

9v9 Improve Preventing Scoring- (A)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Protect goal, Steal

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

 16

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 1 v 1 on One Goal with Goalkeeper and Two Goal Line

PRACTICE (Less Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Lines

PRACTICE (More Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Lines

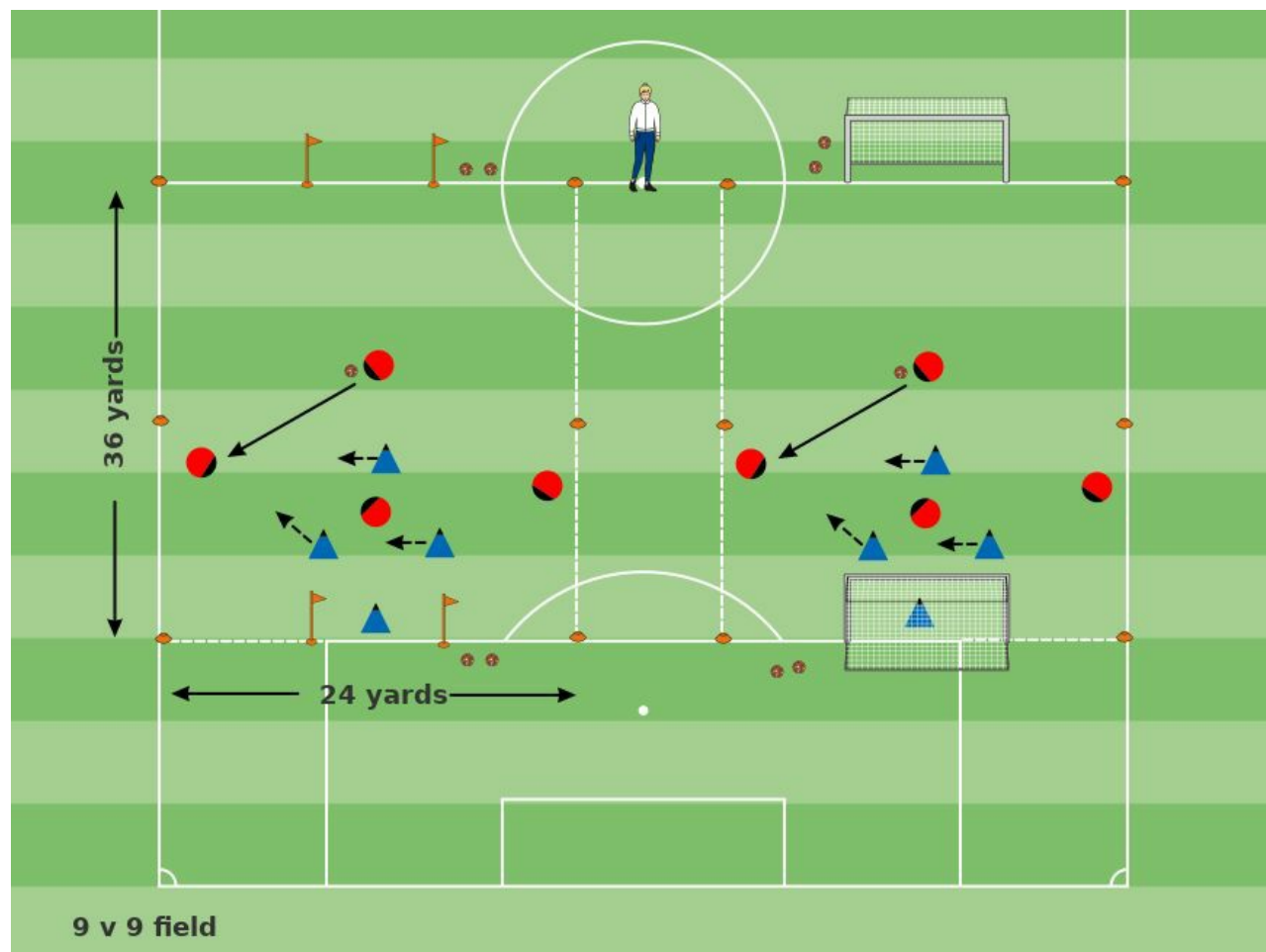
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Protect goal, Steal

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



ORGANIZATION:

Mark out two 36 x 24-yard fields. Teams play 4 v 4 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks

KEY WORDS:

Stay compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) Defenders, where should you steer the attackers to protect the goal? 2) Who should pressure the ball? 3) How do you apply pressure? 4) What type of stance should you use while defending 1v1?

ANSWERS:

1) Away from the goal, onto the wing. 2) The defender closest to the ball. 3) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; 4) A staggered stance with one foot in front of the other.

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



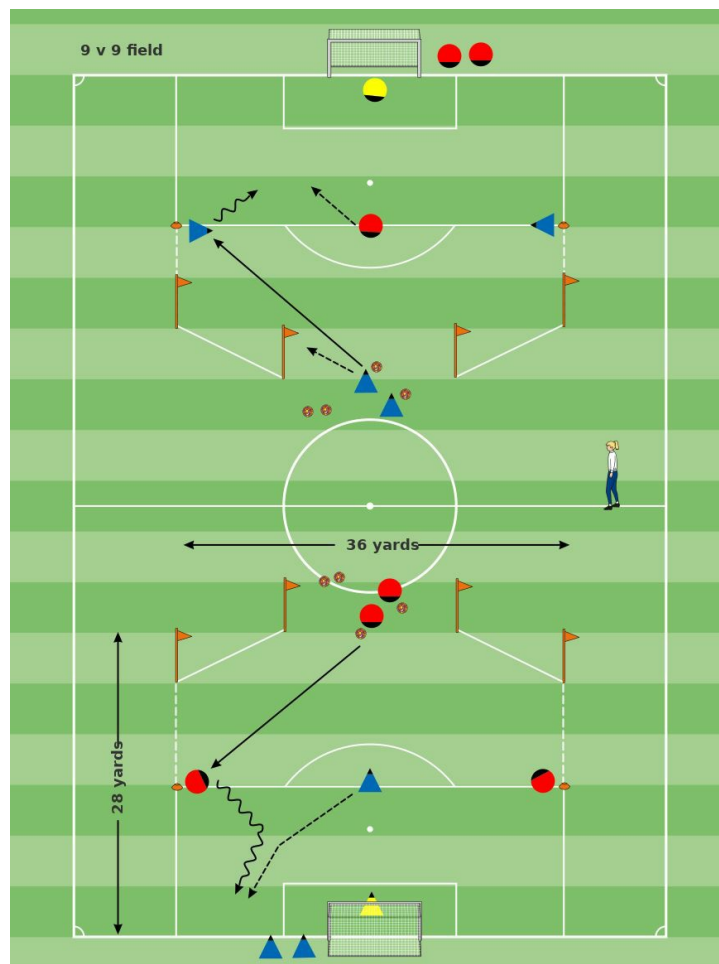
DURATION:
30:0 min

PRACTICE (Core Activity): 1 v 1 on One Goal with Goalkeeper and Two Goal Line

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Protect goal, Steal

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



ORGANIZATION:

Mark out two 28 x 36-yard fields, each with one goal and two goal lines. Position four attackers, three defenders and one goalkeeper on each field as shown. The central attacker starts the 1 v 1 with a pass to either teammate, then runs to that player's position. The defender reacts by running forward and trying to stop the receiver from scoring. Defender dribbles across goal lines to score. Play for 30 minutes with two breaks.

KEY WORDS:

Defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why? 5) How do you apply pressure?

ANSWERS:

1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker away from the goal. 3) The inside. 4) Because he/she has a better angle to shoot. 5) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; keep a staggered stance with one foot in front of the other.



MOMENT:

Defending



AGE:

U11-U12 / 9v9



PLAYERS:

1 vs 1



DURATION:

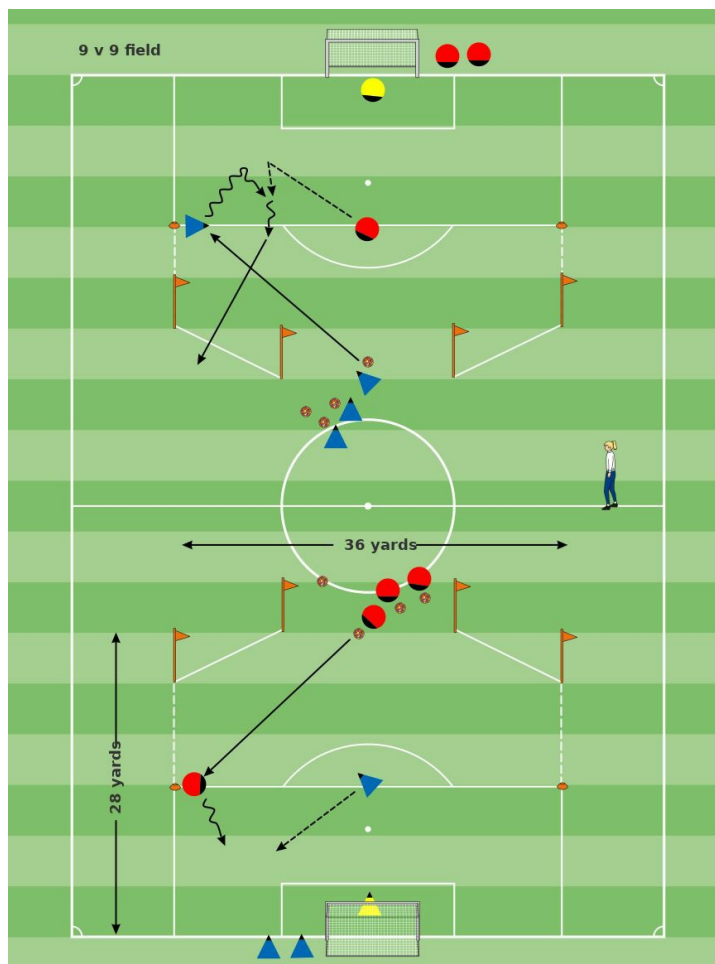
30:0 min

PRACTICE (Less Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Lines

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Protect goal, Steal

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



ORGANIZATION:

Same as Core Activity, except there is only one wing attacker. Make sure players stay in their assigned positions.

KEY WORDS:

Defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why? 5) How do you apply pressure?

ANSWERS:

1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker away from the goal. 3) The inside. 4) Because he/she has a better angle to shoot. 5) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; keep a staggered stance with one foot in front of the other.

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:
1 vs 1

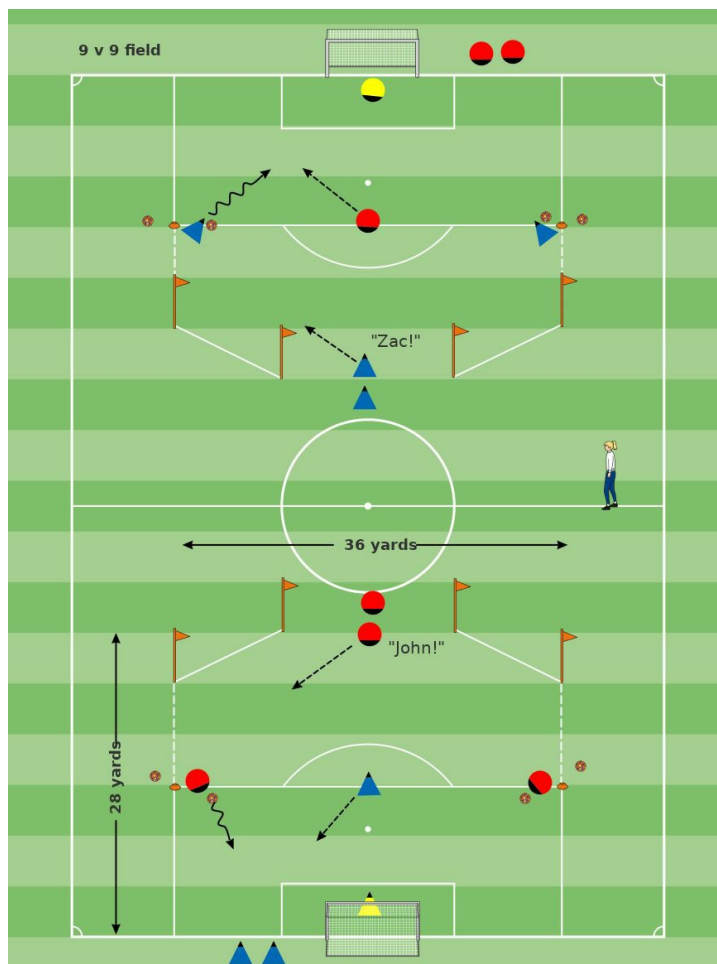
DURATION:
30:0 min

PRACTICE (More Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Lines

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Protect goal, Steal

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



ORGANIZATION:

Same as Core Activity, except the central attacker chooses a wing attacker (by calling the name), who dribbles onto the field for the 1 v 1.

KEY WORDS:

Defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why? 5) How do you apply pressure?

ANSWERS:

1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker away from the goal. 3) The inside. 4) Because he/she has a better angle to shoot. 5) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; keep a staggered stance with one foot in front of the other.

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:
1 vs 1

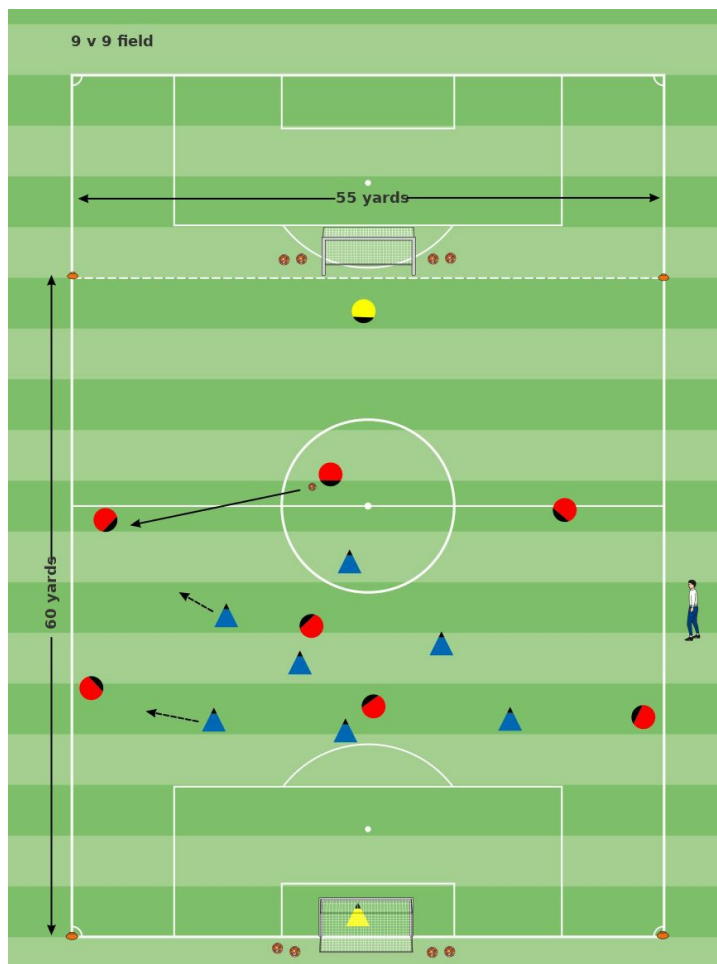
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Protect goal, 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:

Stay compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) How can you keep the opponent from scoring? 2) What should you do when you're the defender in a face-to-face 1 v 1 on the wing? 3) Which side do you not want the attacker to break through on? 4) Why?

ANSWERS:

1) Defend as a compact unit; apply pressure to the ball carrier; force the opponent to the sidelines; move with the ball; block shots. 2) Confront your opponent; if they dribble toward you, match their speed and try to force them toward the sideline; block them from shooting or crossing. 3) The inside. 4) Because that would put them in a much better position to shoot.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Preventing Scoring- (A)

GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Protect goal, Steal

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

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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: