

#### 4v4- Defending- Improve Preventing the Opponent from Building Up in their Own Half (B)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



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

PLAYER ACTIONS: Stay compact, Steal

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

 8

 60 min

**1ST PLAY PHASE: Intentional Free Play**

**PRACTICE (Core Activity): 3 v 3 on Goal Lines on Wings**

**PRACTICE (Less Challenging): 3 v 1 on Goal Line in Middle**

**PRACTICE (More Challenging): 3 + 1 v 3 on End Zone**

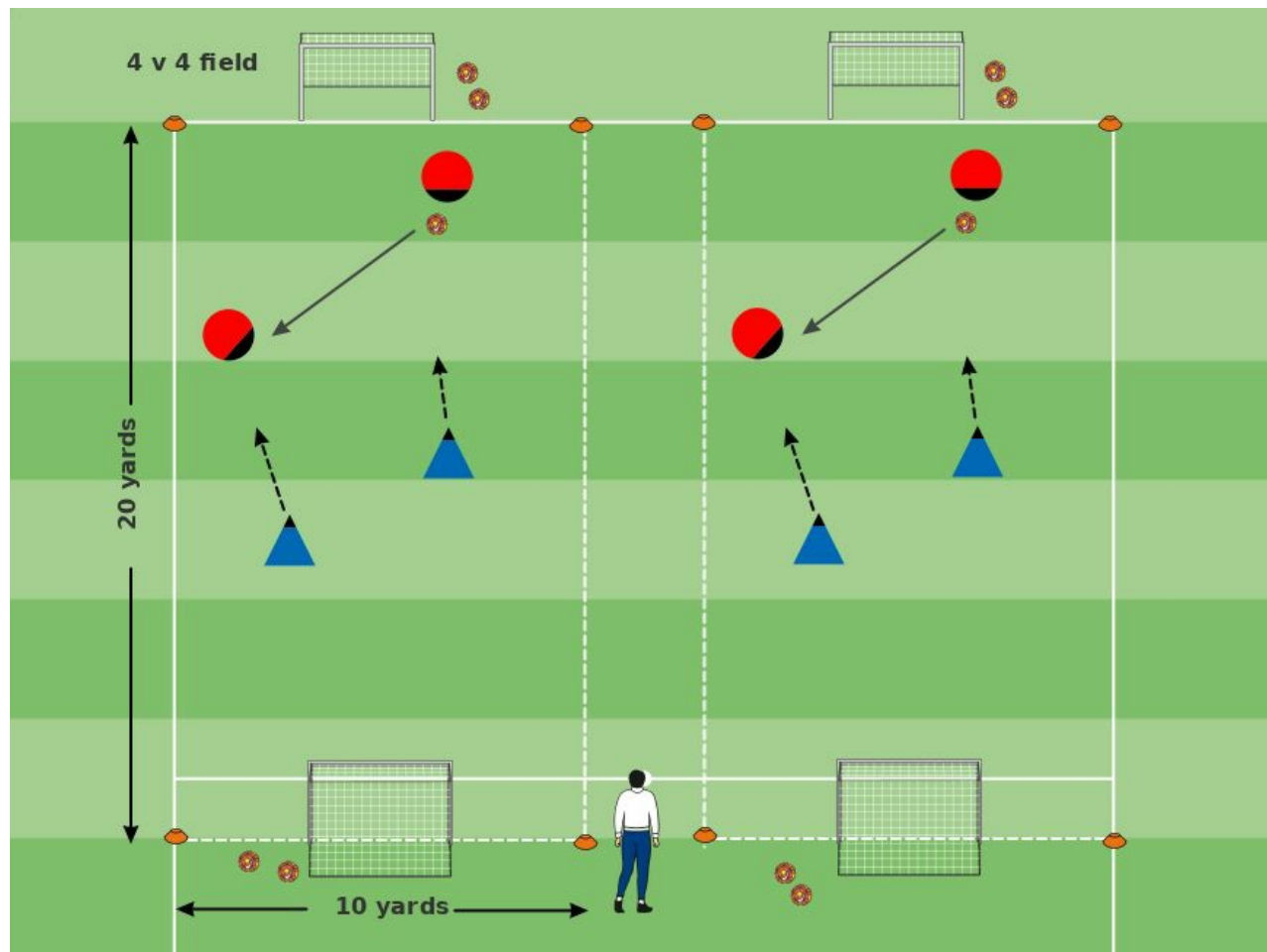
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

**OBJECTIVE:** To prevent the opponent from building up, win the ball back and score.

**PLAYER ACTIONS:** Stay compact, Steal

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



### ORGANIZATION:

Mark out two narrow fields (20 x 10 yards), 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:

Steal the ball

### GUIDED QUESTIONS:

1) What are you supposed to do if you lose the ball? 2) What else could you do? 3) What's the advantage of defending higher up the field?

### ANSWERS:

1) Drop back and protect our goal. 2) Stay forward and try to win the ball back right away. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot.

### 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

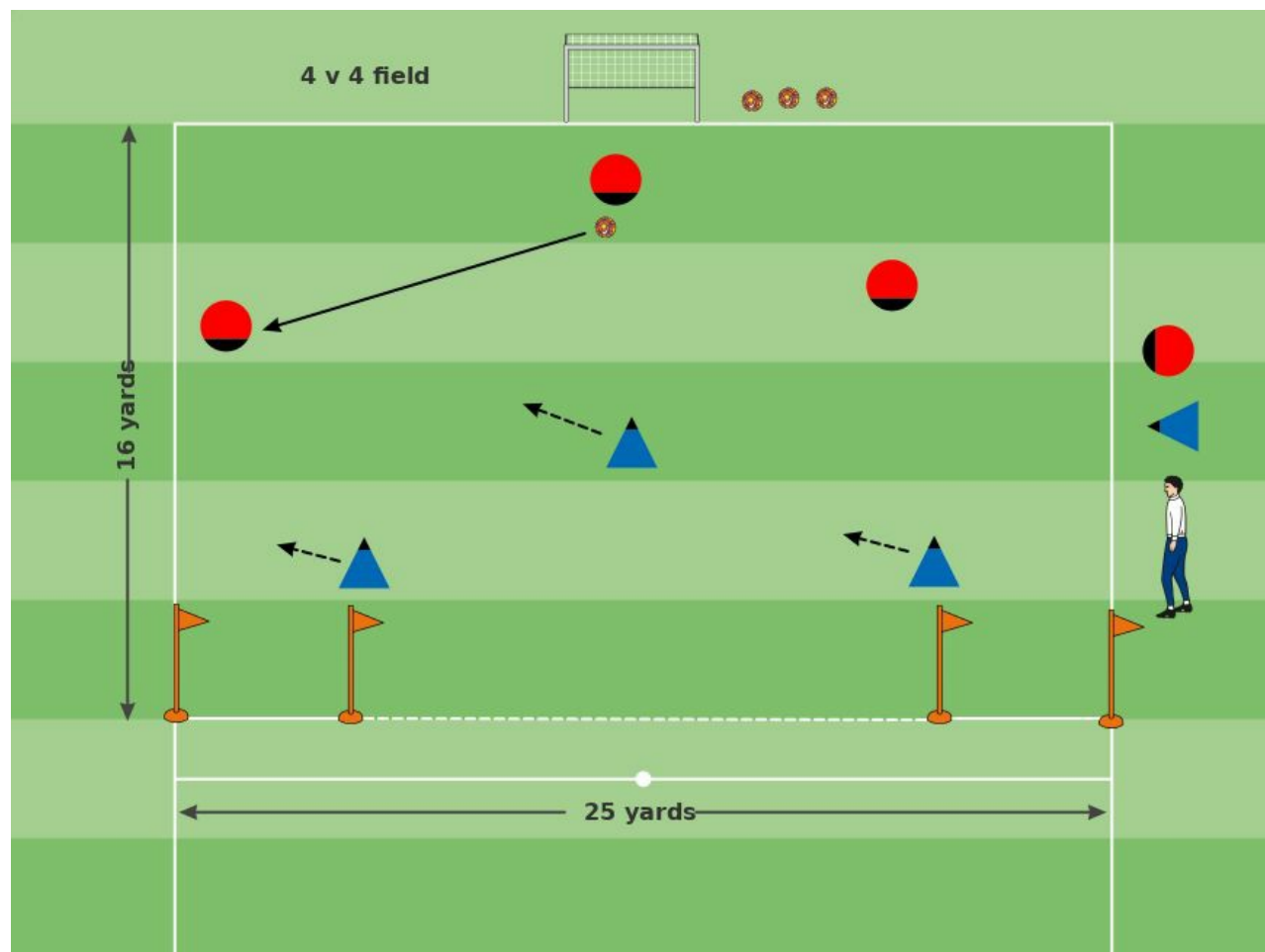
**DURATION:**  
20:0 min

## PRACTICE (Core Activity): 3 v 3 on Goal Lines on Wings

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Stay compact, Steal

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



### ORGANIZATION:

Mark out a 16 x 25-yard field with a small goal plus two goal lines on the wings. Divide players into two teams of four. Teams play 3 v 3. The attackers (Red) start out with the ball and try to score on the two goal lines. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits out two attacks and then rotates into the game. The attackers have eight balls to attack; after eight attacks, teams switch roles. Which team scores more goals? Play for 20 minutes with two breaks.

### KEY WORDS:

Move with the ball, Step in

### GUIDED QUESTIONS:

1) How can you keep the attackers from scoring? 2) When do you step to steal the ball? 3) What if they pass the ball onto the other wing?

### ANSWERS:

1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect the goal on that side.



### MOMENT:

Defending



### AGE:

U7-U8 / 4v4



### PLAYERS:

3 vs 3



### DURATION:

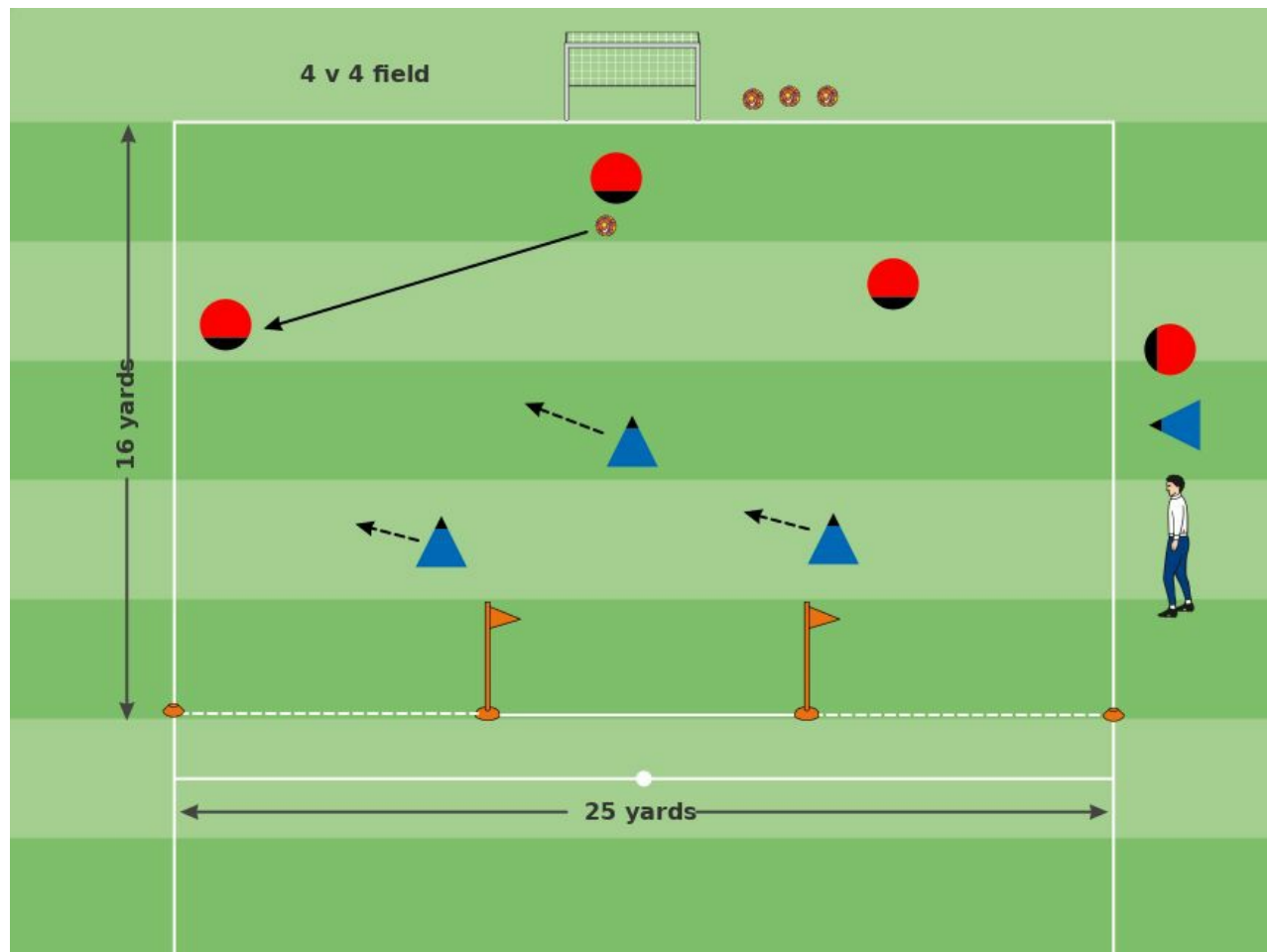
20:0 min

### PRACTICE (Less Challenging): 3 v 1 on Goal Line in Middle

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Stay compact, Steal

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



#### ORGANIZATION:

Same as core activity, except Blue defends a single goal line in the middle.

#### KEY WORDS:

Move with the ball, Step in

#### GUIDED QUESTIONS:

1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect the goal.

#### ANSWERS:

1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect the goal.

#### 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:

3 vs 1



#### DURATION:

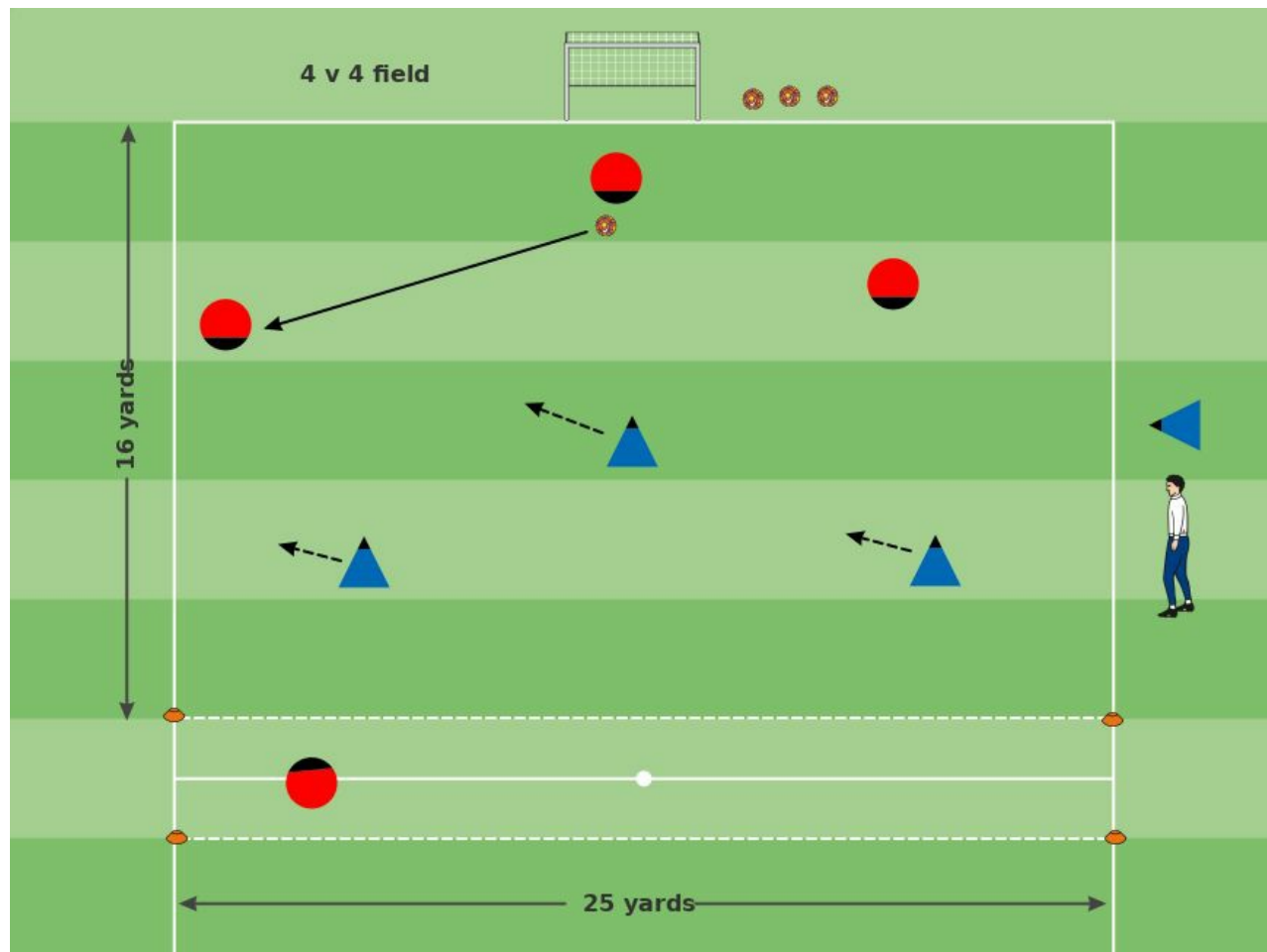
20:0 min

### PRACTICE (More Challenging): 3 + 1 v 3 on End Zone

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Stay compact, Steal

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



#### ORGANIZATION:

Same as Core Activity, except Blue defends the whole end zone with the target player in it. To score, the attackers must successfully dribble into or pass to the target player. Rotate players every 2 balls. After 8 attacks, teams switch roles.

#### KEY WORDS:

Move with the ball, Step in

#### GUIDED QUESTIONS:

1) How can you keep the attackers from scoring? 2) When do you step to steal the ball? 3) What if they pass the ball onto the other wing?

#### ANSWERS:

1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect the zone on that side.

#### 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:**  
4 vs 3

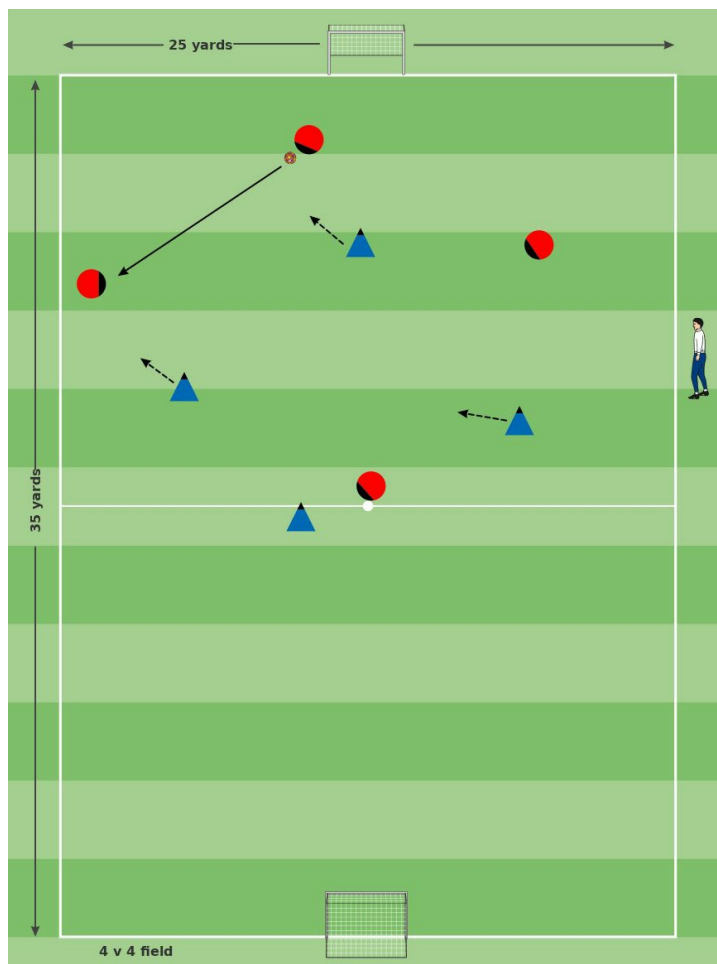
**DURATION:**  
20:0 min

## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To prevent the opponent from building up, win the ball back and score.

**PLAYER ACTIONS:** Stay compact, Steal

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



### ORGANIZATION:

Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 min.).

### KEY WORDS:

Move with the ball, Step in

### GUIDED QUESTIONS:

1) What are you supposed to do if you lose the ball? 2) What else could you do? 3) What's the advantage of defending higher up the field? 4) When do you step to steal the ball? 5) What if they pass the ball onto the other wing?

### ANSWERS:

1) Drop back and protect our goal. 2) Pressure the player with the ball to keeping him/her from shooting. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot. 4) When his/her head is down or he/she takes a big touch. 5) Then we have to move together.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

#### 4v4- Defending- Improve Preventing the Opponent from Building Up in their Own Half (B)

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

PLAYER ACTIONS: Stay compact, Steal

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

AGE: U7-U8 / 4v4 / 8 players

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: