

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

AGE: U13+ / 11v11 / 18 players

MOMENT:



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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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

18

90 min

1ST PLAY PHASE: Small-Sided Games

PRACTICE (Core Activity): 9 v 9

PRACTICE (Less Challenging): 9 v 9 on Narrow Field

PRACTICE (More Challenging): 10 v 8

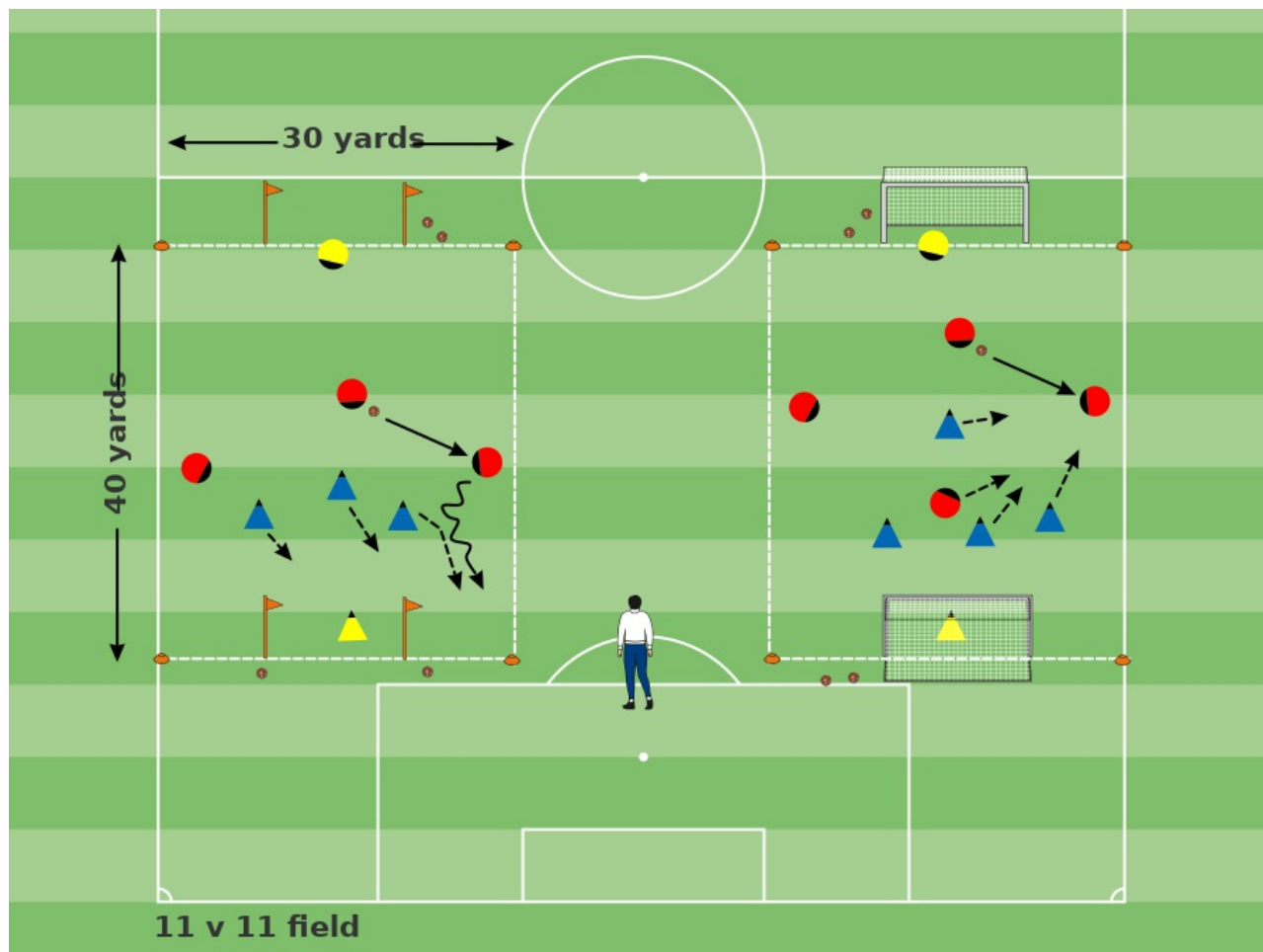
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Small-Sided Games

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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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 with the ball, 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:

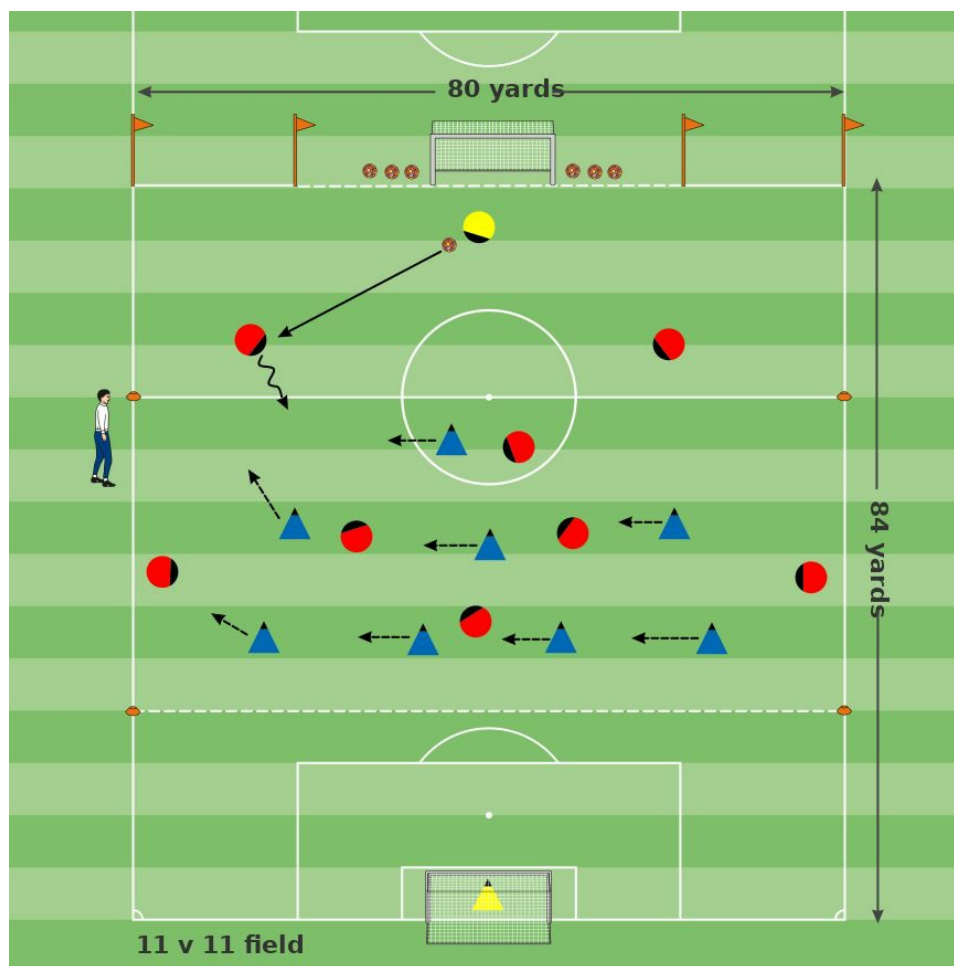
30:0 min

PRACTICE (Core Activity): 9 v 9

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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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



ORGANIZATION:

Mark out an 80 x 84-yard field. Teams play 9 v 9. Red plays a 1-2-3-3 formation, and Blue plays a 1-4-3-1. Play starts with a pass from Red's goalkeeper. Blue starts out in the marked middle zone. If they win the ball, they counterattack on the goal in the middle or the goal lines on the wings. After interruptions, players return to their starting positions and play is restarted by Red's goalkeeper. Play for 30 minutes with two breaks.

KEY WORDS:

Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS:

1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS:

1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending; form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

PRACTICE (Less Challenging): 9 v 9 on Narrow Field

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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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



ORGANIZATION:

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

KEY WORDS:

Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS:

1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS:

1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending; form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.

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:

9 vs 9



DURATION:

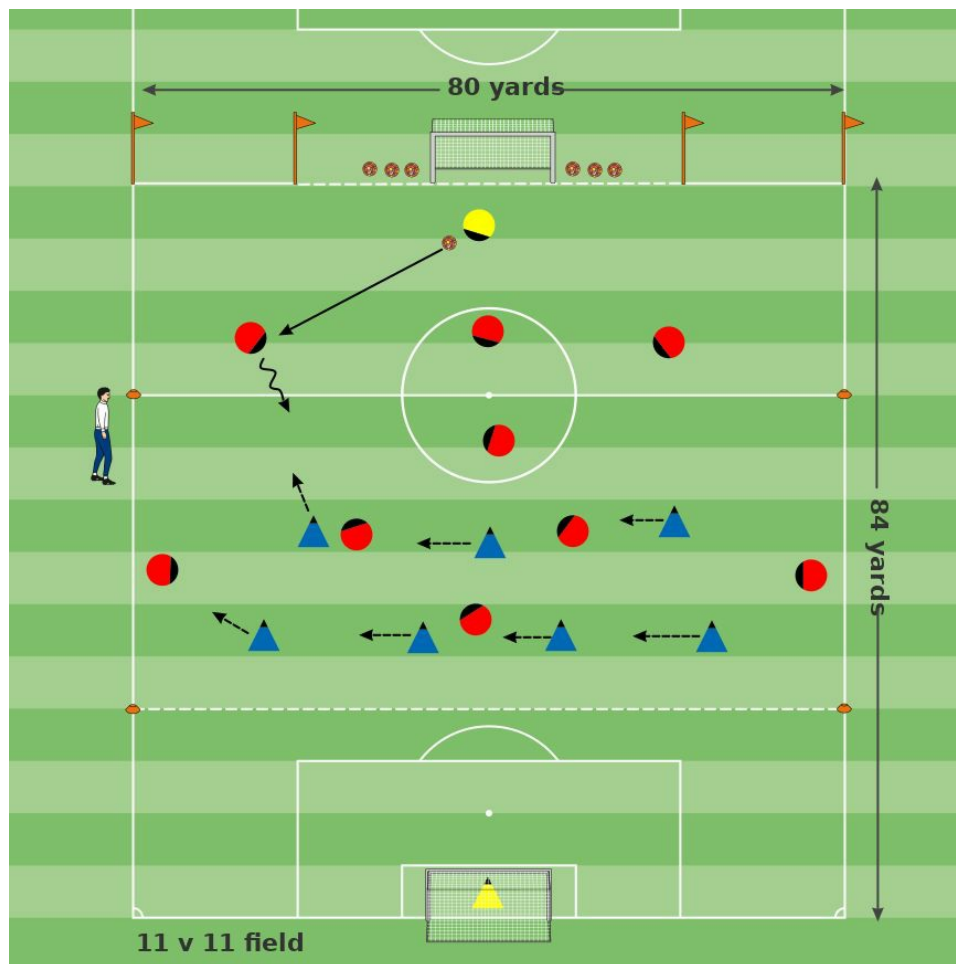
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PRACTICE (More Challenging): 10 v 8

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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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



ORGANIZATION:

Same as Core Activity, except Red has 10 players and Blue has 8. Formations are 1-3-3-3 (Red) and 1-4-3 (Blue).

KEY WORDS:

Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS:

1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS:

1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending; form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.

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:
10 vs 8

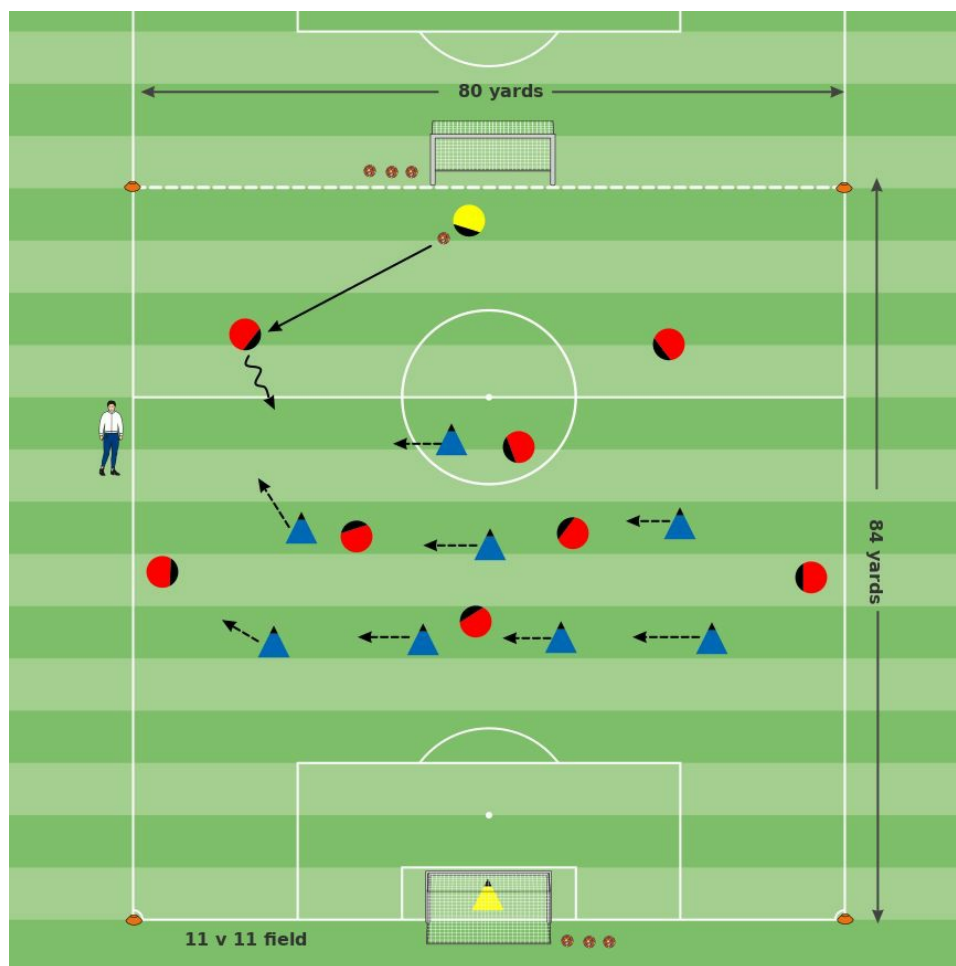
DURATION:
30:0 min

2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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) What are you trying to do in this activity? 2) Which part of the field do you need to cover when the other team has the ball? 3) How can you prevent the opponent from creating chances? 4) How do you close the gaps? 5) How do you keep them closed?

ANSWERS:

1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Our own half in front of the penalty box. 3) Close the gaps and keep them closed. 4) Form a compact unit (stay close to all nearby teammates). 5) Move with the ball, following it from side to side.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

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

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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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

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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: