

4V4- Defending- Improve Preventing Building Up in Our Half (A)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



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

PLAYER ACTIONS: Steal, Protect goal

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

 8

 60 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 4 x 1 v 1 on Endlines

PRACTICE (Less Challenging): 4 x 1 v 1 on Endlines

PRACTICE (More Challenging): 2 x 2 v 1 on Endlines

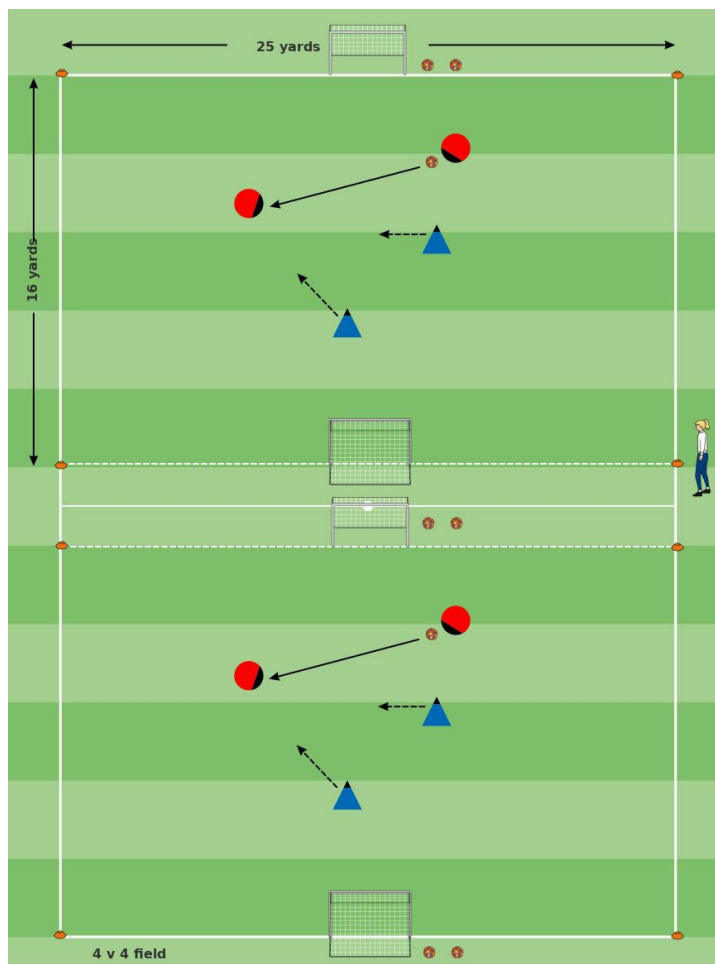
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To deny chances.

PLAYER ACTIONS: Steal, Protect goal

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



ORGANIZATION:

Mark out two 16 x 25-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks. Rotate players between the fields.

KEY WORDS:

Protect the goal, steal it!

GUIDED QUESTIONS:

1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting?

ANSWERS:

1) In the middle. 2) The path to the middle.

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:
U7-U8 / 4v4

PLAYERS:
2 vs 2

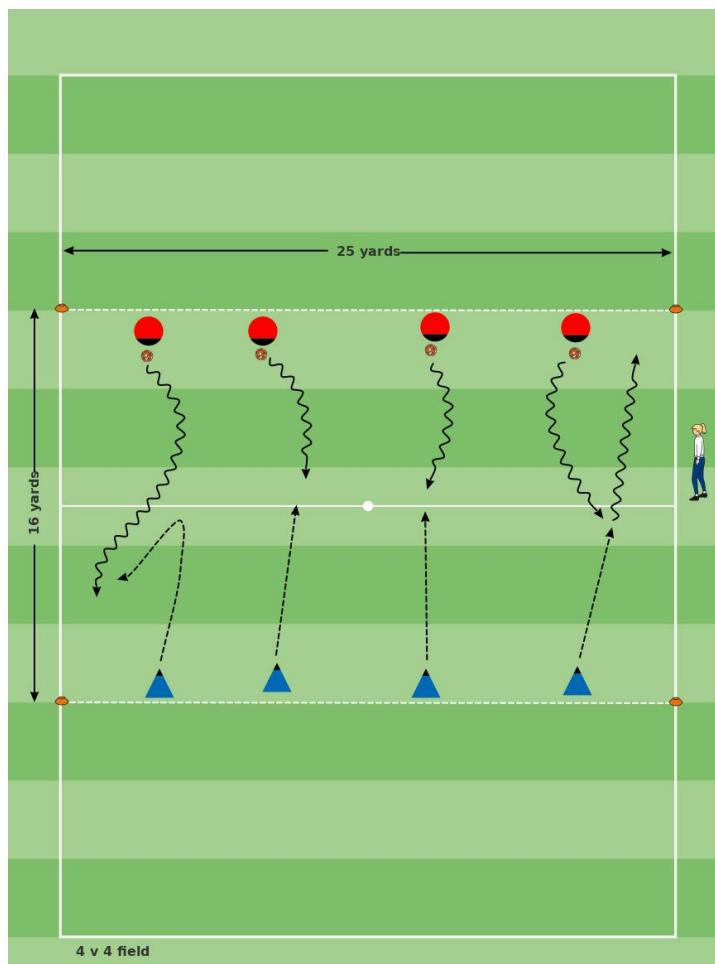
DURATION:
20:0 min

PRACTICE (Core Activity): 4 x 1 v 1 on Endlines

OBJECTIVE: To stop the opponent's attack and win the ball back.

PLAYER ACTIONS: Steal, Protect goal

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



ORGANIZATION:

Mark out a 16 x 25-yard field. Divide players into two teams. The attackers (Red) line up on one endline with a ball. The defenders (Blue) line up on the opposite endline. At the coach's signal, all the attackers dribble onto the field and try to dribble across Blue's endline. The defenders try to stop them, steal the ball and counterattack on the opposite endline. Teams switch roles after four rounds.

KEY WORDS:

Pressure the ball, steal it!

GUIDED QUESTIONS:

1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

ANSWERS:

1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside of the foot.

MOMENT:
Defending

AGE:
U7-U8 / 4v4

PLAYERS:
4 vs 4

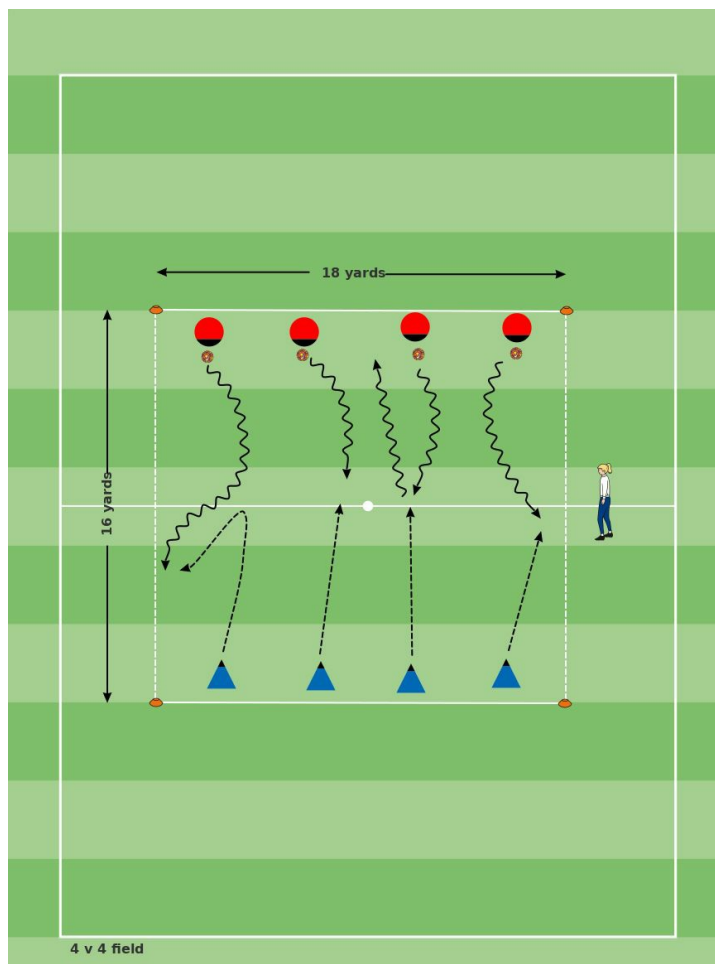
DURATION:
20:0 min

PRACTICE (Less Challenging): 4 x 1 v 1 on Endlines

OBJECTIVE: To stop the opponent's attack and win the ball back.

PLAYER ACTIONS: Steal, Protect goal

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



ORGANIZATION:

Same as Core Activity, except on a 16 x 18-yard field.

KEY WORDS:

Pressure the ball, steal it!

GUIDED QUESTIONS:

1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

ANSWERS:

1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside of the foot.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.

MOMENT:
Defending

AGE:
U7-U8 / 4v4

PLAYERS:
4 vs 4

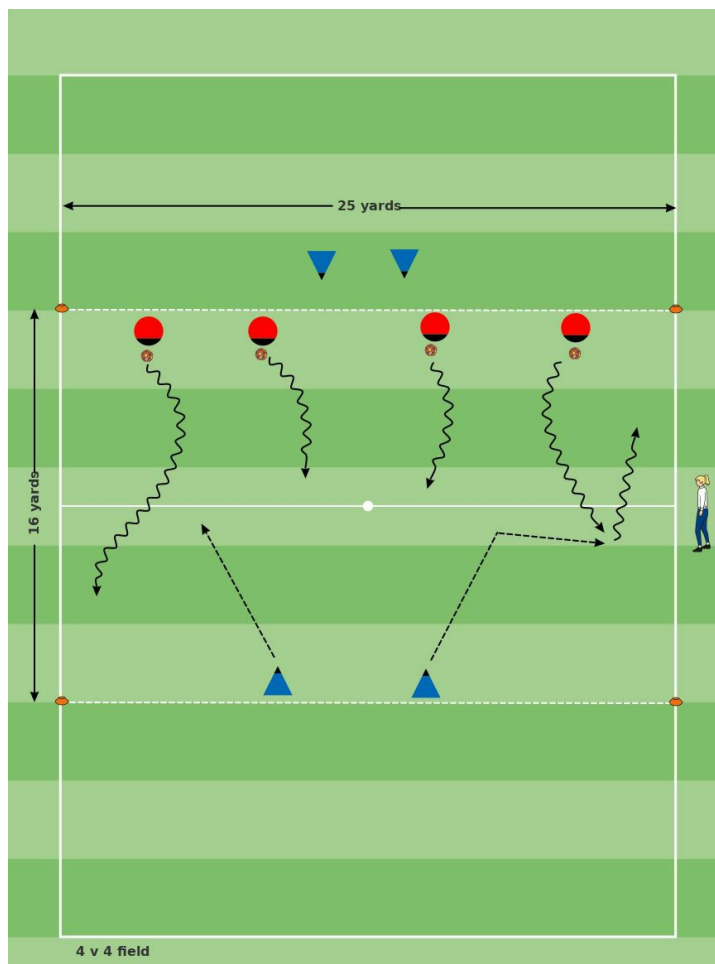
DURATION:
20:0 min

PRACTICE (More Challenging): 2 x 2 v 1 on Endlines

OBJECTIVE: To stop the opponent's attack and win the ball back.

PLAYER ACTIONS: Steal, Protect goal

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



ORGANIZATION:

Same as Core Activity, except with two defenders going at one time.

KEY WORDS:

Pressure the ball, steal it!

GUIDED QUESTIONS:

1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

ANSWERS:

1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside of the foot.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.

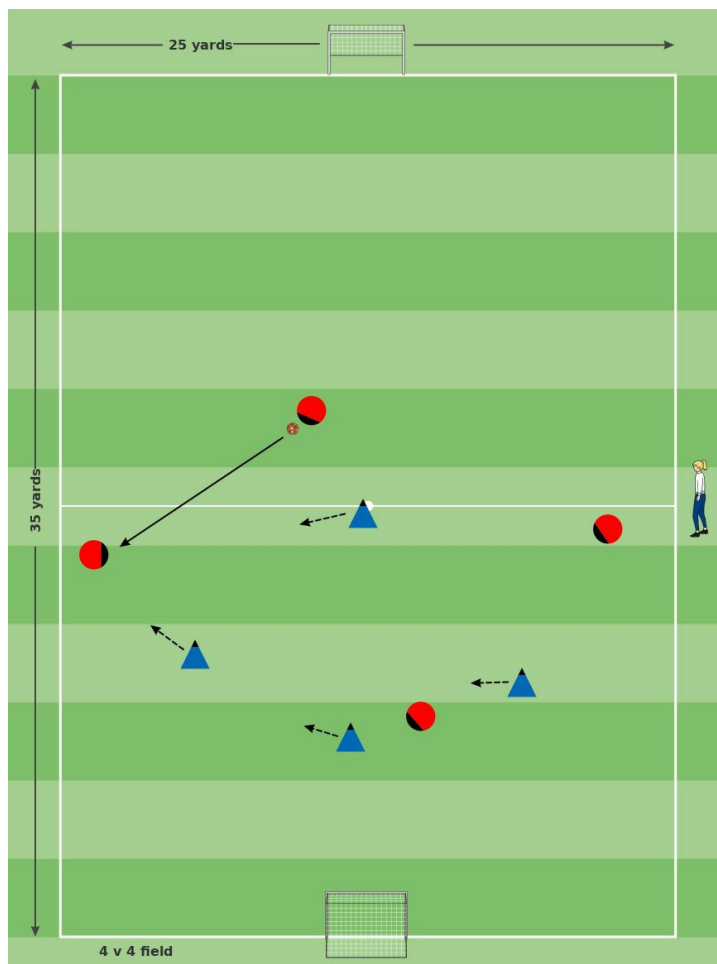
MOMENT:
Defending

AGE:
U7-U8 / 4v4

PLAYERS:
2 vs 1

DURATION:
20:0 min

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



1) In the middle. 2) The path to the middle. 3) By tackling or knocking the ball away. 4) When the attacker lets the ball get too far away. When the ball is not protected. 5) Inside of the foot.



 **DURATION:**
20:0 min

4V4- Defending- Improve Preventing Building Up in Our Half (A)

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

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Defending

DURATION: 60 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: