

11v11 Defending- Improve Preventing the Opponent from Building-Up in Their Half- (A)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

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

 18

 90 min

1ST PLAY PHASE: Small-Sided Games

PRACTICE (Core Activity): Win the Ball (Defenders Numbers-Up)

PRACTICE (Less Challenging): Win the Ball (Defenders Numbers-Up)

PRACTICE (More Challenging): Win the Ball (Equal Teams)

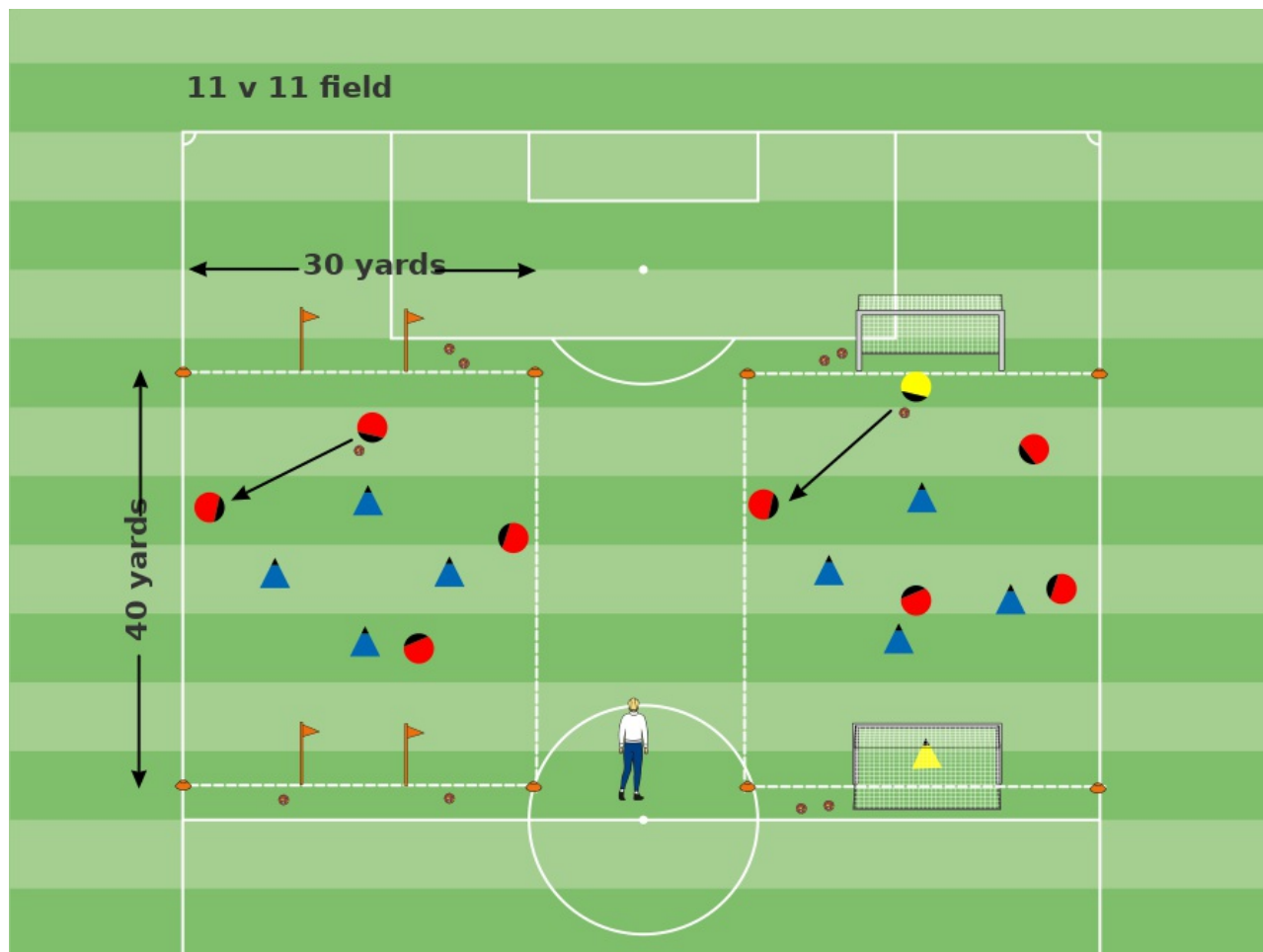
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

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



ORGANIZATION:

Mark out two 40 x 30-yard fields. Free play: Field 1: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Field 2: Teams play 4 v 4 on goals with goalkeepers. Goals scored after winning the ball in the opponent's half count double. Play for 30 minutes with two breaks

KEY WORDS:

Stay compact, pressure, cover, balance, work together

GUIDED QUESTIONS:

1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away?

ANSWERS:

1) We're close to their goal (shorter transition time). 2) Form a compact unit, block forward passing lanes, make them play square passes, work together (with communication) to put pressure on the opponent.

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

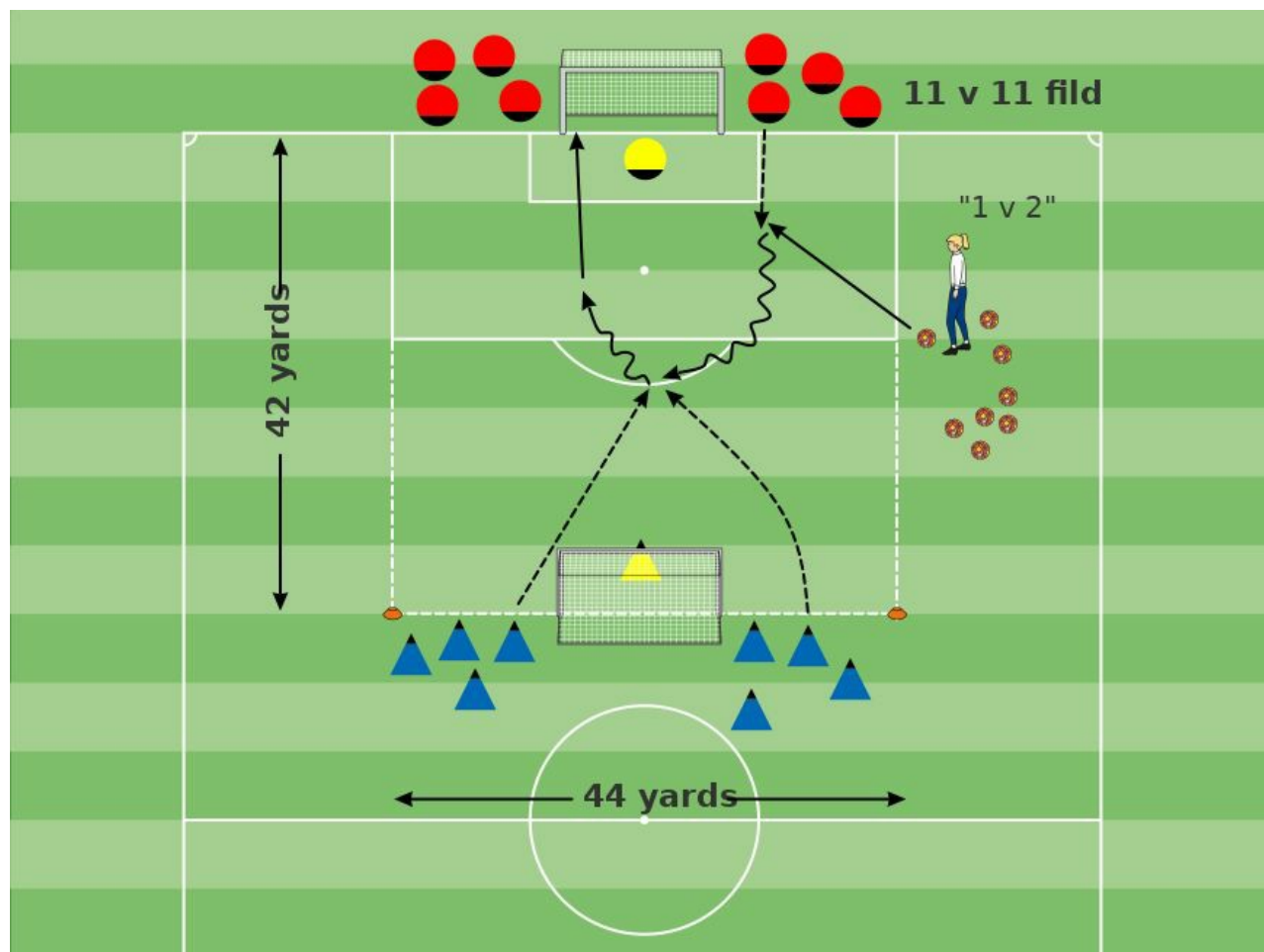
DURATION:
30:0 min

PRACTICE (Core Activity): Win the Ball (Defenders Numbers-Up)

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

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

**ORGANIZATION:**

Mark out a 42 x 44-yard field with goals and goalkeepers. Choose eight attackers (Blue) and eight defenders (Red) and assign each team to a goal. The coach calls out the game (1 v 2, 2 v 3 or 3 v 4) and then plays the ball in to Blue. The appropriate number of players run onto the field and play until a goal is scored by either team. Then a new round begins. Play for 30 minutes with two breaks.

KEY WORDS:

Outnumber the opponent, pressure, cover, work together

GUIDED QUESTIONS:

- 1) What are you trying to do in this activity? 2) How do you do that? 3) When do you step to apply pressure? 4) Do we go together or with just one defender? Why?

ANSWERS:

1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball. 3) When the opponent has head down or takes a bad touch or bad pass. 4) Go together as a unit so that we stay compact.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
3 vs 4

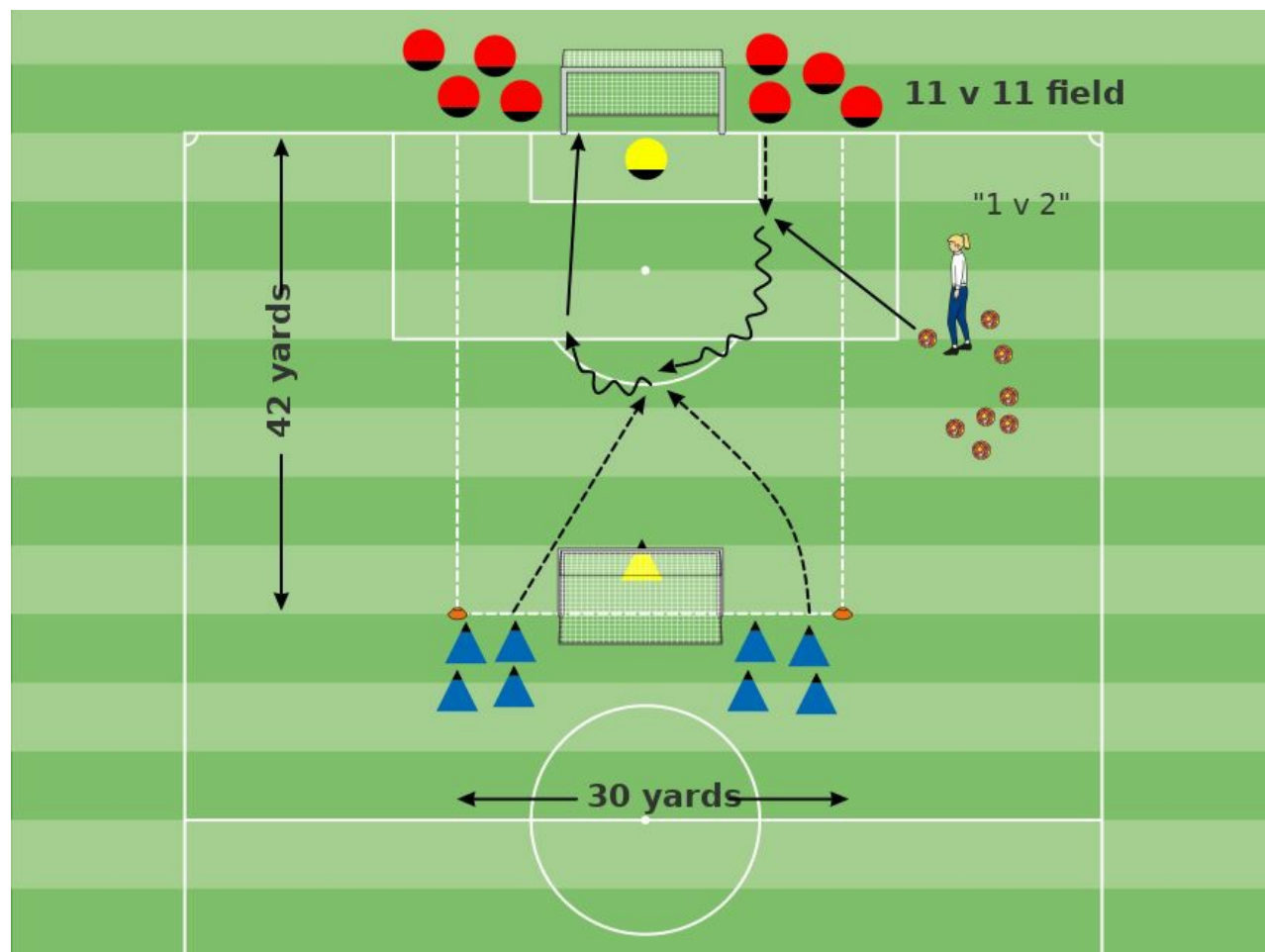
DURATION:
30:0 min

PRACTICE (Less Challenging): Win the Ball (Defenders Numbers-Up)

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

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



ORGANIZATION:

Same as Core Activity, except the field is only 30 yards wide

KEY WORDS:

Outnumber the opponent, pressure, cover, attack the ball

GUIDED QUESTIONS:

1) What are you trying to do in this activity? 2) How do you do that? 3) When do you step to apply pressure? 4) Do we go together or with just one defender? Why?

ANSWERS:

1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball. 3) When the opponent has head down or takes a bad touch or bad pass. 4) Go together as a unit so that we stay compact.

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 3



DURATION:

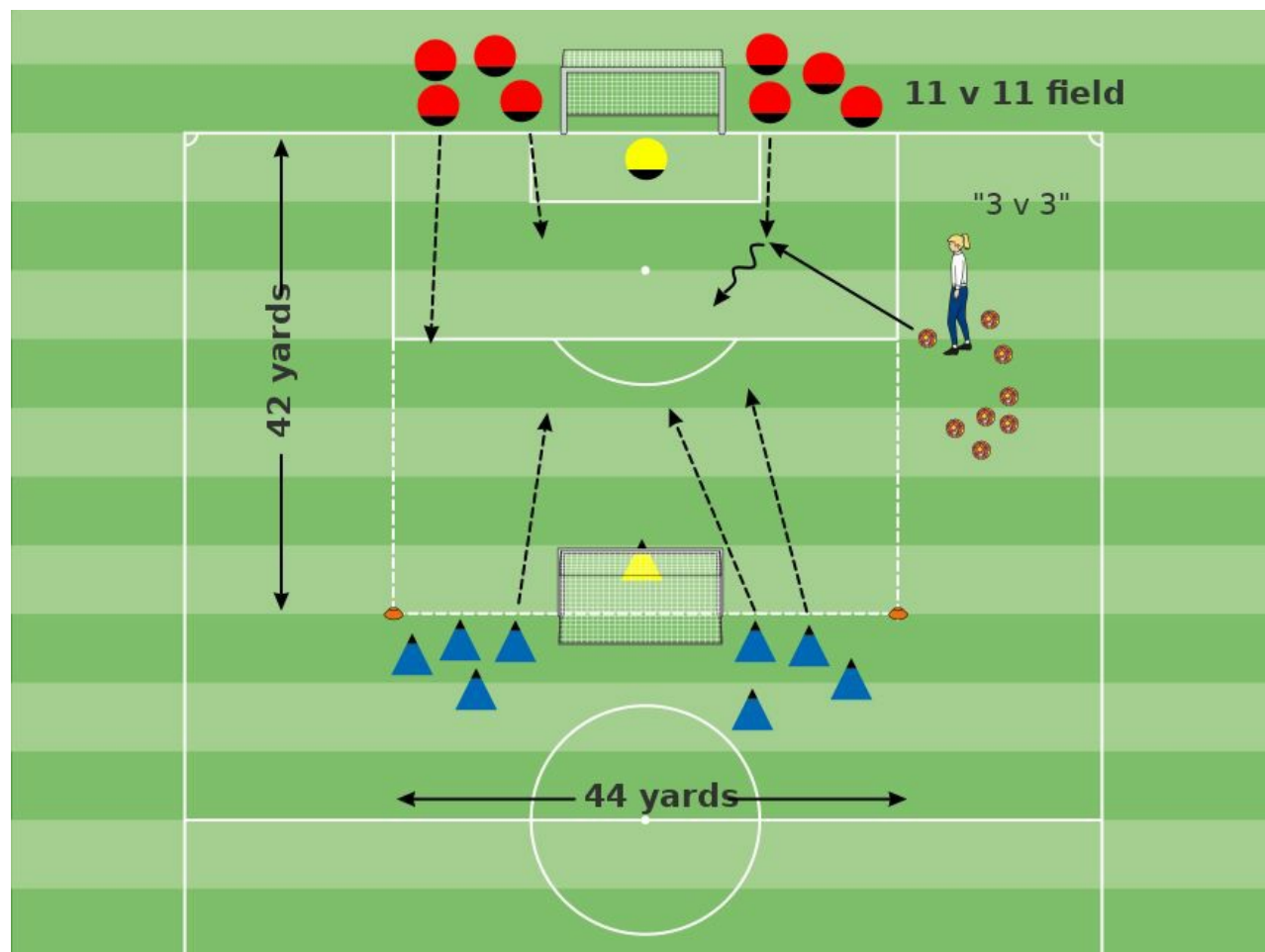
30:0 min

PRACTICE (More Challenging): Win the Ball (Equal Teams)

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

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



ORGANIZATION:

Same as Core Activity, except both teams are equal: Options are 1 v 1, 2 v 2, 3 v 3 or 4 v 4.

KEY WORDS:

Outnumber the opponent, pressure, cover, attack the ball

GUIDED QUESTIONS:

- 1) What are you trying to do in this activity?
- 2) How do you do that?
- 3) When do you step to apply pressure?
- 4) Do we go together or with just one defender? Why?

ANSWERS:

1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball. 3) When the opponent has head down or takes a bad touch or bad pass. 4) Go together as a unit so that we stay compact

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:

4 vs 4



DURATION:

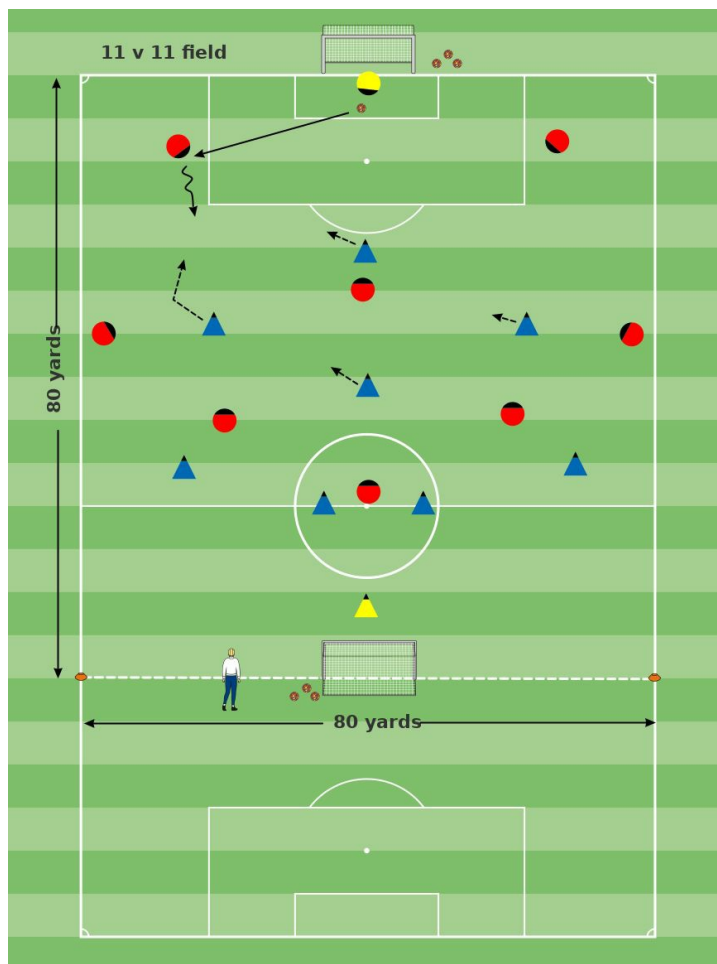
30:0 min

2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

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



ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of eight. Each plays in a 1-4-1-3 formation and tries to disrupt the other's buildup as quickly as possible. 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, work together

GUIDED QUESTIONS:

1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away? 3) What are your signals to start pressing? 4) Do we go together or with just one defender? Why?

ANSWERS:

1) We're close to their goal (shorter transition time). 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball. 3) When the opponent has head down or takes a bad touch or bad pass. 4) Go together as a unit so that we stay compact.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Defending- Improve Preventing the Opponent from Building-Up in Their Half- (A)

GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

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: