

## 11v11 Defending- Improve Preventing Opponent from Building-Up in Our Half- (A)

AGE: U13+ / 11v11 / 18 players

MOMENT:



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

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus

18

90 min

**1ST PLAY PHASE: Small-Sided Games**

**PRACTICE (Core Activity):** 5 v 4 on End Zone and Three Mini Goals

**PRACTICE (Less Challenging):** 4 v 4 on End Zone and Target Player

**PRACTICE (More Challenging):** 5 v 4 on End Zone and Three Mini Goals

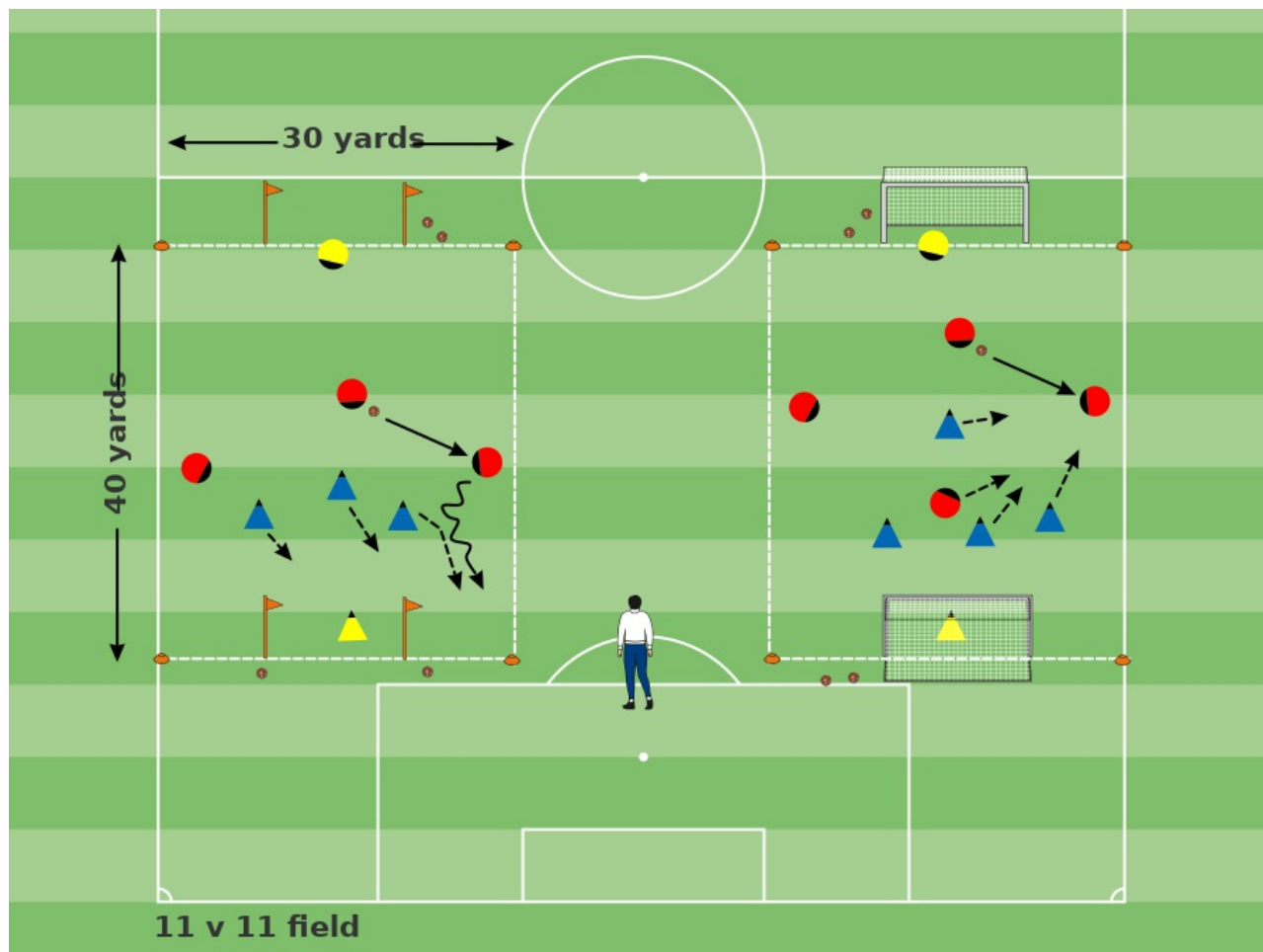
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Small-Sided Games

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

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out two 40 x 30-yard fields. Free play: Divide players into two teams of four and two of five. Teams play 4 v 4 and 5 v 5 on goals with goalkeepers. Play for 30 minutes with two breaks.

### KEY WORDS:

Stay compact, move with the ball

### GUIDED QUESTIONS:

1) How can you prevent the opponent from creating chances? 2) How do you close the gaps? 3) How do you keep them closed?

### ANSWERS:

1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Move while the ball moves, following it from side to side.

### NOTES:

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

**MOMENT:**  
Defending

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
5 vs 5

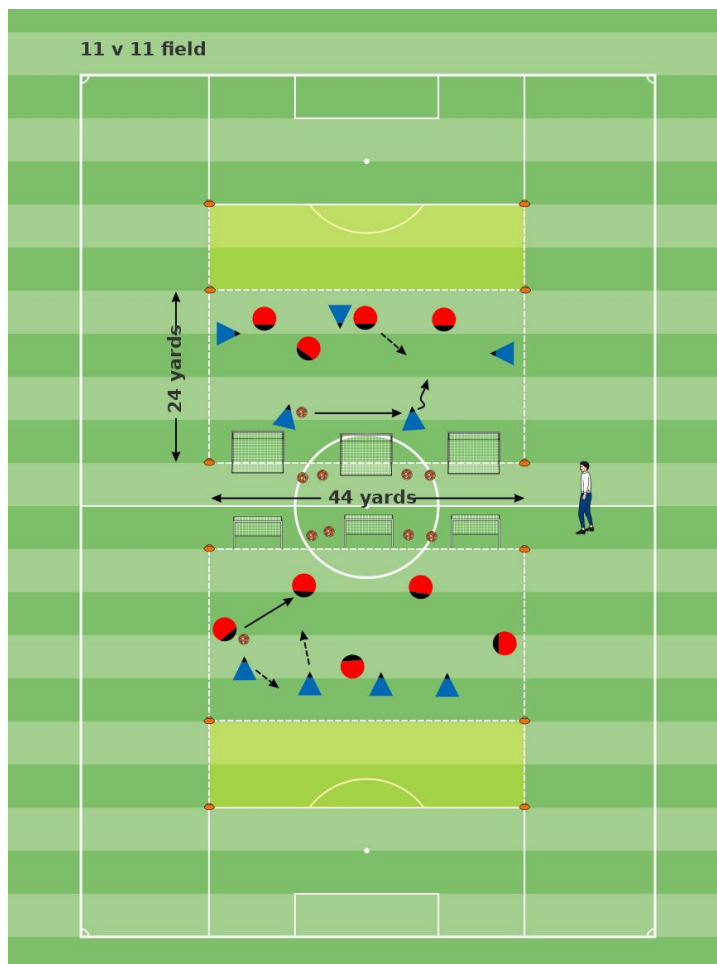
**DURATION:**  
30:0 min

## PRACTICE (Core Activity): 5 v 4 on End Zone and Three Mini Goals

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

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

For every 5 attackers and 4 defenders, mark out a 24 x 44-yard field with an end zone and three mini goals. The attackers can score by dribbling or completing a pass into the end zone. The defenders form a flat four and try to keep the attackers from breaking through. If they win the ball, they counterattack on the mini goals. Play for 30 minutes with two breaks.

### KEY WORDS:

Stay compact, move with the ball

### GUIDED QUESTIONS:

1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

### ANSWERS:

1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up to pressure.

**MOMENT:**  
Defending

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
5 vs 4

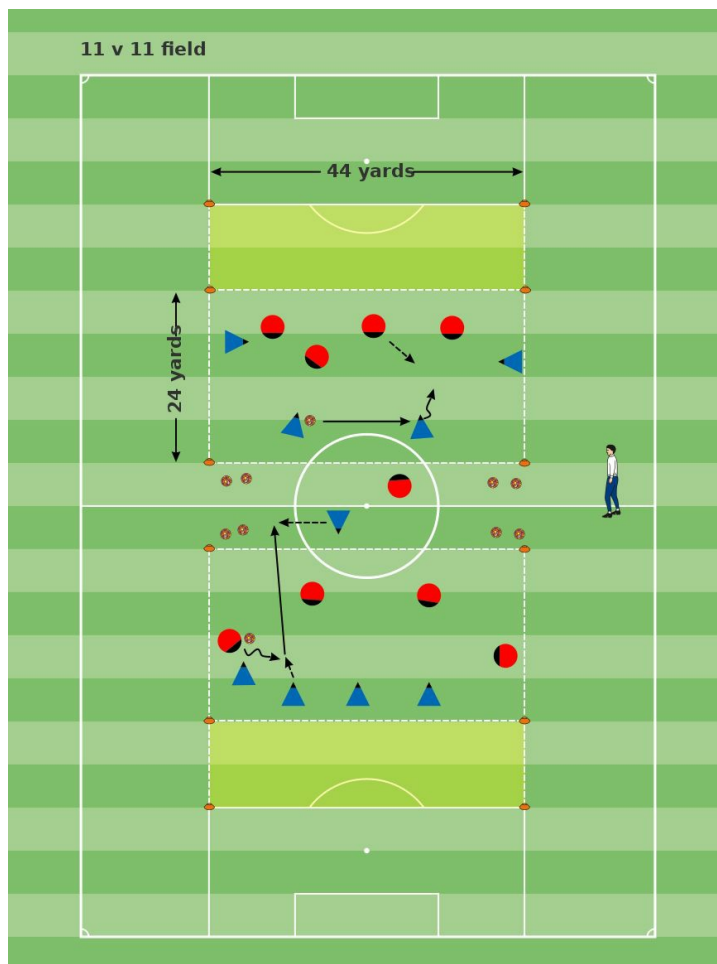
**DURATION:**  
30:0 min

## PRACTICE (Less Challenging): 4 v 4 on End Zone and Target Player

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

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Same as Core Activity, except teams play 4 v 4, and the defenders have to pass to the target player to score.

### KEY WORDS:

Stay compact, move with the ball

### GUIDED QUESTIONS:

1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

### ANSWERS:

1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up to pressure.

### NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

**MOMENT:**  
Defending

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
4 vs 4

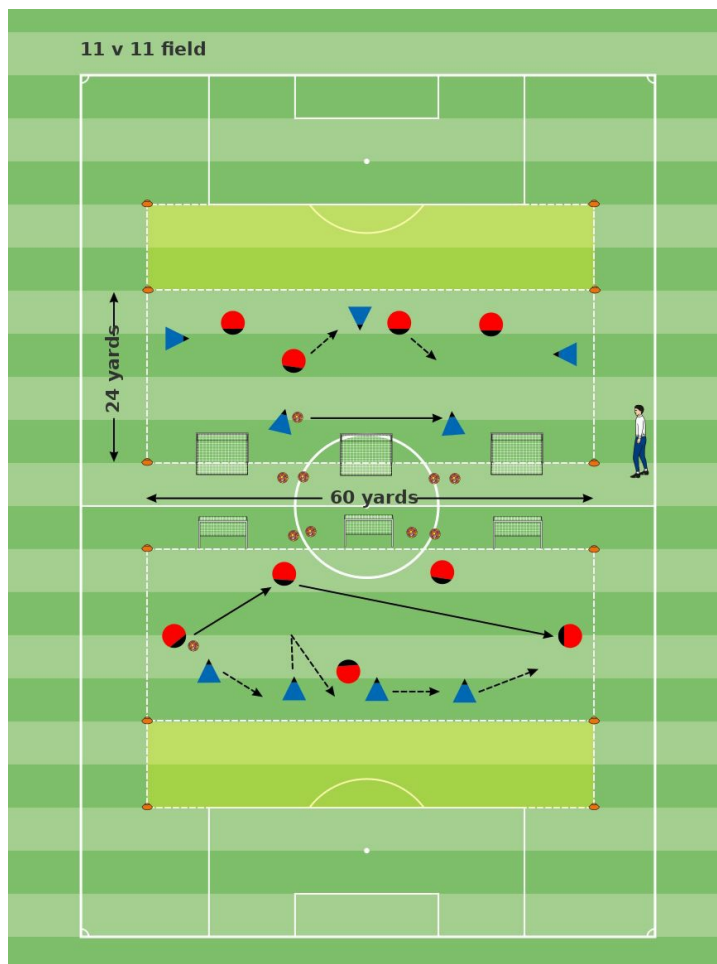
**DURATION:**  
30:0 min

## PRACTICE (More Challenging): 5 v 4 on End Zone and Three Mini Goals

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

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Same as Core Activity, except the field is 60 yards wide

### KEY WORDS:

Stay compact, move with the ball

### GUIDED QUESTIONS:

1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

### ANSWERS:

1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up to pressure.

### NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



**MOMENT:**

Defending



**AGE:**

U13+ / 11v11



**PLAYERS:**

5 vs 4



**DURATION:**

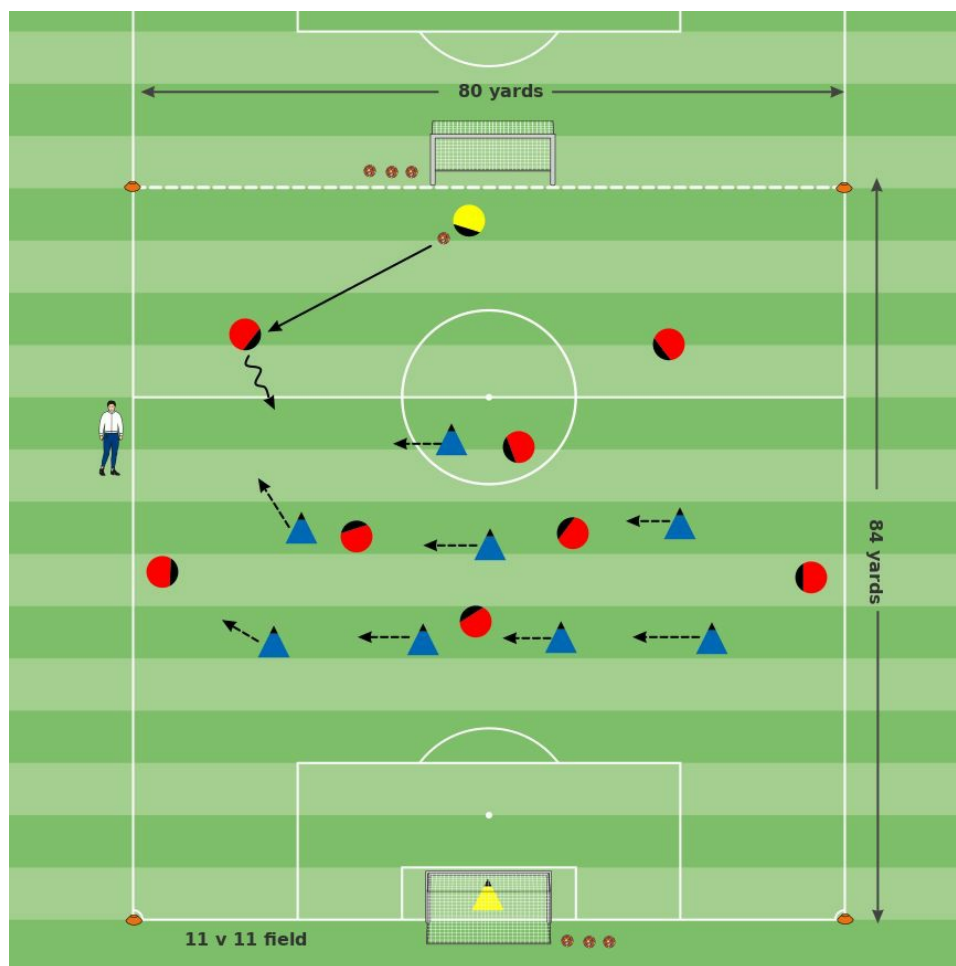
30:0 min

## 2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game for 30 minutes including one "halftime" (5 minutes max).

### KEY WORDS:

Stay compact, move with the ball, attack the ball

### GUIDED QUESTIONS:

1) How can you keep opponents from creating chances? 2) How do you close the gaps? 3) How do you keep them closed? 4) What should the flat four do on attacks up the middle?

### ANSWERS:

1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Move while the ball moves, following it from side to side. 4) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover.

**MOMENT:**  
Defending

**AGE:**  
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**PLAYERS:**  
9 vs 9

**DURATION:**  
30:0 min

**11v11 Defending- Improve Preventing Opponent from Building-Up in Our Half- (A)**

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

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 players

Defending

DURATION: 90 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:**