

## 9v9 Improve Preventing Opponent from Building Up in Our Half- (A)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



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

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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

16

90 min

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

**PRACTICE (Core Activity): 2 v 2 on End Zones**

**PRACTICE (Less Challenging): 2 v 2 on End Zones**

**PRACTICE (More Challenging): 2 v 2 on End Zones**

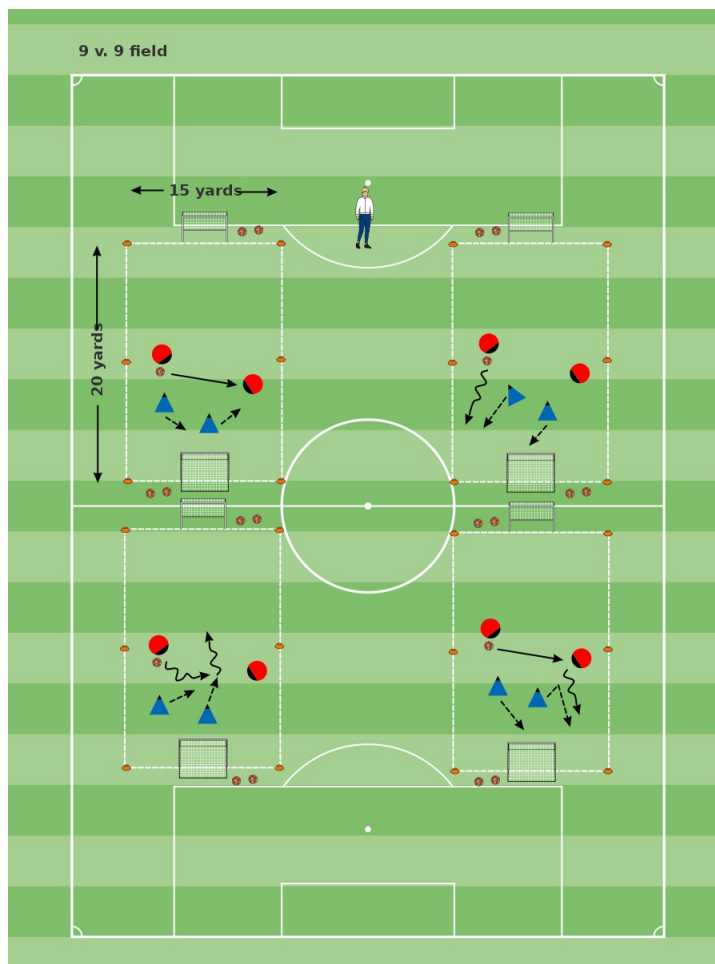
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To stop the opponent's attack, win the ball and score

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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



### ORGANIZATION:

Mark out four 20 x 15-yard fields, each with two mini goals. Free play: Players are divided into pairs and take turns playing 2 v 2. Play for 30 minutes with two breaks. Rotate players/teams as needed according to the Five Elements

### KEY WORDS:

Pressure, cover, move with the ball, attack the ball

### GUIDED QUESTIONS:

1) How do you keep opponents from moving forward? 2) How should you position yourselves to do that? 3) How far away should you be when providing cover?

### ANSWERS:

1) Apply pressure on the ball carrier. 2) Cover the pressuring defender if he/she gets beat off the dribble, but also cover the passing lane. 3) Close enough to apply pressure if the other defender gets beat, but not too close that we could get beat with one move.

### NOTES:

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

**MOMENT:**  
Defending

**AGE:**  
U11-U12 / 9v9

**PLAYERS:**  
2 vs 2

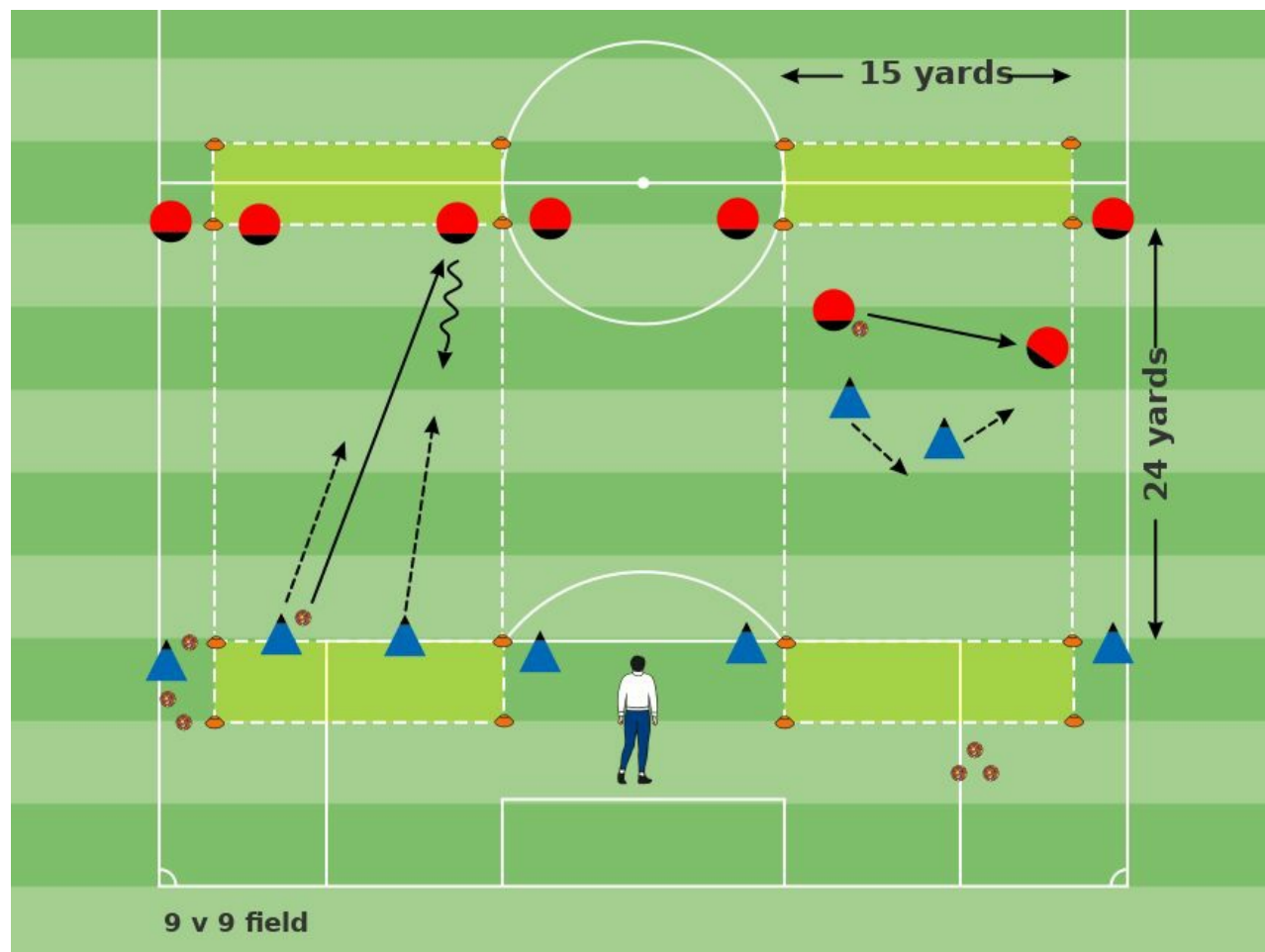
**DURATION:**  
30:0 min

## PRACTICE (Core Activity): 2 v 2 on End Zones

OBJECTIVE: To stop the opponent's attack.

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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



### ORGANIZATION:

Mark out two 24 x 15-yard fields, each with two end zones. Divide players into two teams and have them line up in pairs by the end zones. The defenders pass the ball to the attackers, and then they play 2 v 2. Players attack on the end zones (dribble or pass into teammate's path to score). The offside rule goes into effect at the centerline. Play for 30 minutes with two breaks.

### KEY WORDS:

Push up, pressure, cover, move with the ball, attack the ball

### GUIDED QUESTIONS:

1) Why should you run forward after the opening pass? 2) What's your job when you're the one closer to the ball? 3) What about the other defender? 4) How far away should you be when providing cover? 5) How else do you help each other?

### ANSWERS:

1) To apply pressure as quickly as possible. 2) To stop the ball carrier, force his/her head down or to take a bad touch. 3) Provide cover. 4) Close enough to apply pressure if the other defender gets beat, but not too close that we could get beat with one move. 5) By calling out who has pressure, and who has cover.



**MOMENT:**

Defending



**AGE:**

U11-U12 / 9v9



**PLAYERS:**

2 vs 2



**DURATION:**

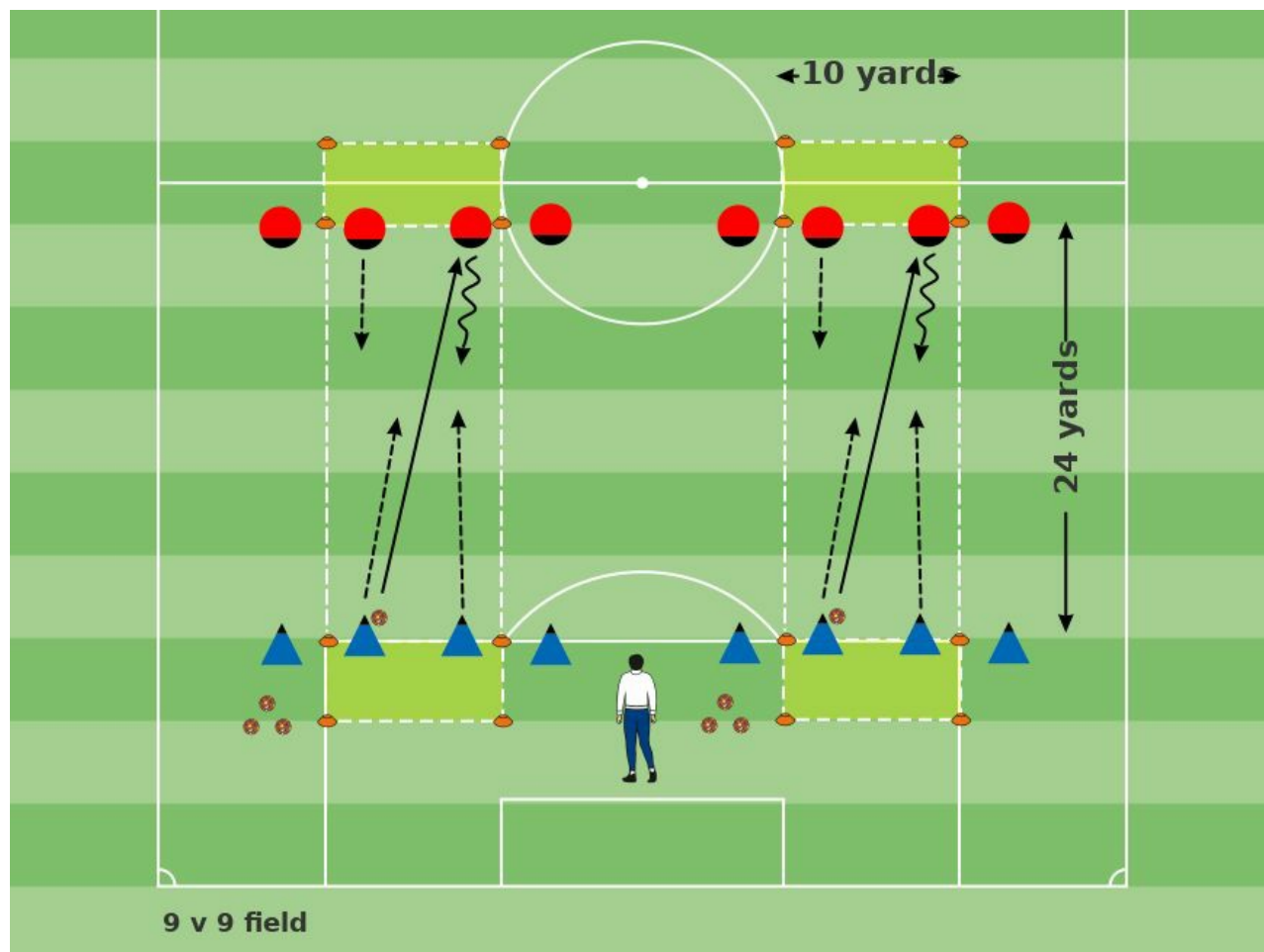
30:0 min

## PRACTICE (Less Challenging): 2 v 2 on End Zones

OBJECTIVE: To stop the opponent's attack

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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



### ORGANIZATION:

Same as Core Activity, except the fields are only 10 yards wide.

### KEY WORDS:

Push up, pressure, cover, move with the ball, attack the ball

### GUIDED QUESTIONS:

1) Why should you run forward after the opening pass? 2) What's your job when you're the one closer to the ball? 3) What about the other defender? 4) How far away should you be when providing cover? 5) How else do you help each other?

### ANSWERS:

1) To apply pressure as quickly as possible. 2) To stop the ball carrier, force his/her head down or to take a bad touch. 3) Provide cover. 4) Close enough to apply pressure if the other defender gets beat, but not too close that we could get beat with one move. 5) By calling out who has pressure, and who has cover.

### 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:**  
U11-U12 / 9v9

**PLAYERS:**  
2 vs 2

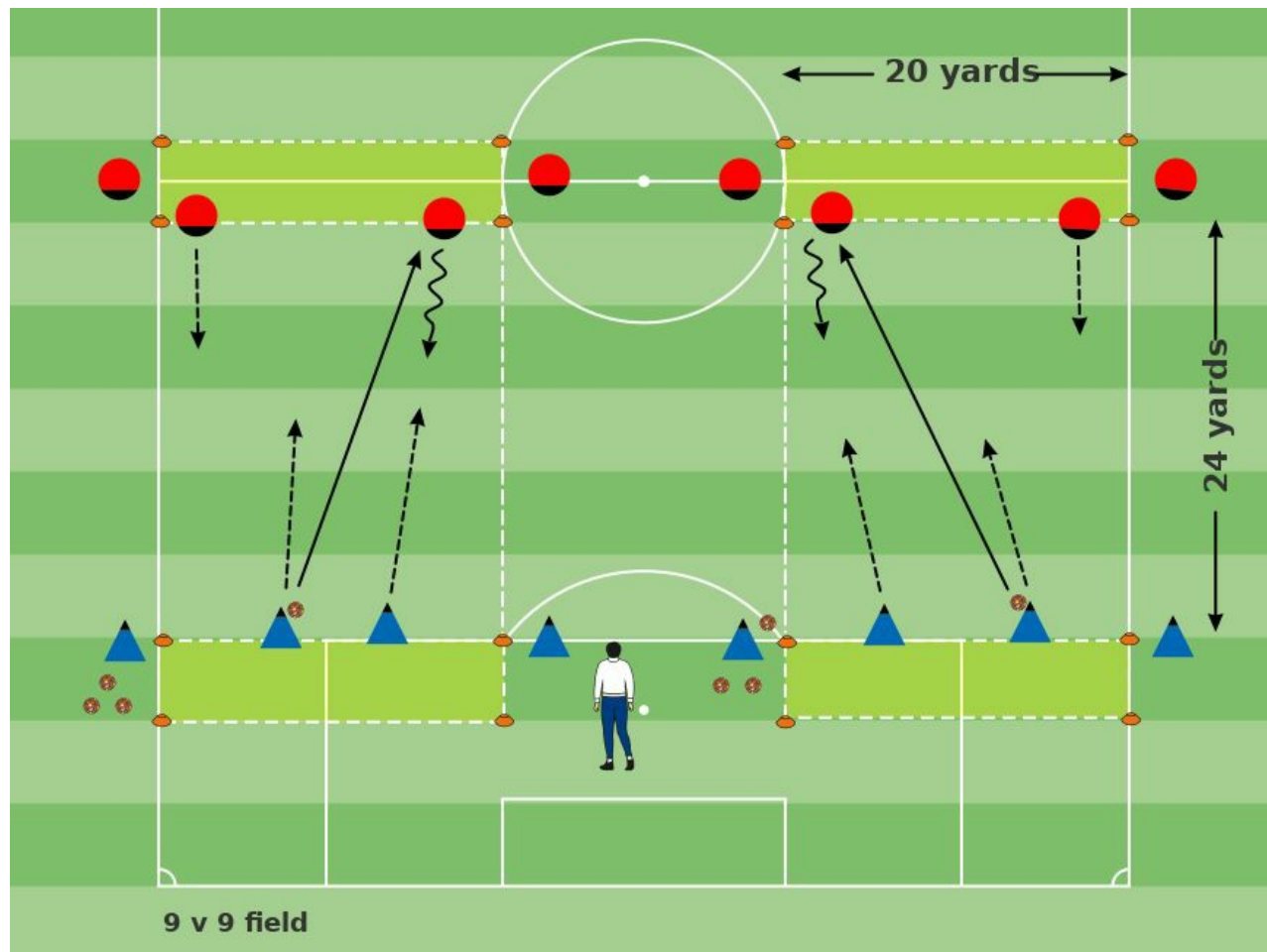
**DURATION:**  
30:0 min

## PRACTICE (More Challenging): 2 v 2 on End Zones

OBJECTIVE: To stop the opponent's attack

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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



### ORGANIZATION:

Same as Core Activity, except the fields are 20 yards wide

### KEY WORDS:

Push up, pressure, cover, move with the ball, attack the ball

### GUIDED QUESTIONS:

1) Why should you run forward after the opening pass? 2) What's your job when you're the one closer to the ball? 3) What about the other defender? 4) How far away should you be when providing cover? 5) How else do you help each other?

### ANSWERS:

1) To apply pressure as quickly as possible. 2) To stop the ball carrier, force his/her head down or to take a bad touch. 3) Provide cover. 4) Close enough to apply pressure if the other defender gets beat, but not too close that we could get beat with one move. 5) By calling out who has pressure, and who has cover.

### 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:**  
U11-U12 / 9v9

**PLAYERS:**  
2 vs 2

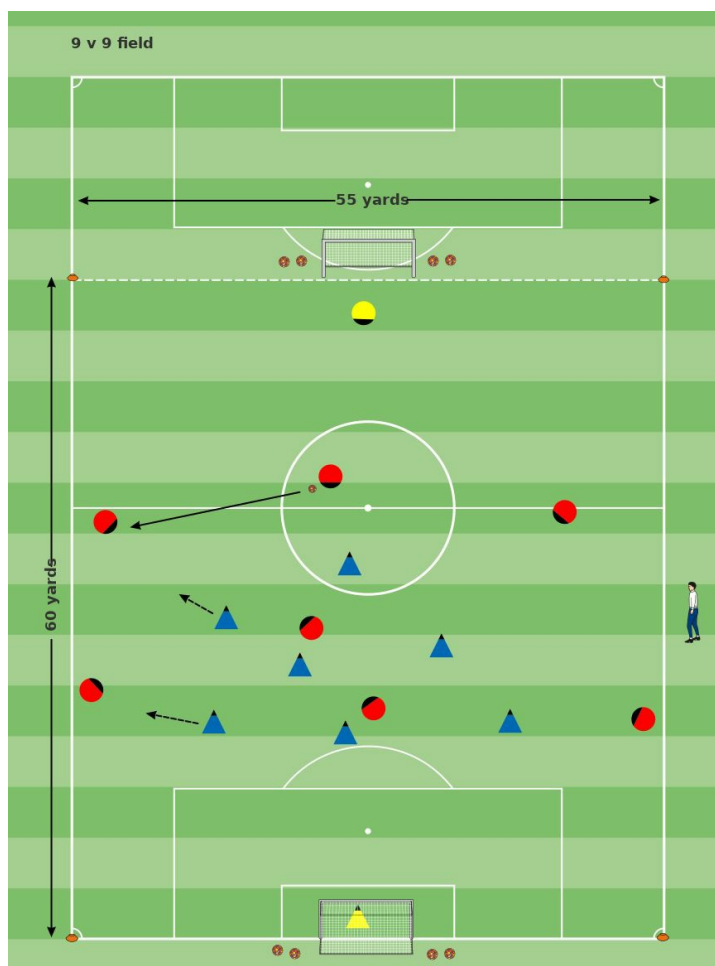
**DURATION:**  
30:0 min

## 2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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



### ORGANIZATION:

Mark out a 60 x 55-yard field. Teams play 8v8 in a 1-3-1-3 formation. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

### KEY WORDS:

Pressure, cover, balance, move with the ball, attack the ball

### GUIDED QUESTIONS:

1) How can you keep opponents from moving forward? 2) What's your job when you're the defender closest to the ball? 3) What about the other defender? 4) How else do you help each other? 5) What about the defenders farther away from the ball?

### ANSWERS:

1) Put pressure on the ball carrier, cover each other and move with the ball. 2) To stop the ball carrier, force his/her head down or to take a bad touch. 3) Provide cover. 4) By calling out who has pressure, and who has cover. 5) Follow the ball, stay compact and defend against switches of play.

**MOMENT:**  
Defending

**AGE:**  
U11-U12 / 9v9

**PLAYERS:**  
8 vs 8

**DURATION:**  
30:0 min

### 9v9 Improve Preventing Opponent from Building Up in Our Half- (A)

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

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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

AGE: U11-U12 / 9v9 / 16 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: