

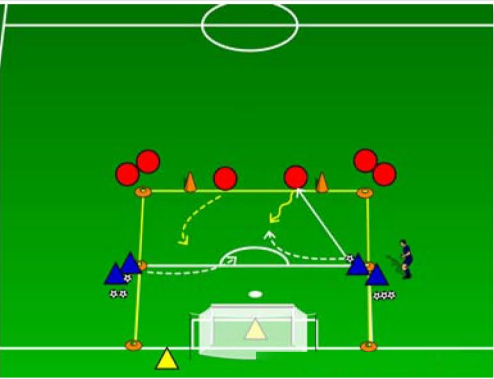
Improve preventing the opponent from scoring goals - 1



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| GOAL: | Decision making, focus, take initiative | | | | | | | | |
| PLAYER ACTIONS | Protect the goal, press/cover, make it and keep it compact | | | | | | | | |
| KEY QUALITIES | Protect the goal, press/cover, make it and keep it compact | | | | | | | | |
| AGE GROUP | U9-U10 / 7V7 / 12 Players | MOMENT | Defending | DURATION | 60 min | | | | |
| 1st PLAY PHASE | 1V1, 2V1, 2V2...3V3 | Duration: | 9 min | Activity time: | 2.5 min | Rest time: | 30 sec | Intervals | 3 |

As players arrive, play Small Sided Games (1v1 -4v4)

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| PRACTICE (Core Activity): | Duration: | 24 | Activity time: | 2 min | Rest time: | 2 min | Intervals | 6 |
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2v3 TO A REGULAR GOAL AND A CONE GOAL:
OBJECTIVE: To prevent the opponent from scoring.

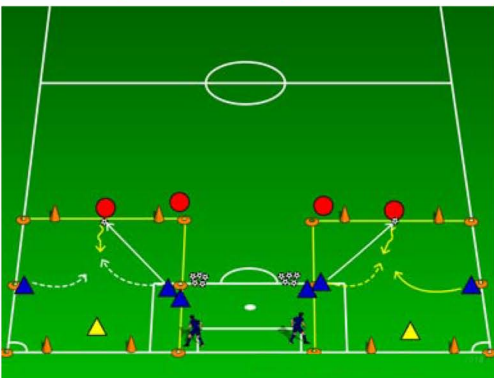
ORGANIZATION: Set up a 24Wx20L yard field with a regular goal on one end line and a 10 yard cone goal on the opposite end line. After receiving the ball, Red team attacks to score in the regular goal and the Blue team scores by dribbling through the cone goal. Play until one team scores. Afterwards, start a new 2v3 game.
KEY WORDS: Defend the goal, pressure, block the shot.

GUIDED QUESTIONS: 1.- Why do we want to protect the goal? 2.- What can you do to protect the goal? 3.- What should the other defender do?

ANSWERS: 1.- To keep the opponent from scoring. 2.- Go after the ball, get in front of the attacker and block the way to the goal and force him/her to the outside. 3.- Double team the attacker with the ball, tackle or steal the ball.

NOTES: Start with the Core Activity. If it is too difficult, switch to the Less Challenging Activity. If it is too easy, switch to the More Challenging Activity.

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| PRACTICE (Less Challenging): | Duration: | 24 | Activity time: | 1 min | Rest time: | 1 min | Intervals | 12 |
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1v3 TO GOAL:
OBJECTIVE: To prevent the opponent from scoring.

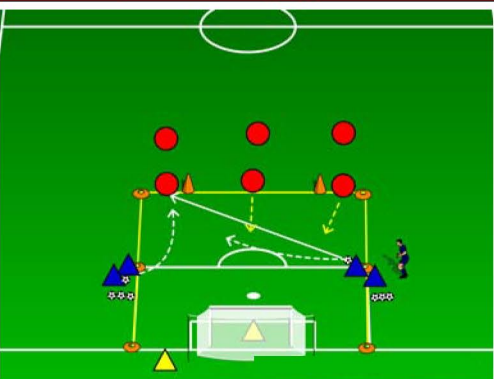
ORGANIZATION: Set up a 16Wx20L yard field with a cone goal with a keeper on the end line and a 10 yard cone goal on the opposite end line. After receiving the ball, the Red player will attack to score in the regular goal and the Blue team scores by dribbling through the cone goal. Play until one team scores. Afterwards, start a new 1v3 game.
KEY WORDS: Defend the goal, pressure, block the shot

GUIDED QUESTIONS: 1.- Why do we want to protect the goal? 2.- What can you do to protect the goal? 3.- What should the other defender do?

ANSWERS: 1.- To keep the opponent from scoring. 2.- Go after the ball, get in front of the attacker and block the way to the goal and force him/her to the outside. 3.- Double team the attacker with the ball, tackle or steal the ball.

NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.

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| PRACTICE (More Challenging): | Duration: | 24 | Activity time: | 2 min | Rest time: | 2 min | Intervals | 6 |
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3v3 TO REGULAR GOAL AND A CONE GOAL:
OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Set up a 24Wx20L yard field with a regular goal on one end line and a 10 yard cone goal on the opposite end line. After receiving the ball, the Red team attacks to score in the regular goal and the Blue team scores by dribbling through the cone goal. Play until one team scores. Afterwards, start a new 3v3 game.
KEY WORDS: Defend the goal, pressure, block the shot.

GUIDED QUESTIONS: 1.- Why do we want to protect the goal? 2.- What can you do to protect the goal? 3.- What should the other defender do?

ANSWERS: 1.- To keep the opponent from scoring. 2.- Go after the ball, get in front of the attacker and block the way to the goal and force him/her to the outside. 3.- Double team the attacker with the ball, tackle or steal the ball.

NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the Less Challenging Activity.

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| 2nd PLAY PHASE | 6v6 (1-2-3 v 1-2-3) | Duration: | 27 min | Activity time: | 11 min | Rest time: | 2.5 min | Intervals | 2 |
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Finish the session with a scrimmage using all FIFA rules

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| FIVE ELEMENTS OF TRAINING ACTIVITY | TRAINING SESSION SELF REFLECTION QUESTIONS |
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- 1. Organized:** Is the activity organized in the right way?
- 2. Game like:** Is the activity game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the right coaching based on the age/level of the players?

- 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?**