

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

AGE: U13+ / 11v11 / 18 players

MOMENT:



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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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

 18

 30 min

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

**PRACTICE (Core Activity):** 6 v 6 to 3 v 1 on Two Goals with Goalkeepers

**PRACTICE (Less Challenging):** 5 v 6 to 3 v 2 on Two Goals with Goalkeepers

**PRACTICE (More Challenging):** 7 v 6 to 3 v 0 on Two Goals with Goalkeepers

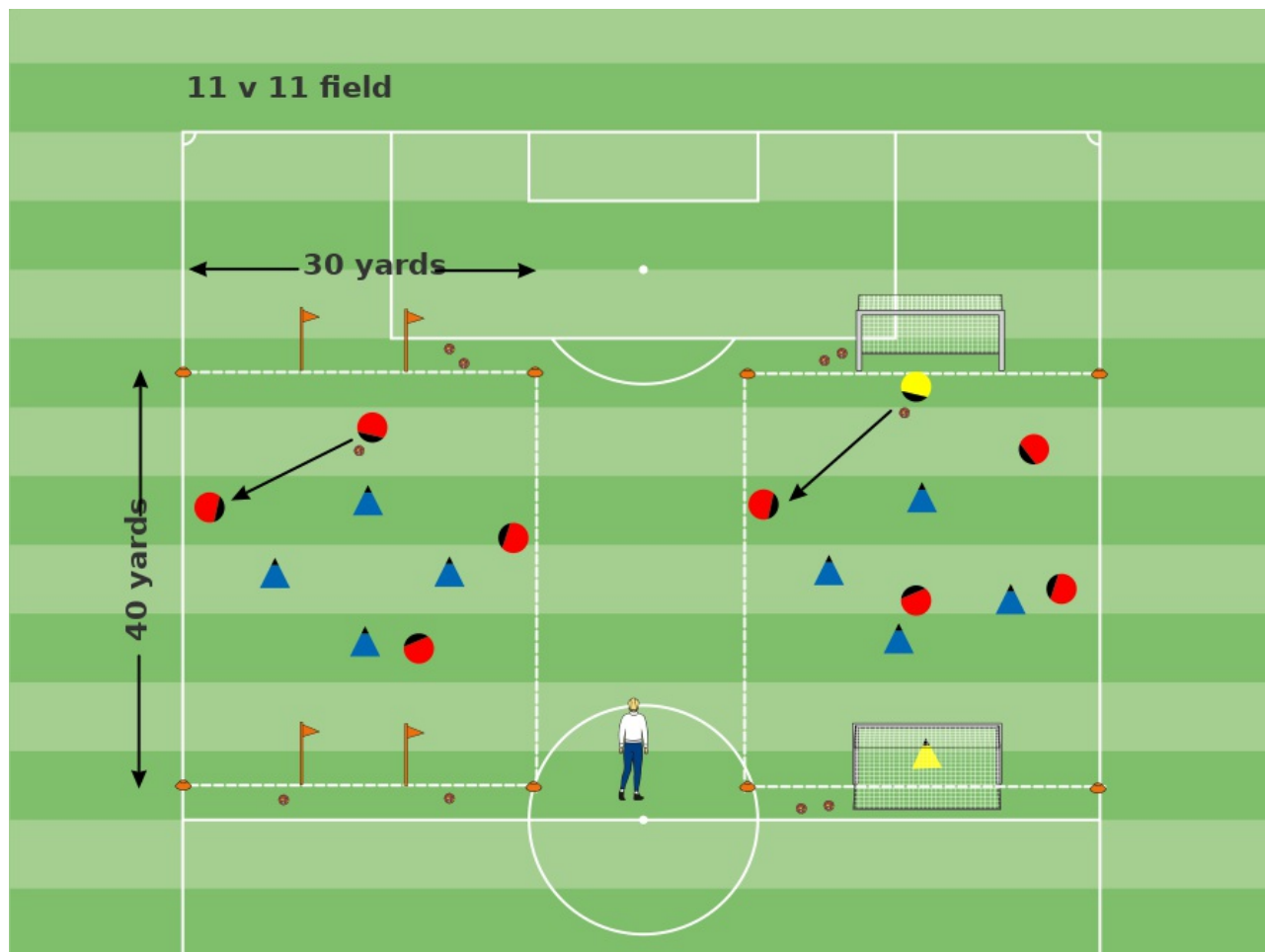
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Small-Sided Games

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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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 (pass on the ground to score). Field 2: Teams play 4 v 4 on goals with goalkeepers. Play for 30 minutes with two breaks

### KEY WORDS:

Stay compact, move with the ball, attack the ball

### GUIDED QUESTIONS:

1) What do you need to do to be able to disrupt the opponent's buildup right away? 2) What should you do after a turnover?

### ANSWERS:

1) Form a compact unit, block forward passing lanes, make them play square passes, and work together (with communication) to put pressure on them. 2) Immediately switch to offense and finish as quickly as possible.

### NOTES:

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

**MOMENT:**  
Defending

**AGE:**  
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**PLAYERS:**  
5 vs 5

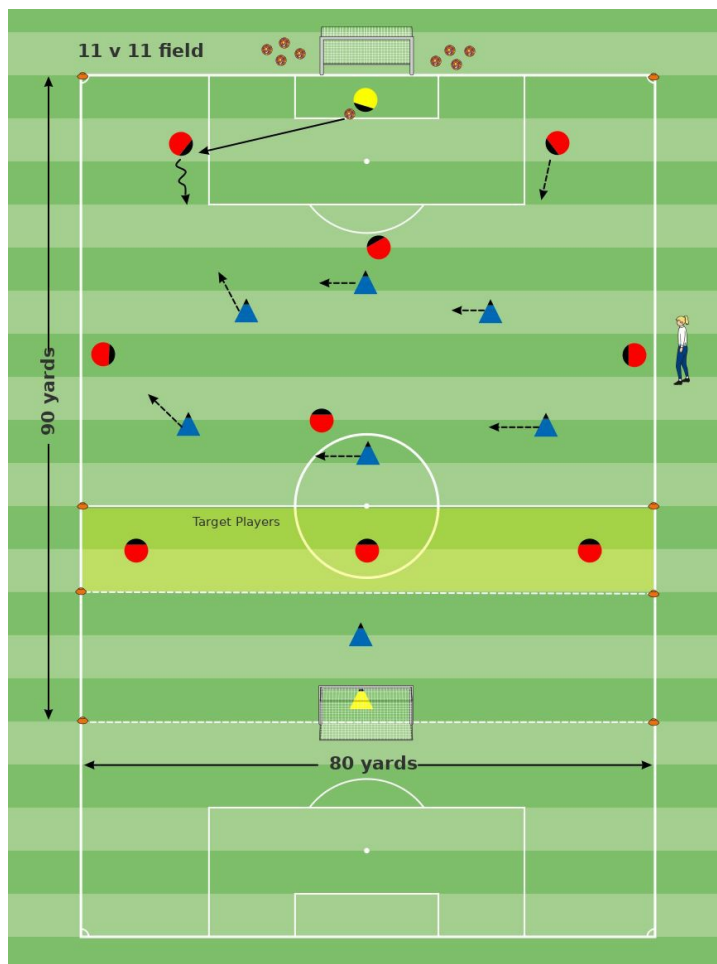
**DURATION:**  
30:0 min

## PRACTICE (Core Activity): 6 v 6 to 3 v 1 on Two Goals with Goalkeepers

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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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



### ORGANIZATION:

Mark out an 80 x 90-yard field divided into three zones. Divide players into teams of 9 and 7 (Red and Blue) and position them as shown. Red plays 6 v 6 against Blue in the attack-building zone. Red's three target players can only receive ground balls. After they receive the ball, they attack 3 v 1 on Blue's goal. If Blue wins the ball, they counterattack on Red's goal. Play for 30 minutes with two breaks.

### KEY WORDS:

Stay compact, move with the ball, slide across together

### GUIDED QUESTIONS:

1) Why is it a bad idea to always put pressure high up the field? 2) What should we do when their initial buildup is short? 3) When and where do we want to win the ball?

### ANSWERS:

1) Because if we do, they could pass the ball over the top of us. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender who struggles in their build-up. We could also force them into an outnumbered situation.

**MOMENT:**  
Defending

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
6 vs 6

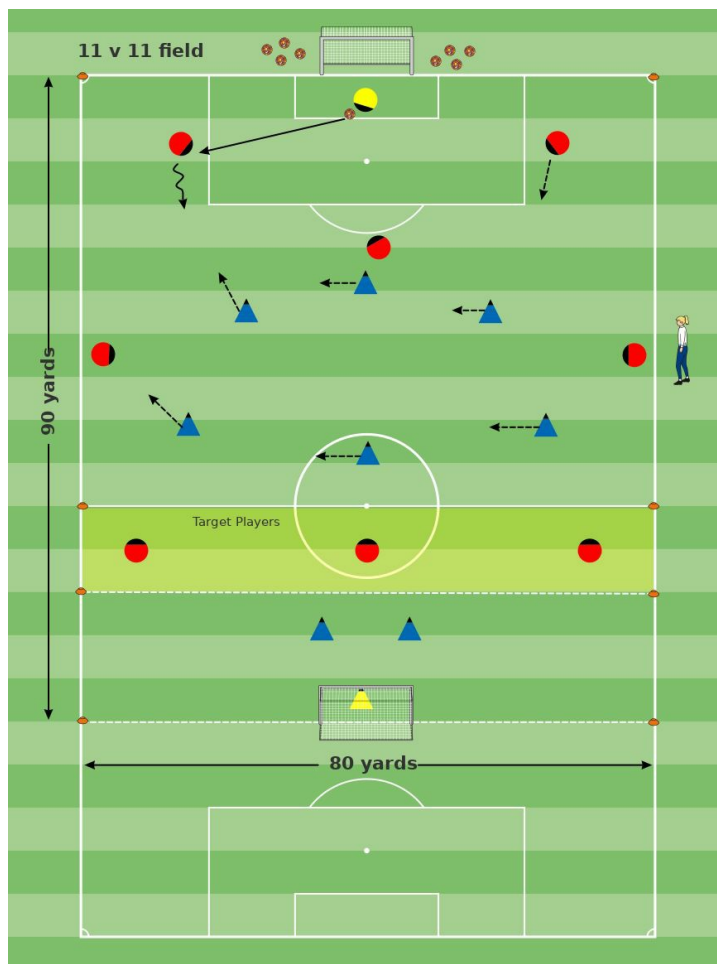
**DURATION:**  
30:0 min

**PRACTICE (Less Challenging): 5 v 6 to 3 v 2 on Two Goals with Goalkeepers**

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

**PLAYER ACTIONS:** Get compact, Stay compact, Steal

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



**ORGANIZATION:**

Same as Core Activity, except teams play 5 v 6 in the attack-building zone, and the target players attack 3 v 2 on Blue's goal.

**KEY WORDS:**

Stay compact, move with the ball, slide across together

**GUIDED QUESTIONS:**

1) Why is it a bad idea to always put pressure high up the field? 2) What should we do when their initial buildup is short? 3) When and where do we want to win the ball?

**ANSWERS:**

1) Because if we do, they could pass the ball over the top of us. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender who struggles in their build-up. We could also force them into an outnumbered situation.

**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:**  
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**PLAYERS:**  
5 vs 6

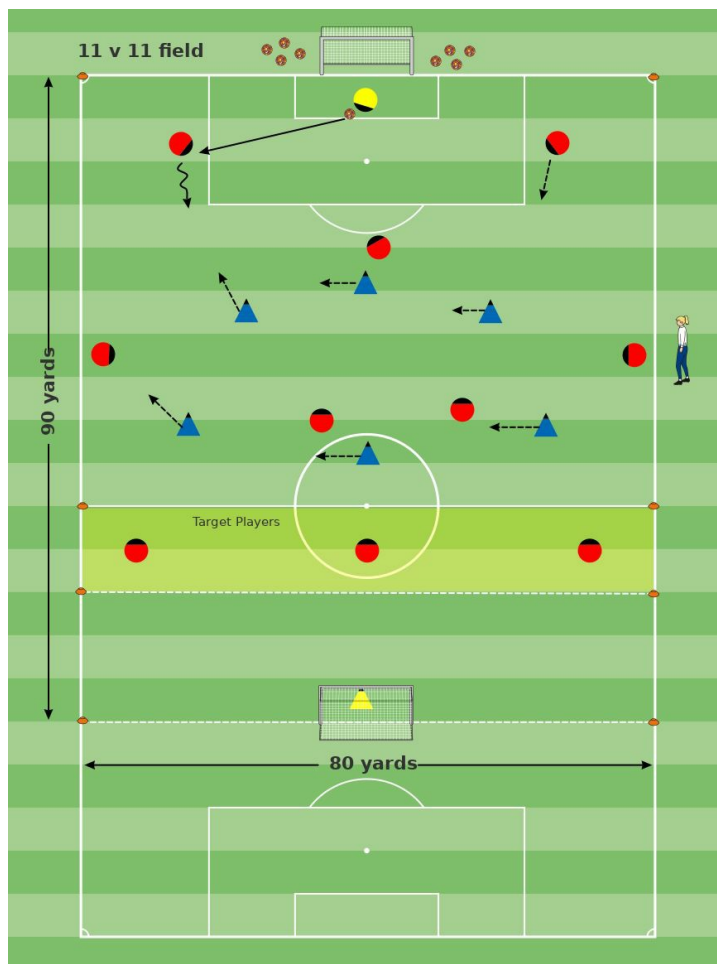
**DURATION:**  
30:0 min

## PRACTICE (More Challenging): 7 v 6 to 3 v 0 on Two Goals with Goalkeepers

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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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



### ORGANIZATION:

Same as Core Activity, except teams play 7 v 6 in the attack-building zone, and the target players have three seconds to finish on Blue's goal.

### KEY WORDS:

Stay compact, move with the ball, slide across together

### GUIDED QUESTIONS:

1) Why is it a bad idea to always put pressure high up the field? 2) What should we do when their initial buildup is short? 3) When and where do we want to win the ball?

### ANSWERS:

1) Because if we do, they could pass the ball over the top of us. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender who struggles in their build-up. We could also force them into an outnumbered situation.

### 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:**

7 vs 6



**DURATION:**

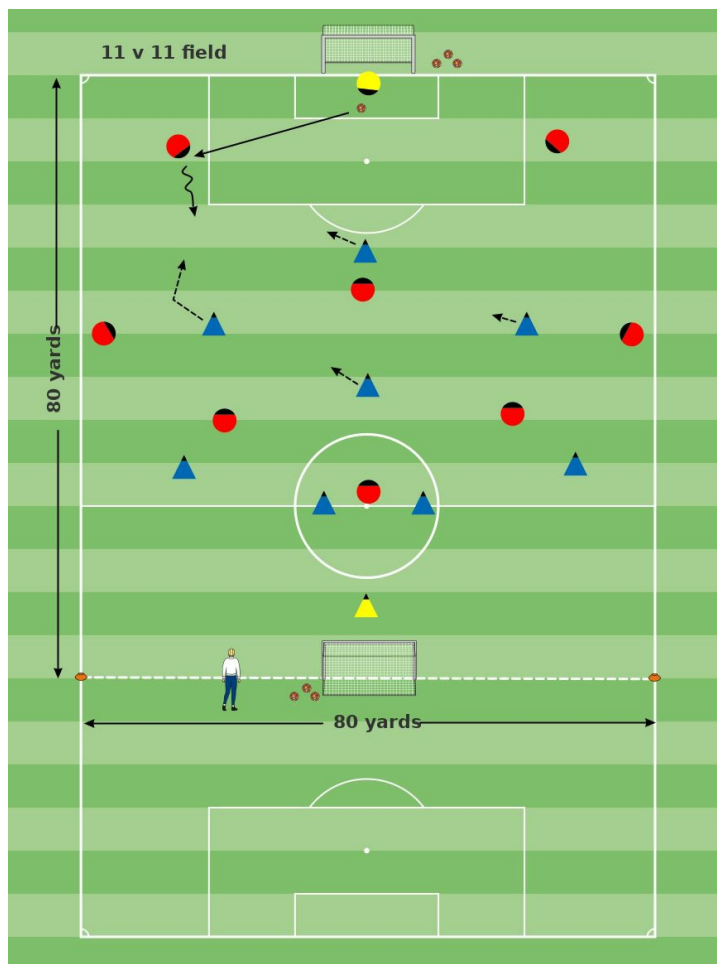
30:0 min

## 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 80-yard field. Divide players into two teams of eight. Each plays a 1-4-1-3 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, slide across together

### GUIDED QUESTIONS:

1) Why is it a bad idea to always put pressure high up the field? 2) What should we do when their initial buildup is short? 3) When and where do we want to win the ball?

### ANSWERS:

1) Because if we do, they could pass the ball over the top of us. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender who struggles in their build-up. We could also force them into an outnumbered situation.

**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- (B)**

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

PLAYER ACTIONS: Get compact, Stay compact, Steal

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

AGE: U13+ / 11v11 / 18 players

Defending

DURATION: 30 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:**