening?

**ANSWERS:** 1. As soon as you created or found an opening - 2. If you are in 1v1, dribble the defender - 3. We pass the ball to move the defenders to create or find 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.

**PRACTICE (Core Activity): 4v5 to Goal & 2 Small Goals** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 36Wx30L field with a regular goal and two small goals. The 4 Blue attackers score in the regular goal, Red team scores by passing to either small goal. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, Cross and Combine.

**GUIDED QUESTIONS:** 1. What should you do if you have an opening to goal? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine? 4. What should the winger do when he/she is in a scoring position?

**ANSWERS:** 1. Shoot - 2. When we can shoot at goal but we have an opening to a teammate in a scoring position - 3. Create passing options for a 2v1 - 4. The Winger should shoot or cross the ball to create a scoring chance.

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

**PRACTICE (Less Challenging): 4v4 to Goal & 2 Small Goals** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 36Wx30L field with a regular goal and two small goals. The 4 Blue attackers score in the regular goal, Red team scores by passing to either small goal. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, and Combine.

**GUIDED QUESTIONS:** 1. What should you do if you have an opening to goal? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine?

**ANSWERS:** 1. Shoot - 2. When we can shoot at goal but we have an opening to a teammate in a scoring position - 3. Create passing options for a 2v1.

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

**PRACTICE (More Challenging): 4v6 to Goal & Small Goals** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward, Create a passing option.

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 36Wx30L field with a regular goal and two small goals. The 4 Blue attackers score in the regular goal, Red team scores by passing to either small goal. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, Cross and Combine.

**GUIDED QUESTIONS:** 1. What should you do if you have an opening to goal? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine? 4. What should the winger do when he is in a scoring position?

**ANSWERS:** 1. Shoot - 2. When we can shoot at goal but we have an opening to a teammate in a scoring position - 3. Create passing options for a 2v1 - 4. The Winger should shoot or cross the ball to create a scoring chance.

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



**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In a 9v9 field (60Wx80L) play 8v8. The Blue team will play in a 1-2-4-1 formation and the Red team will play in a 1-3-3-1 formation.

**KEY WORDS:** Shoot, Pass, Dribble, Cross and Combine.

**GUIDED QUESTIONS:** 1. What should you do if you have an opening to goal? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine? 4. What should the winger do when he is in a scoring position?

**ANSWERS:** 1. Shoot - 2. When we can shoot at goal but we have an opening to a teammate in a scoring position - 3. Create passing options for a 2v1 - 4. The Winger should shoot or cross the ball to create a scoring chance.



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

### Five Elements of a Training Activity

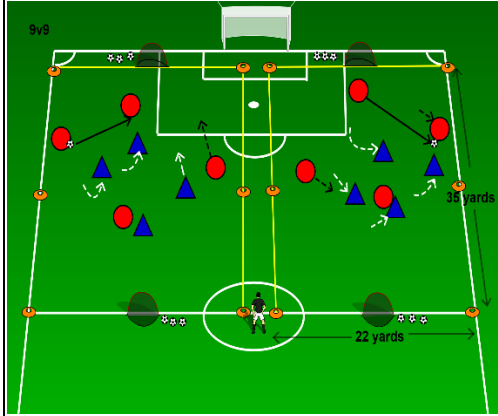
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being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

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of 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>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Protect the goal, Steal the ball, Pressure, Cover & Balance				<b>U11/12</b>
	<b>KEY QUALITIES</b>	Make decisions, Focus, Optimal physical abilities				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | **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 and Balance.

**ORGANIZATION:** In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

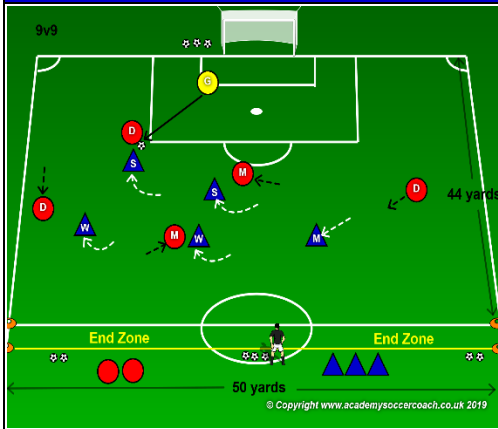
**KEY WORDS:** Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. What should you do to block the way to the goal? 2. Who pressures the ball? 3. When is a good time to steal the ball?

**ANSWERS:** 1. Get in front of the ball to protect the goal - 2. The defender closest to the ball - 3. When the defender is close enough to tackle it or poke it.

**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.

**PRACTICE (Core Activity): 5v6 to goal & an End Zone** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Steal the ball, Pressure/Cover and Balance.

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx44L field with a regular goal and an End Zone. The 5 Blue defenders score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.

**KEY WORDS:** Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. Who should step up to protect the goal? 2. What can the defender in front of the ball do? 3. How will the other defenders close the openings?

**ANSWERS:** 1. The closest defender to the ball - 2. Pressure the attacker and try to steal the ball - 3. By providing 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.

**PRACTICE (Less Challenging): 7v6 to Goal & an End Zone** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Steal the ball, Pressure/Cover and Balance.

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx44L field with a regular goal and an End Zone. The 5 Blue defenders score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.

**KEY WORDS:** Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. What should you do to block the way to the goal? 2. Who pressures the ball? 3. When is a good time to steal the ball? 4. Who provides cover?

**ANSWERS:** 1. Get in front of the ball to protect the goal - 2. The defender closest to the ball - 3. When I am close enough to tackle it or poke it - 4. The Defenders who are behind the defender pressing the ball.

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

**PRACTICE (More Challenging): 5v7 to Goal & an End Zone** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Steal the ball, Pressure/Cover and Balance.

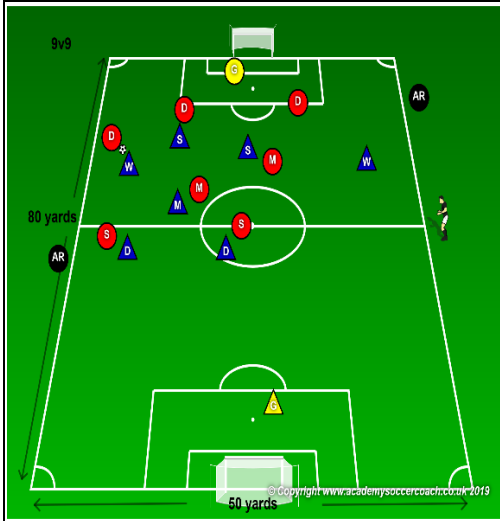
**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx44L field with a regular goal and an End Zone. The 5 Blue defenders score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.

**KEY WORDS:** Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. Who should step up to protect the goal? 2. What can the defender in front of the ball do? 3. How will the other defenders close the openings?

**ANSWERS:** 1. The closest defender to the ball - 2. Pressure the attacker and try to steal the ball - 3. By providing cover and balance.

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



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Steal the ball, Pressure/Cover and Balance.

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

**KEY WORDS:** Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. How can we prevent the opponent from playing forward? 2. What can the defender in front of the ball do? 3. How will the other defenders close the openings?

**ANSWERS:** 1. The closest defender to the ball gets in front of the ball to protect the goal - 2. Pressure the attacker and try to steal the ball - 3. By providing cover and balance.

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

### 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 training 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 players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of 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>AGE GROUP</b>			
	<b>PLAYER ACTIONS</b>	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance			<b>U11/12</b>	
	<b>KEY QUALITIES</b>	Read the game, Take initiative, Focus, Optimal physical abilities				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | **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 compact, and Keep it compact.

**ORGANIZATION:** In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

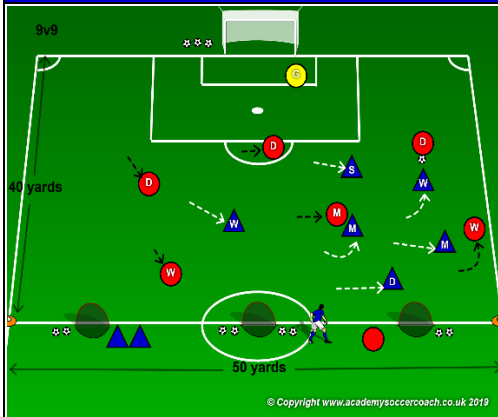
**KEY WORDS:** Block the opening, Work together, Hassle the opponent.

**GUIDED QUESTIONS:** 1. How do we force the opponents to play sideways or backwards? 2. How do we need to work together?

**ANSWERS:** 1. Get the defender in front of the ball to protect the goal and block the way forward - 2. Moving together to close the opening by getting and staying 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.

**PRACTICE (Core Activity): 6v7 to Goal and Small Goals** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** Disrupt the opponent's build up to regain the ball closer to their goal.

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and two small goals as shown. The 6 Blue defenders score in the regular goal, Red team scores by passing into one of the small goals. Rotate players every round.

**KEY WORDS:** Block the opening, Work together, Hassle the opponent, Help to defend.

**GUIDED QUESTIONS:** 1. Why do we want a defender to get in front of the ball? 2. What do we need to do to close the openings? 3. If a defender is pressing the ball, what do the other defenders need to provide?

**ANSWERS:** 1. To protect the goal and prevent forward play - 2. Work together to get compact and stay compact. - 3. They need to 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.

**PRACTICE (Less Challenging): 6v5 to Goal & Small Goals** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and two small goals as shown. The 6 Blue defenders score in the regular goal, Red team scores by passing into one of the small goals. Rotate players every round.

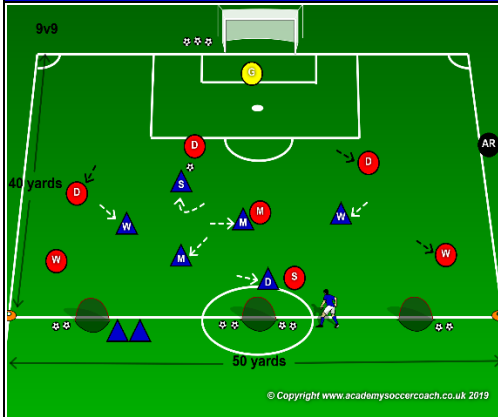
**KEY WORDS:** Shut the opening, Angle, speed and distance of approach, Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. How do we force the opponents to play sideways or backwards? 2. Why do we need to work together? 3. Who presses the attacker with the ball, and what do the other defenders do?

**ANSWERS:** 1. Get the defender in front of the ball to protect the goal and block the way forward - 2. To make it and keep it compact.- 3. The closest defender presses, the others provide cover and balance.

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

**PRACTICE (More Challenging): 6v8 to Goal & Small Goals** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

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

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the regular goal, Red team scores by passing into the small goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Block the opening, Work together, Hassle the opponent, Help to defend.

**GUIDED QUESTIONS:** 1. Why do we want a defender to get in front of the ball? 2. What do we need to do to close the openings? 3. If a defender is pressing the ball, what do the other defenders need to provide?

**ANSWERS:** 1. To protect the goal and prevent forward play - 2. Work together to get compact and stay compact. - 3. They need to provide cover and balance.

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



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Steal the ball, Pressure/Cover and Balance.

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

**KEY WORDS:** Block the opening, Work together, Hassle the opponent, Help to defend.

**GUIDED QUESTIONS:** 1. When do we want a defender to get in front of the ball? 2. What do we need to do to close the openings? 3. If a defender is pressing the ball, what do the other defenders need to provide?

**ANSWERS:** 1. As soon as the attacker is receiving the ball. - 2. Work together to get compact and stay compact. - 3. They need to provide cover and balance.

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

### 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 training 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 players?

### Training Session Self-Reflection Questions

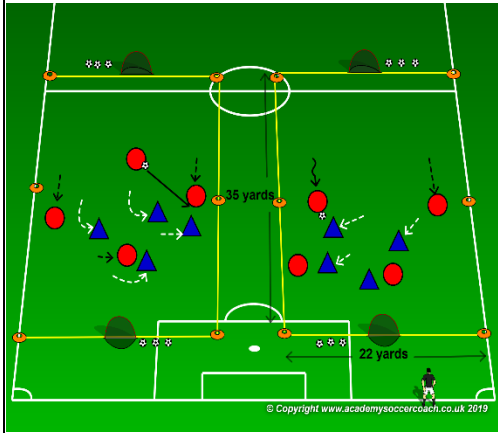
1. How did you do in achieving the goal of the training session?

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>AGE GROUP</b>			
	<b>PLAYER ACTIONS</b>	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent	<b>U11/12</b>			
	<b>KEY QUALITIES</b>	Understand the game, Focus, Optimal technical and physical abilities				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** To regain the ball and deny the opposition from moving the ball forward.

**PLAYER ACTIONS:** Protect the goal, Pressure, cover and balance.

**ORGANIZATION:** In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

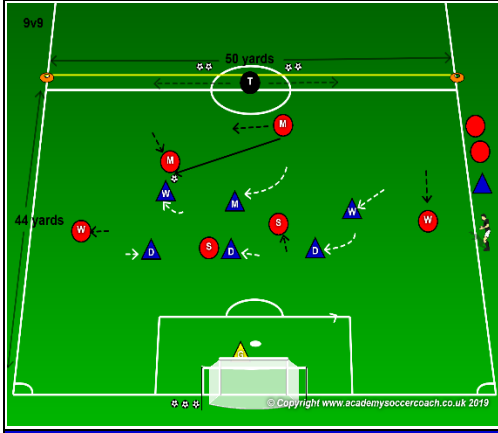
**KEY WORDS:** Obstruct the way forward, Force away (backwards), Help defend.

**GUIDED QUESTIONS:** 1. What should we do to prevent them from playing forward? 2. What do we want the obstructing defender to do? 3. How do the other defenders help?

**ANSWERS:** 1. Get a defender in between the attacker with the ball and the goal to protect the goal - 2. Press the ball to force the attacker away from the goal - 3. They provide 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.

**PRACTICE (Core Activity): 7v6 to Goal and a Target** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure, cover and balance, Outnumber the opponent.

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 50Wx44L field with a regular goal and a 4 yard End Zone with a target player. The 6 Blue defenders score by passing to the target player, Red team scores in the regular goal. Rotate players every round.

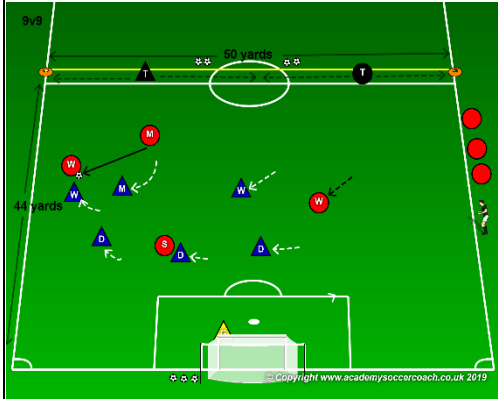
**KEY WORDS:** Obstruct the way forward, Force away (backwards), Help defend, Double.

**GUIDED QUESTIONS:** 1. Who should step up to get in front of the ball to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help the pressing defender? 4. When should we double team?

**ANSWERS:** 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.

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

**PRACTICE (Less Challenging): 7v4 to Goal & 2 Targets** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To regain the ball, deny the opposition to move the ball forward and create scoring chances.

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

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 50Wx44L field with a regular goal and a 4 yard End Zone with 2 target players. The 6 Blue defenders score by passing to one of the target players, Red team scores in the regular goal. Rotate players every round.

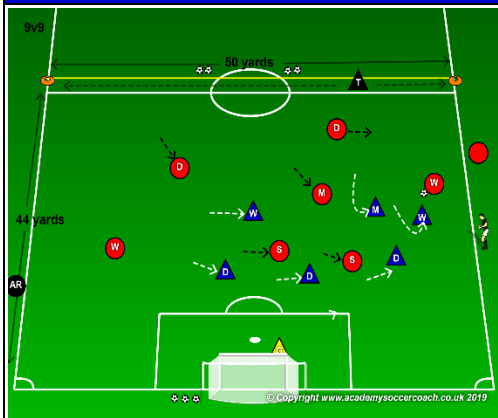
**KEY WORDS:** Obstruct the way forward, Force away (backwards), Help defend, Double.

**GUIDED QUESTIONS:** 1. Who steps up to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help defend?

**ANSWERS:** 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Move together and provide defensive cover and balance -

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

**PRACTICE (More Challenging): 7v7 to Goal and 2 Targets** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.

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

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 50Wx44L field with a regular goal and a 4 yard End Zone with a target player. The 6 Blue defenders score by passing to the target player, Red team scores in the regular goal. Rotate players every round.

**KEY WORDS:** Obstruct the way forward, Force away (backwards), Help defend.

**GUIDED QUESTIONS:** 1. Who should step up to get in front of the ball to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help the pressing defender? 4. When should we double team?

**ANSWERS:** 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.

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

**2<sup>nd</sup>. PLAY PHASE: The Game – 8v8 (GK+7v7+GK)**

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



**OBJECTIVE:** To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.

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

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

**KEY WORDS:** Obstruct the way forward, Force away (backwards), Help defend.

**GUIDED QUESTIONS:** 1. Who should step up to get in front of the ball to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help the pressing defender? 4. When should we double team?

**ANSWERS:** 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.



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

**Five Elements of a Training Activity**

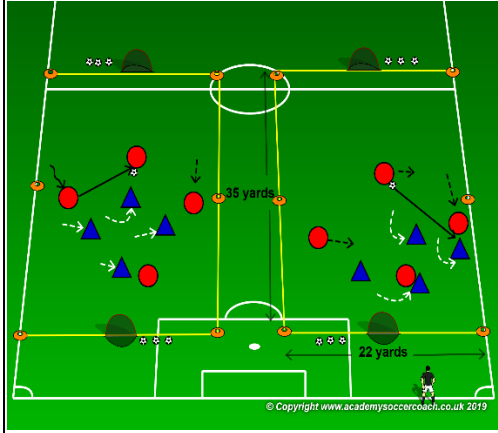
- 1. **Organized:** Is the activity organized in the right way?
- 2. **Game-like:** Is the activity game-like?
- 3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
- 4. **Challenging:** Are the players being challenged? (Is there the right balance between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

**Training Session Self-Reflection Questions**

- 1. How did you do in achieving the goal of 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>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				<b>U11/12</b>
	<b>KEY QUALITIES</b>	Read the game, Be pro-active , Focus				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** Deny penetration to prevent scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure, cover and balance.

**ORGANIZATION:** In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

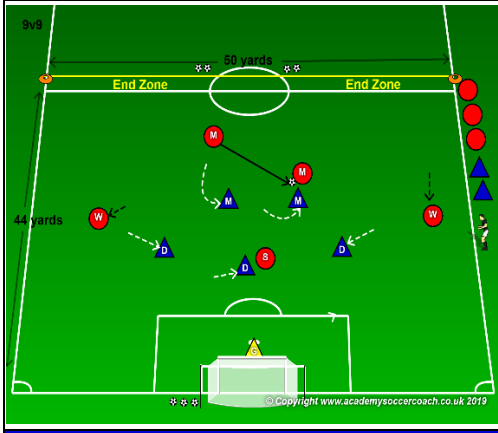
**KEY WORDS:** Block the way, Press, Close the openings.

**GUIDED QUESTIONS:** 1. How can we prevent the ball from moving forward? 2. Who should press the attacker with the ball? 3. What can we do to close the openings?

**ANSWERS:** 1. Block the way forward to protect the goal - 2. The defenders closest to the ball - 3. We need to make it and keep it compact to close the openings.

**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.

**PRACTICE (Core Activity): 6v5 to Goal & End Zone** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** Deny penetration to prevent scoring chances and regain the ball.

**PLAYER ACTIONS:** Protect the goal, Make it and keep it compact, Pressure, cover and balance.

**ORGANIZATION:** In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Block the way, Press, Close the openings.

**GUIDED QUESTIONS:** 1. Who should press the ball and block the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?

**ANSWERS:** 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive 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.

**PRACTICE (Less Challenging): 6v4 to Goal & an End Zone** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** Deny penetration to prevent scoring chances and regain the ball.

**PLAYER ACTIONS:** Protect the goal, Make it and keep it compact, Pressure, cover and balance.

**ORGANIZATION:** In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

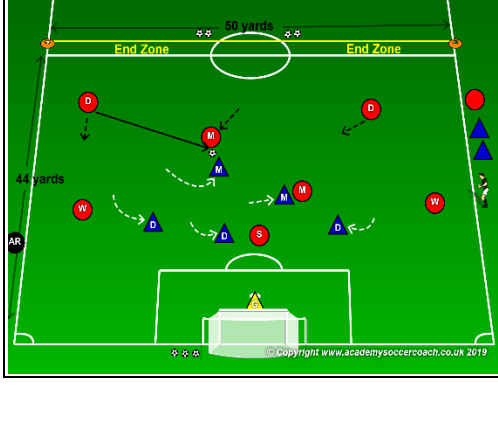
**KEY WORDS:** Block the way, Press, Close the openings.

**GUIDED QUESTIONS:** 1. Who should press the ball and block the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?

**ANSWERS:** 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.

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

**PRACTICE (More Challenging): 6v7 to Goal & End Zone** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** Deny penetration to prevent scoring chances and regain the ball.

**PLAYER ACTIONS:** Protect the goal, Make it and keep it compact, Pressure, cover and balance.

**ORGANIZATION:** In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Block the way, Press, Close the openings.

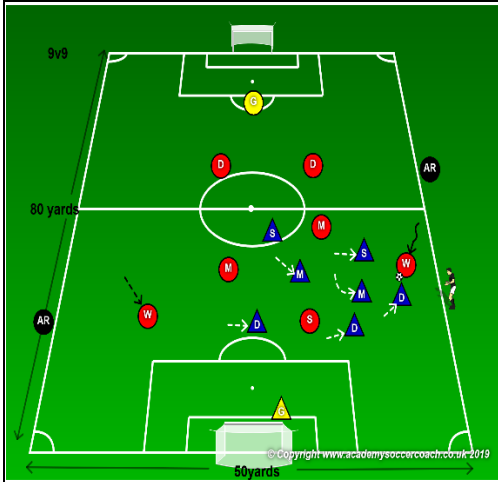
**GUIDED QUESTIONS:** 1. Who should press the ball and block the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?

**ANSWERS:** 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance..

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

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

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



**OBJECTIVE:** To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.

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

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

**KEY WORDS:** Block the way, Press, Close the openings.

**GUIDED QUESTIONS:** 1. Who should press the ball and block the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?

**ANSWERS:** 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.

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

**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 training 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 players?

**Training Session Self-Reflection Questions**

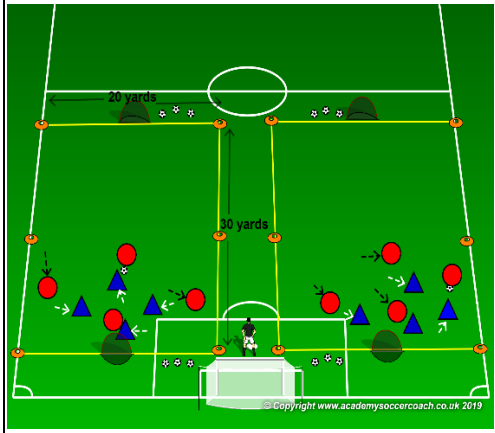
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

 	<b>GOAL:</b>	Improve preventing the opponent from scoring goals - 1				<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				<b>U11/12</b>
	<b>KEY QUALITIES</b>	Read the game, Take initiative, Focus				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** Deny scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure and cover.

**ORGANIZATION:** In the defending half of a 9v9 field set up two 20Wx30L fields with a small goal at each end. Play 2v1, up to 4v4. One team has a goalkeeper the other does not. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

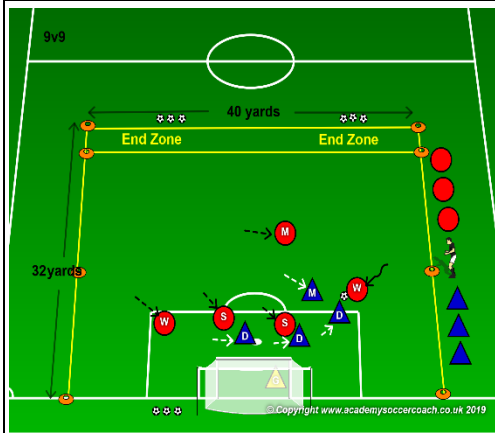
**KEY WORDS:** Shield the goal, Compactness, Help defend.

**GUIDED QUESTIONS:** 1. Where should the defender be to shield the goal? 2. How can we close the opening to goal? 3. What can we do after we are compacted in front of the ball?

**ANSWERS:** 1. In between the ball and the goal blocking any shots or passes forward - 2. We can close the opening to goal by getting and staying compact. - 3. We can pressure the attacker 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.

**PRACTICE (Core Activity): 5v5 to Goal & an End Zone** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** Deny scoring chances and regain the ball.

**PLAYER ACTIONS:** Protect the goal, Make it and keep it compact, Pressure and cover.

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 40Wx32L field with a regular goal and a small goal as shown. The 4 Blue defenders score by dribbling the ball into the end zone or by passing to a player entering the end zone. Red team scores in the regular goal. Rotate players every round.

**KEY WORDS:** Shield the goal, Compactness, Hassle the attacker and Help defend.

**GUIDED QUESTIONS:** 1. Why do we need to shield the goal? 2. Why do we need to get and stay compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

**ANSWERS:** 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal and force the opponent away from goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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

**PRACTICE (Less Challenging): 7v5 to Goal & an End Zone** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** Deny scoring chances and regain the ball.

**PLAYER ACTIONS:** Protect the goal, Make it and keep it compact, Pressure and cover.

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 40Wx32L field with a regular goal and a small goal as shown. The 4 Blue defenders score by dribbling the ball into the end zone or by passing to a player entering the end zone. Red team scores in the regular goal. Rotate players every round.

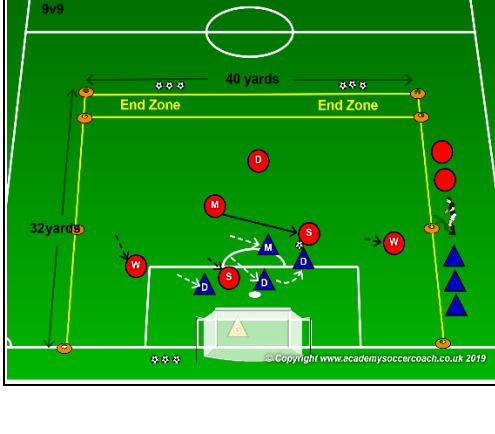
**KEY WORDS:** Shield the goal, Compactness, Hassle the attacker and Help defend.

**GUIDED QUESTIONS:** 1. Why do we need to shield the goal? 2. How can we close the opening to goal? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

**ANSWERS:** 1. To protect the goal, blocking any chances of a shot. - 2. We need to get compact - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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

**PRACTICE (More Challenging): 5v6 to Goal & End Zone** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** Deny scoring chances and regain the ball.

**PLAYER ACTIONS:** Protect the goal, Make it and keep it compact, Pressure and cover.

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 40Wx32L field with a regular goal and a small goal as shown. The 4 Blue defenders score by dribbling the ball into the end zone or by passing to a player entering the end zone. Red team scores in the regular goal. Rotate players every round.

**KEY WORDS:** Shield the goal, Compactness, Hassle the attacker and Help defend.

**GUIDED QUESTIONS:** 1. Why do need to shield the goal? 2. Why do we need to get and stay compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

**ANSWERS:** 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal and force the opponent away from goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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



**OBJECTIVE:** Deny scoring chances and regain the ball.

**PLAYER ACTIONS:** Protect the goal, Make it and keep it compact, Pressure, Cover and balance.

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

**KEY WORDS:** Shield the goal, Compactness, Hassle the attacker and Help defend.

**GUIDED QUESTIONS:** 1. Why do need to shield the goal? 2. Why do we need to get and stay compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

**ANSWERS:** 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal and force the opponent away from goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

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

### 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 training 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 players?

### Training Session Self-Reflection Questions

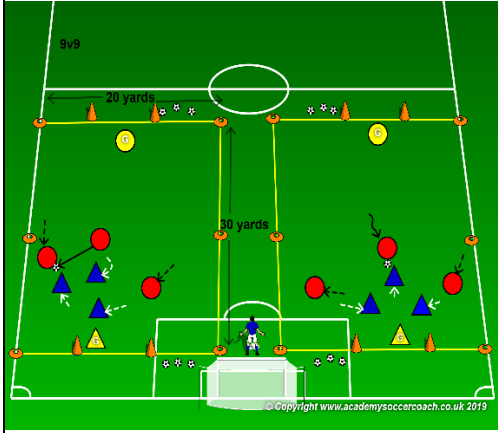
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

 	<b>GOAL:</b>	Improve preventing the opponent from scoring goals - 2				<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent				<b>U11/12</b>
	<b>KEY QUALITIES</b>	Make decisions, Be proactive, Focus				
	<b>MOMENT</b>	<b>Defending</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



**OBJECTIVE:** Prevent scoring chances.

**PLAYER ACTIONS:** Protect the goal, Pressure and cover.

**ORGANIZATION:** In a 9v9 field, set up two 20Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

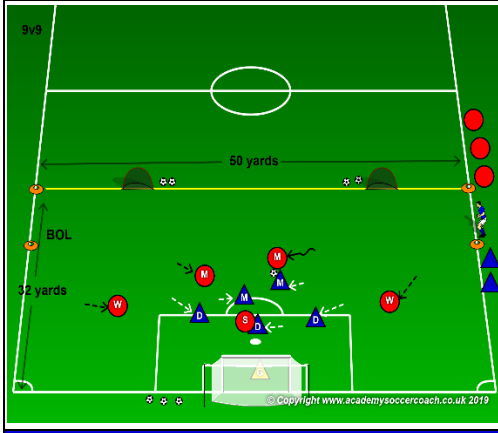
**KEY WORDS:** Block the shot, Work together.

**GUIDED QUESTIONS:** 1. Who should protect the goal? 2. Where should this defender be to prevent the shot? 3. How do we work together to prevent scoring chances?

**ANSWERS:** 1. The closest defender to the ball - 2. The defender should be in between the ball and the goal - 3. Moving together so the closest defender to the ball pressures it and the other provides cover.

**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.

**PRACTICE (Core Activity): 6v5 to Goal & Small Goals** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** Prevent scoring chances.

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

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 5 Blue defenders score in either of the two small goals. Red team scores in the regular goal. Rotate players every round.

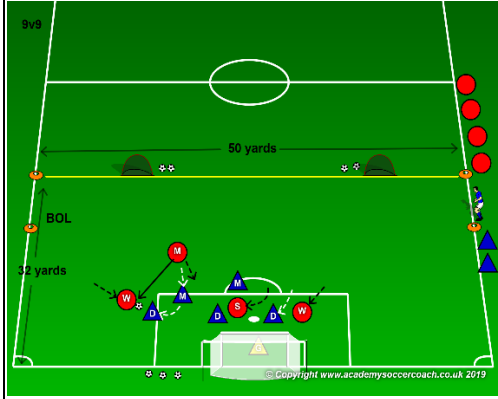
**KEY WORDS:** Block the shot, Together, Double.

**GUIDED QUESTIONS:** 1. Why do we want a defender in front of the attacker with the ball? 2. What should the defenders do after we get compacted? 3. When is a good time to double-team the attacker with the ball?

**ANSWERS:** 1. To block the way forward and to protect the goal - 2. We should provide pressure, cover and balance - 3. 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.

**PRACTICE (Less Challenging): 6v4 to Goal & Small Goals** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** Prevent scoring chances.

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

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 5 Blue defenders score in either of the two small goals. Red team scores in the regular goal. Rotate players every round.

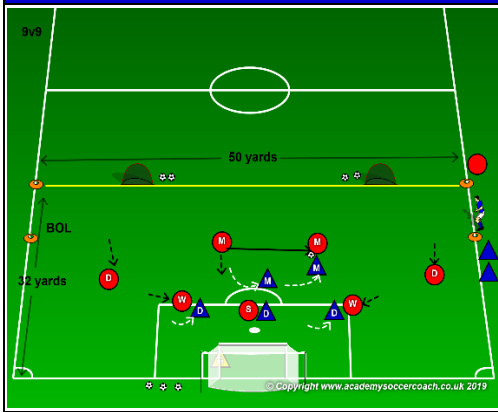
**KEY WORDS:** Block the shot, Together, Double.

**GUIDED QUESTIONS:** 1. Who should step up to protect the goal and pressure the ball? 2. What should the other defenders do? 3. When is a good time to double team the attacker with the ball?

**ANSWERS:** 1. The closest defender to the attacker with the ball. - 2. Provide cover and balance - 3. When we outnumber the attacker with the ball.

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

**PRACTICE (More Challenging): 6v7 to Goal & Small Goals** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** Prevent scoring chances.

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

**ORGANIZATION:** In the defending half of a 9v9 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 5 Blue defenders score in either of the two small goals. Red team scores in the regular goal. Rotate players every round.

**KEY WORDS:** Block the shot, Together, Double.

**GUIDED QUESTIONS:** 1. Why do we want a defender in front of the attacker with the ball? 2. What should the defenders do after we get compacted? 3. When is a good time to double-team the attacker with the ball?

**ANSWERS:** 1. To block the way forward and to protect the goal - 2. We should provide pressure, cover and balance - 3. When we outnumber the attacker with the ball.

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



**OBJECTIVE:** Prevent scoring chances.

**PLAYER ACTIONS:** Protect the goal, Make it and keep it compact, Pressure, Cover and balance.

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

**KEY WORDS:** Block the shot, Together, Double.

**GUIDED QUESTIONS:** 1. Why do we want a defender in front of the attacker with the ball? 2. What should the defenders do after we get compacted? 3. When is a good time to double-team the attacker with the ball?

**ANSWERS:** 1. To block the way forward and to protect the goal - 2. We should provide pressure, cover and balance - 3. When we 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 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 training 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 players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?