

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

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



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

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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

16

90 min

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

**PRACTICE (Core Activity): 8 v 8 on End Zones**

**PRACTICE (Less Challenging): 8 v 8 on End Zones**

**PRACTICE (More Challenging): 9 v 6 on End Zones**

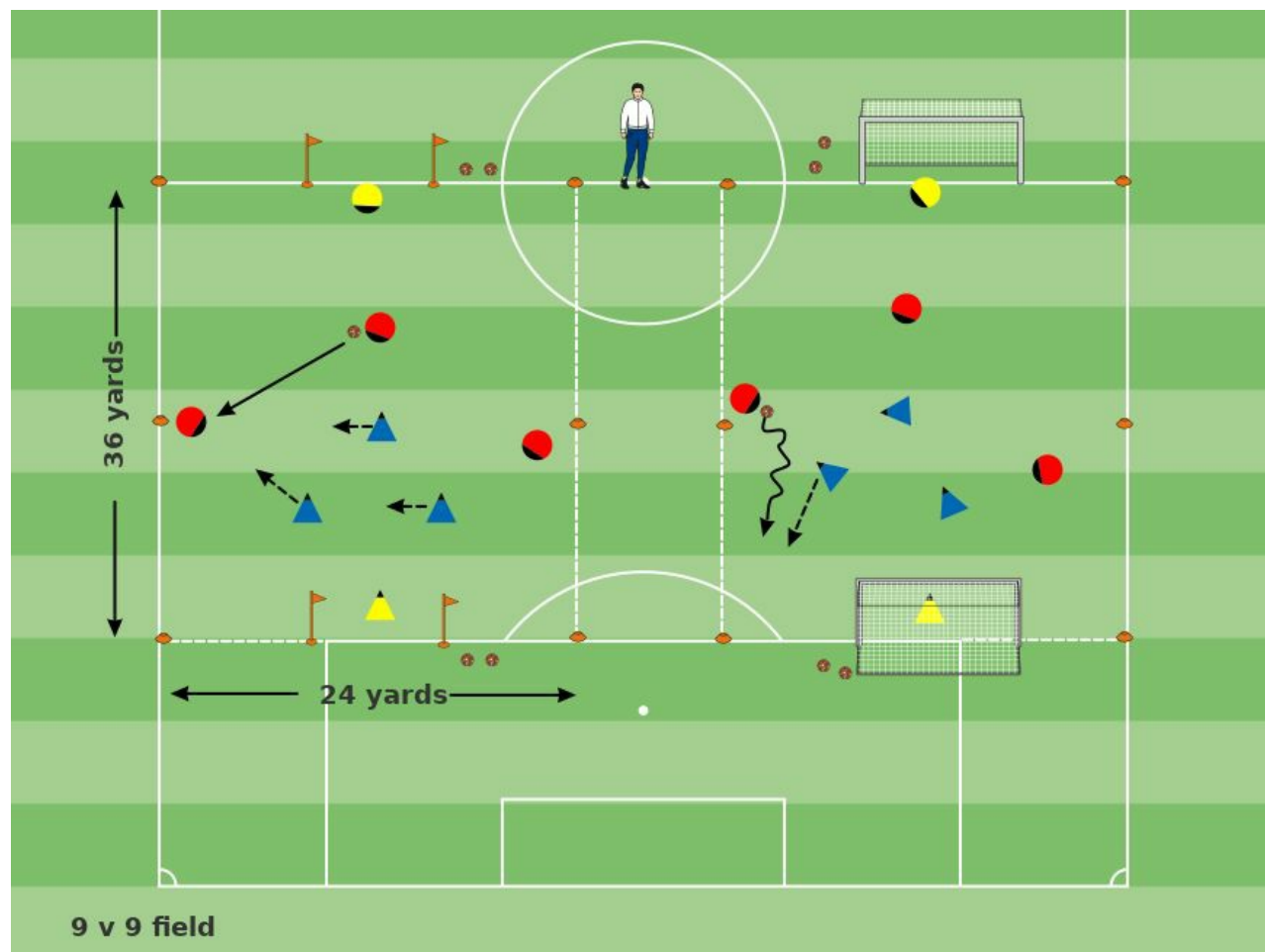
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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



### ORGANIZATION:

Mark out two 36 x 24-yard fields. Divide players into four teams of four. Teams play 4 v 4 on goals with permanent goalkeepers. Play for 30 minutes with two breaks.

### KEY WORDS:

Defend together, move with the ball, pressure, cover, balance

### GUIDED QUESTIONS:

1) As a group, what do you need to do to keep opponents away from your goal? 2) What's your job if you're the defender closest to the ball? 3) Which path should you always block? 4) So where do you want the attacker to go?

### ANSWERS:

1) Form a compact block, move with the ball. 2) Put pressure on the ball ; block forward passes and dribbling runs. 3) The direct path to the goal. 4) Outside or away from the goal.

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

**PLAYERS:**  
4 vs 4

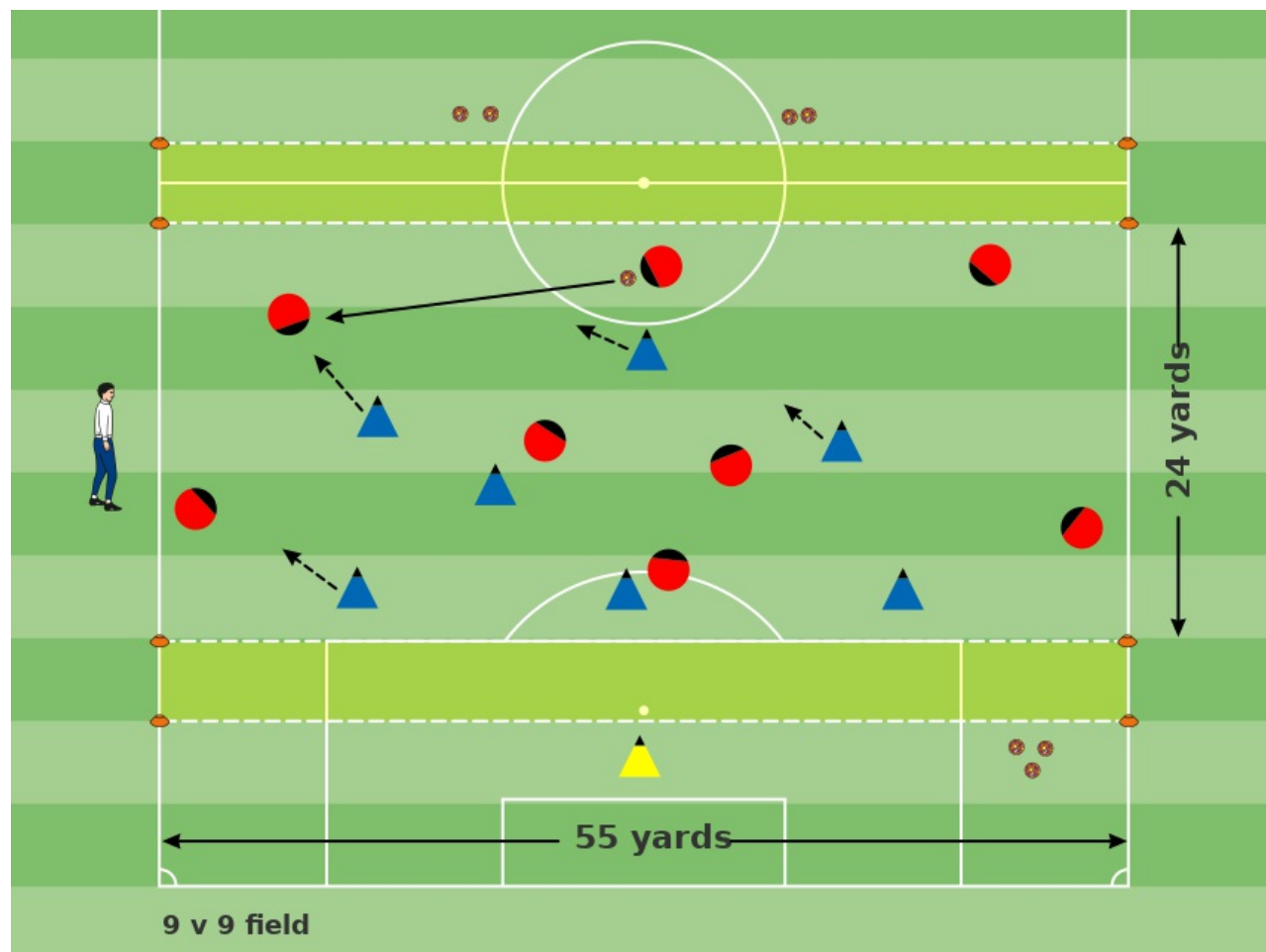
**DURATION:**  
30:0 min

## PRACTICE (Core Activity): 8 v 8 on End Zones

OBJECTIVE: To stop the opponent's attack.

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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



### ORGANIZATION:

Between the centerline and the penalty box, mark out a 55 x 24-yard field with 5-yard-deep end zones. Teams play 8 v 7 + GK (Red v Blue). Red attacks in a 3-2-3 formation. To score, they must either dribble or successfully pass into the end zone. Blue defends in a 1-3-3-1 formation. If they win the ball, they can score by dribbling into the end zone. Blue's goalkeeper helps build the attack and remains actively involved but always stays behind the end zone and is only active in defending by communicating and organizing the blue players.

### KEY WORDS:

Defend together, move with the ball, pressure, cover, balance

### GUIDED QUESTIONS:

1) As a group, what do you need to do to keep opponents away from your goal (or end zone, in this case)? 2) What should you do as the defender closes to the ball? 3) Which passing options do you need to cut off? 4) What kinds of passes do you want to force them to play instead? 5) How can the GK help in defense?

### ANSWERS:

1) Form a compact block and move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball. 3) Forward passes. 4) Back passes or square passes. 5) By organizing the players in front of him/her.

**MOMENT:**  
Defending

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

**PLAYERS:**  
8 vs 8

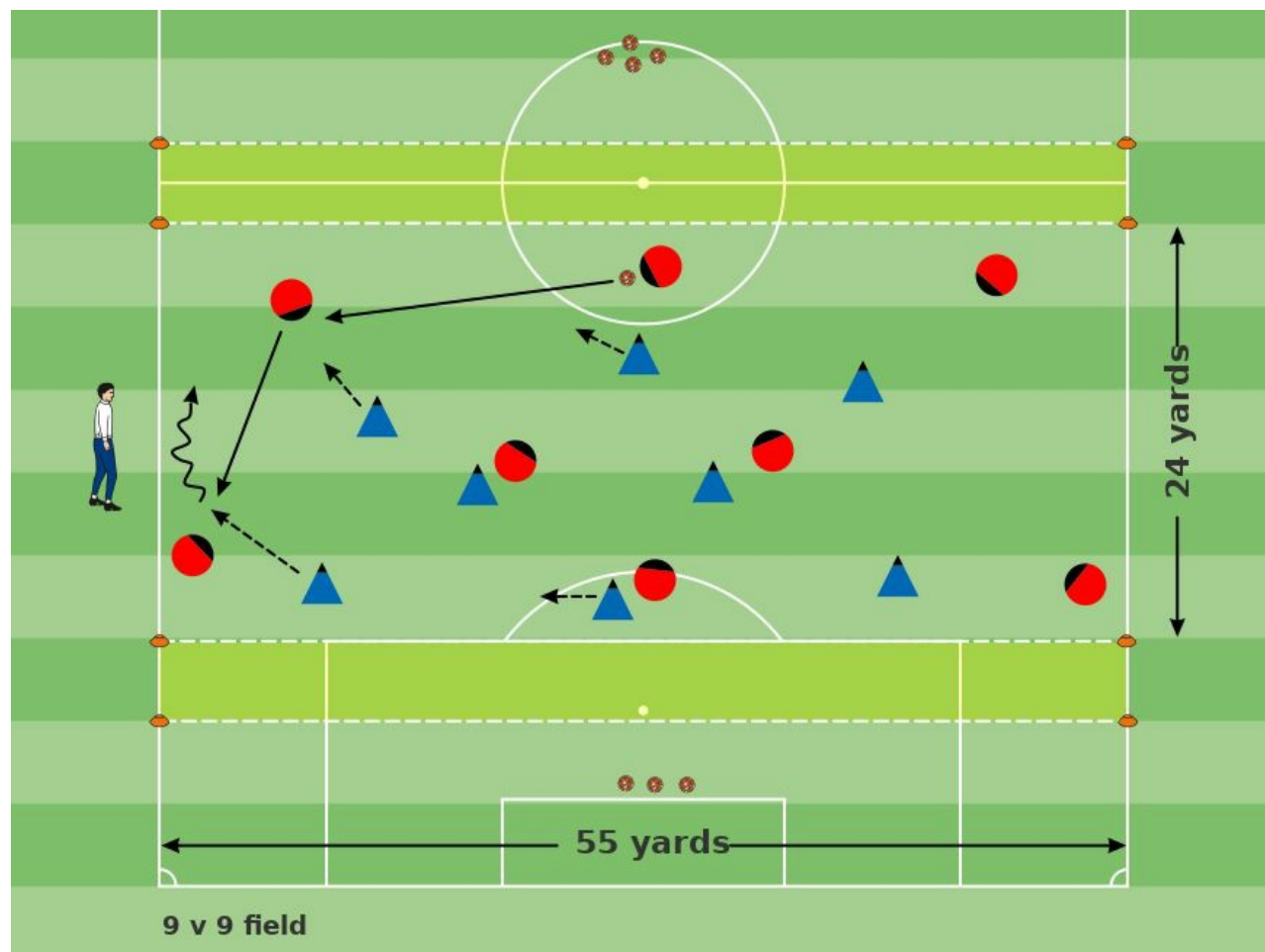
**DURATION:**  
30:0 min

## PRACTICE (Less Challenging): 8 v 8 on End Zones

OBJECTIVE: To stop the opponent's attack.

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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



### ORGANIZATION:

Same as Core Activity, except teams play 8 v 8 on two end zones. Both teams play 3-2-3 formations

### KEY WORDS:

Get compact, stay compact, move with the ball, pressure, cover, balance

### GUIDED QUESTIONS:

1) As a group, what do you need to do to keep opponents away from your goal (or end zone, in this case)? 2) What should you do as the defender closest to the ball? 3) Which passing options do you need to cut off? 4) What kinds of passes do you want to force them to play instead?

### ANSWERS:

1) Form a compact block and move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball. 3) Forward passes. 4) Back passes or square passes.

### 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:**

8 vs 8



**DURATION:**

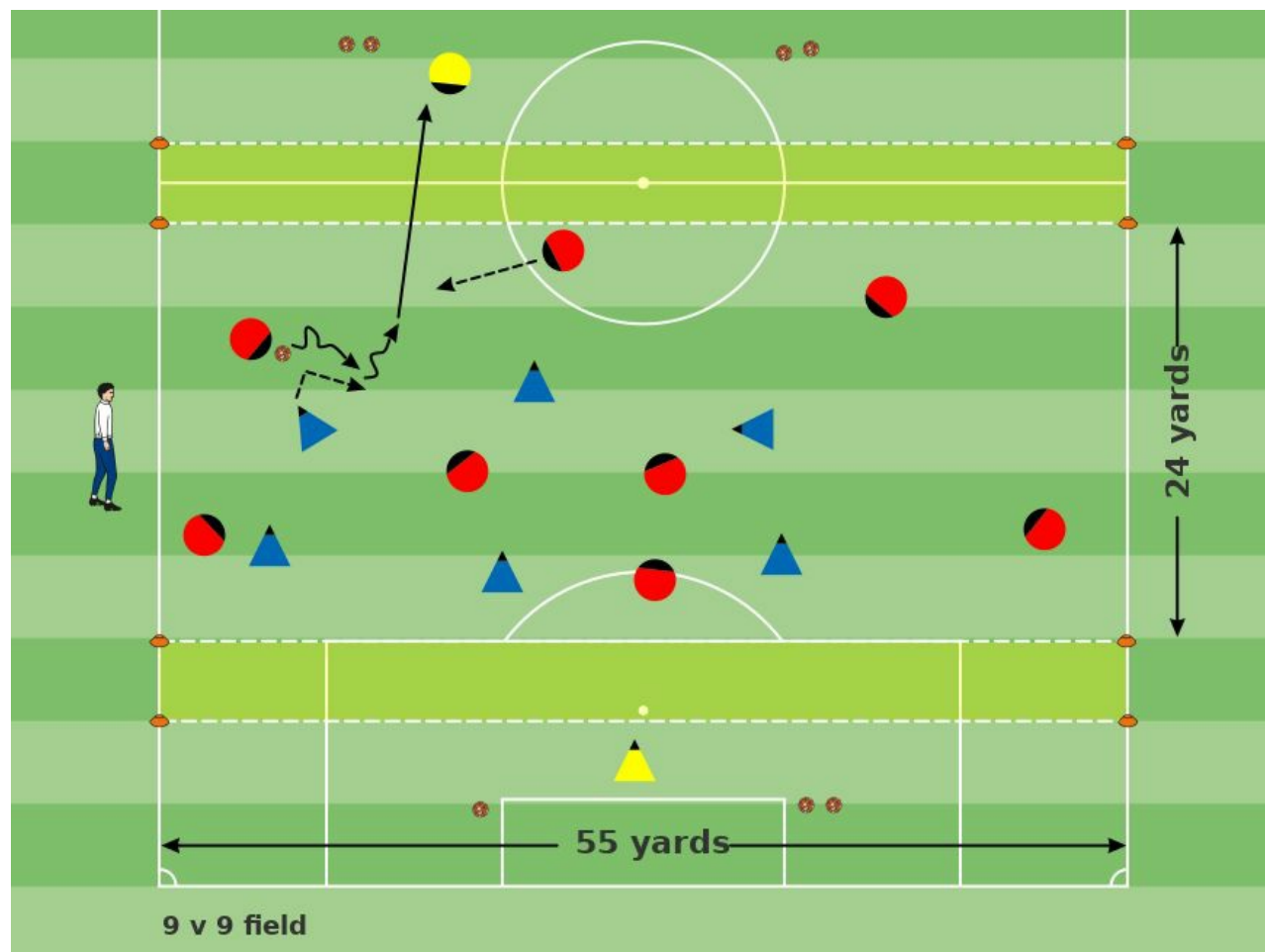
30:0 min

## PRACTICE (More Challenging): 9 v 6 on End Zones

OBJECTIVE: To stop the opponent's attack

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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



### ORGANIZATION:

Same as Core Activity, except teams play 9 v 6. Blue can score by dribbling into the end zone or passing to either goalkeeper.

### KEY WORDS:

Get compact, stay compact, move with the ball, pressure, cover, balance

### GUIDED QUESTIONS:

1) As a group, what do you need to do to keep opponents away from your goal (or end zone, in this case)? 2) What should you do as the defender closest to the ball? 3) Which passing options do you need to cut off? 4) What kinds of passes do you want to force them to play instead? 5) How can the GK help?

### ANSWERS:

1) Form a compact block and move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball. 3) Forward passes. 4) Back passes or square passes. 5) By organizing the players in front of him/her.

### 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:**

9 vs 6



**DURATION:**

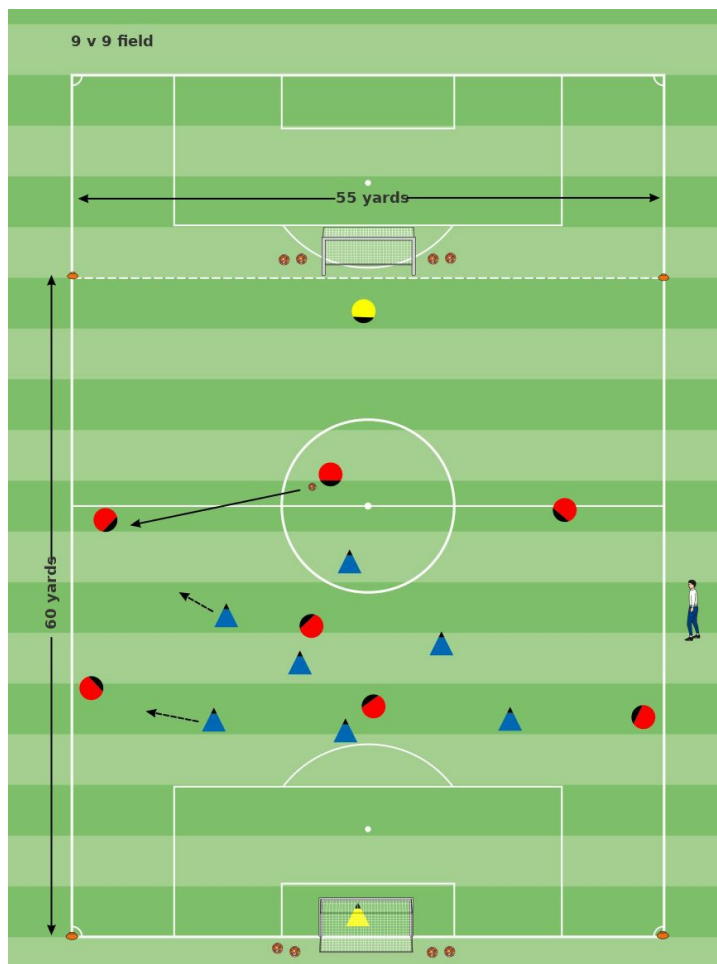
30:0 min

## 2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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



### 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:

Defend together, move with the ball, pressure, cover, balance

### GUIDED QUESTIONS:

1) As a group, what do you need to do to keep opponents away from your goal (or end zone, in this case)? 2) What should you do as the defender closest to the ball? 3) Which passing options do you need to cut off? 4) What kinds of passes do you want to force them to play instead? 5) How can the GK help?

### ANSWERS:

1) Form a compact block and move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball. 3) Forward passes. 4) Back passes or square passes. 5) By organizing the players in front of him/her.

**MOMENT:**  
Defending

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

**PLAYERS:**  
8 vs 8

**DURATION:**  
30:0 min

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

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

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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

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: