

Ela Rec 5-8 Defending (2)
AGE: U9 / U13 / 10 players
TEAM FUNCTION: Defending



OBJECTIVE:
TEAM TACTICAL PRINCIPLES:
KEY QUALITIES:

 10

 60 min

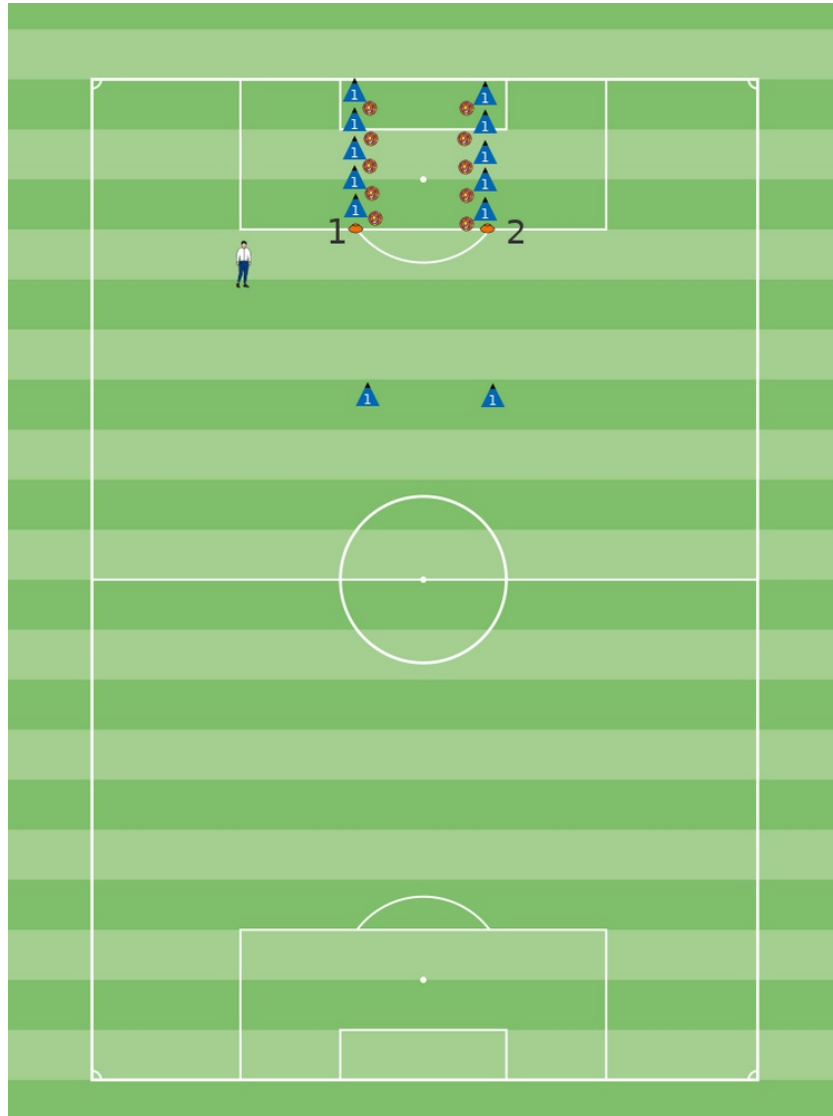
Pressure/Cover Passing Warm Up
Win Possession to Score
Flankenspiel

Pressure/Cover Passing Warm Up

OBJECTIVE: Improve the players' ability to work in a pressure/cover relationship out of possession

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Two lines set up as shown. The two players in front of cones 1 & 2 are the ones working. The coach calls out "1!" or "2!". If the coach says "1!" the player in front of cone 1 steps forward and the first player at cone 1 passes the ball. The player in front of cone 1 receives the ball and passes it back. The player in front of cone 2 shifts over into a cover position as if the player in front of cone 1 was stepping to pressure the ball. Both players recover back into their original positions and the coach shouts another number. Work for 30 seconds and then rotate (the players working go to the end of the opposite line and the first player in line at the cone steps forward).

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Defending

 **AGE:**
U9 / U12

 **PLAYERS:**
2

 **DURATION:**
13:0 min (20 x 0:30 min, 0:10 min rest)

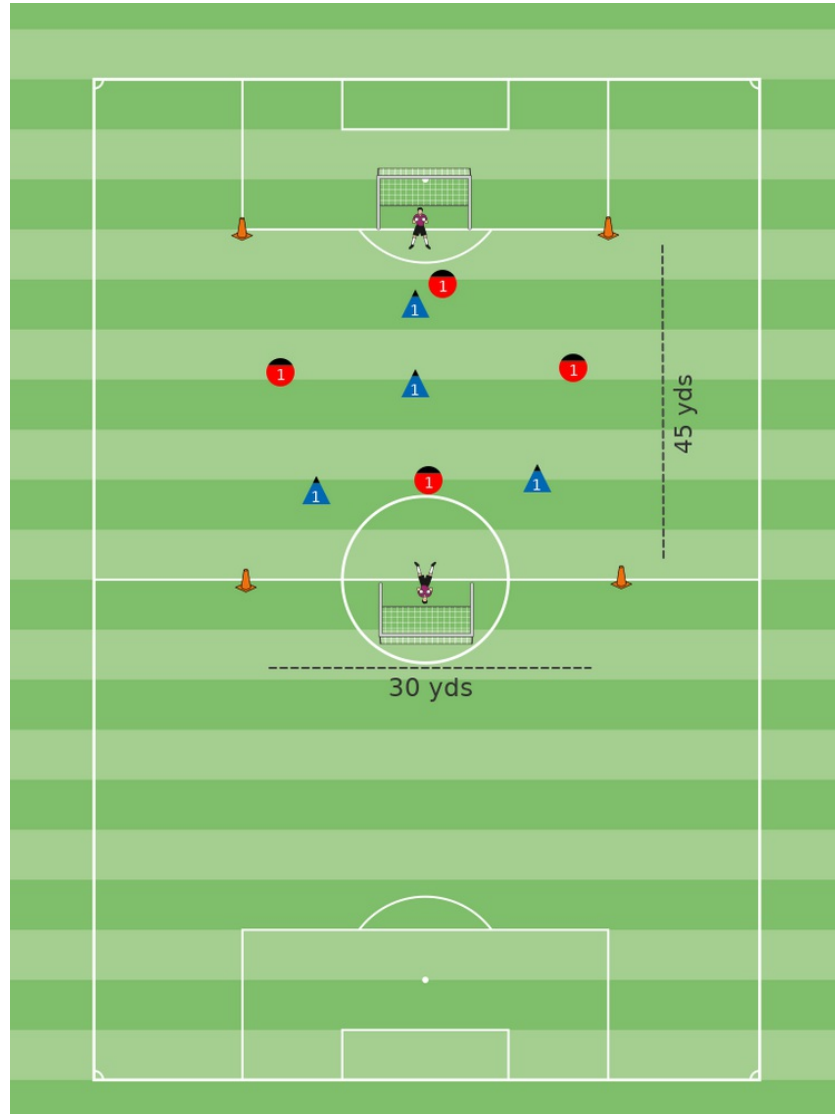
 **INTENSITY:**
Extremely Light

Win Possession to Score

OBJECTIVE: Improve the team's ability to win the ball AND keep possession

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. The circles start with the ball. Any time the ball goes out the circles ALWAYS get possession. If it goes out over a sideline the circles receive a throw. If it goes out over an endline the circles are given a goal kick or corner kick (depending on the endline the ball goes out over). The triangles must win the ball AND keep possession in play in order to score. Play for 4 minutes and then trade roles so the triangles always receive the ball when it goes out. Keep score across both halves.

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Defending

 **AGE:**
U11 / U15

 **PLAYERS:**
5 vs 5

 **DURATION:**
8:30 min (2 x 4:0 min, 0:30 min rest)

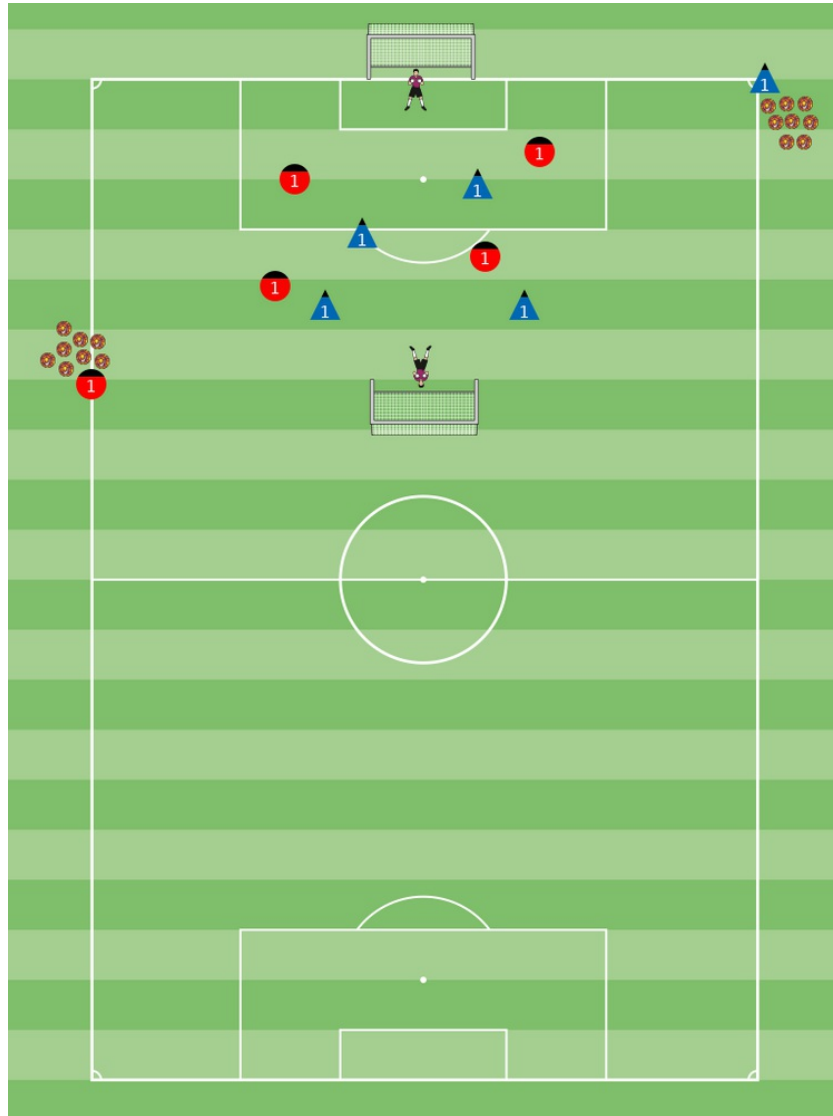
 **INTENSITY:**
Moderate

Flankenschpiel

OBJECTIVE: Improve the team's ability to defend corner kicks

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. Every time the ball goes out of play it is restarted with a corner kick for the team who earned possession. Once the corner kick is served into play teams play until the ball goes out again. Play for 3 minutes and then rotate the corner kick takers for each team.

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Defending

 **AGE:**
U12 / U17

 **PLAYERS:**
5 vs 5

 **DURATION:**
13:30 min (4 x 3:0 min, 0:30 min rest)

 **INTENSITY:**
Moderate

Ela Rec 5-8 Defending (2)

OBJECTIVE:

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

AGE: U9 / U13 / 10 players

TEAM FUNCTION: Defending

DURATION: 60 min

Five Elements of a Training Exercise

1. **Organized:** Is the exercise organized in the right way?
2. **Game-like:** Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: