

9v9 Improve Preventing Scoring- (B)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 5 v 5 +2 on One Standard Goal and Two Mini Goals

PRACTICE (Less Challenging): 6 v 5 + 2 on One Standard Goal and Two Mini Goals

PRACTICE (More Challenging): 7 v 5 on One Standard Goal and Two Mini Goals

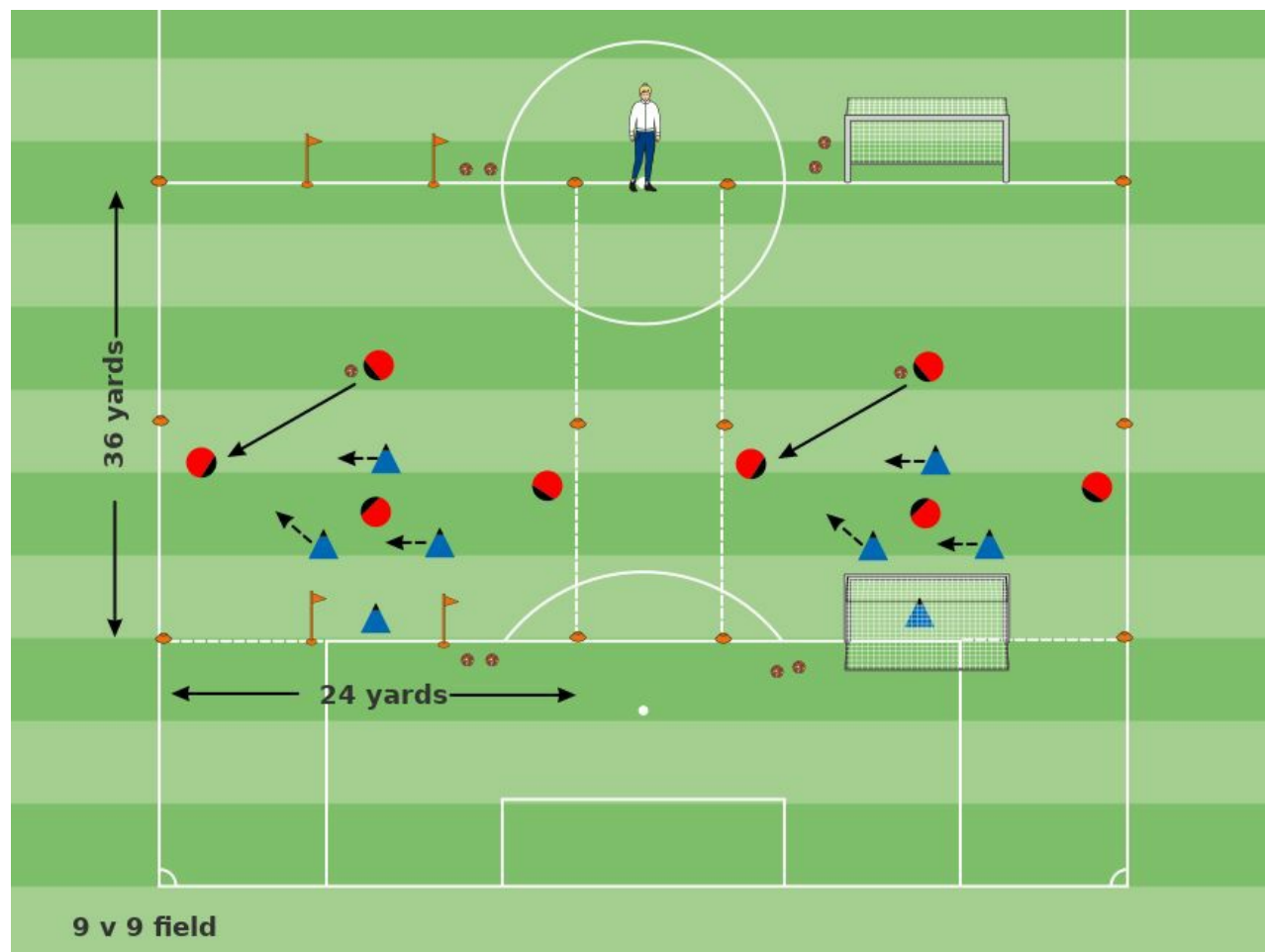
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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



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 force the attackers to protect the goal? 2) As one player steps to apply pressure, what should the other defenders do? 3) What should you do when you're the defender in a face-to-face 1 v 1 on the wing?

ANSWERS:

1) Away from the goal, onto the wing. 2) Slide over to cover the openings. 3) Pressure the opponent; if they dribble toward you, match their speed and try to force them toward the sideline; block them from shooting or crossing.

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

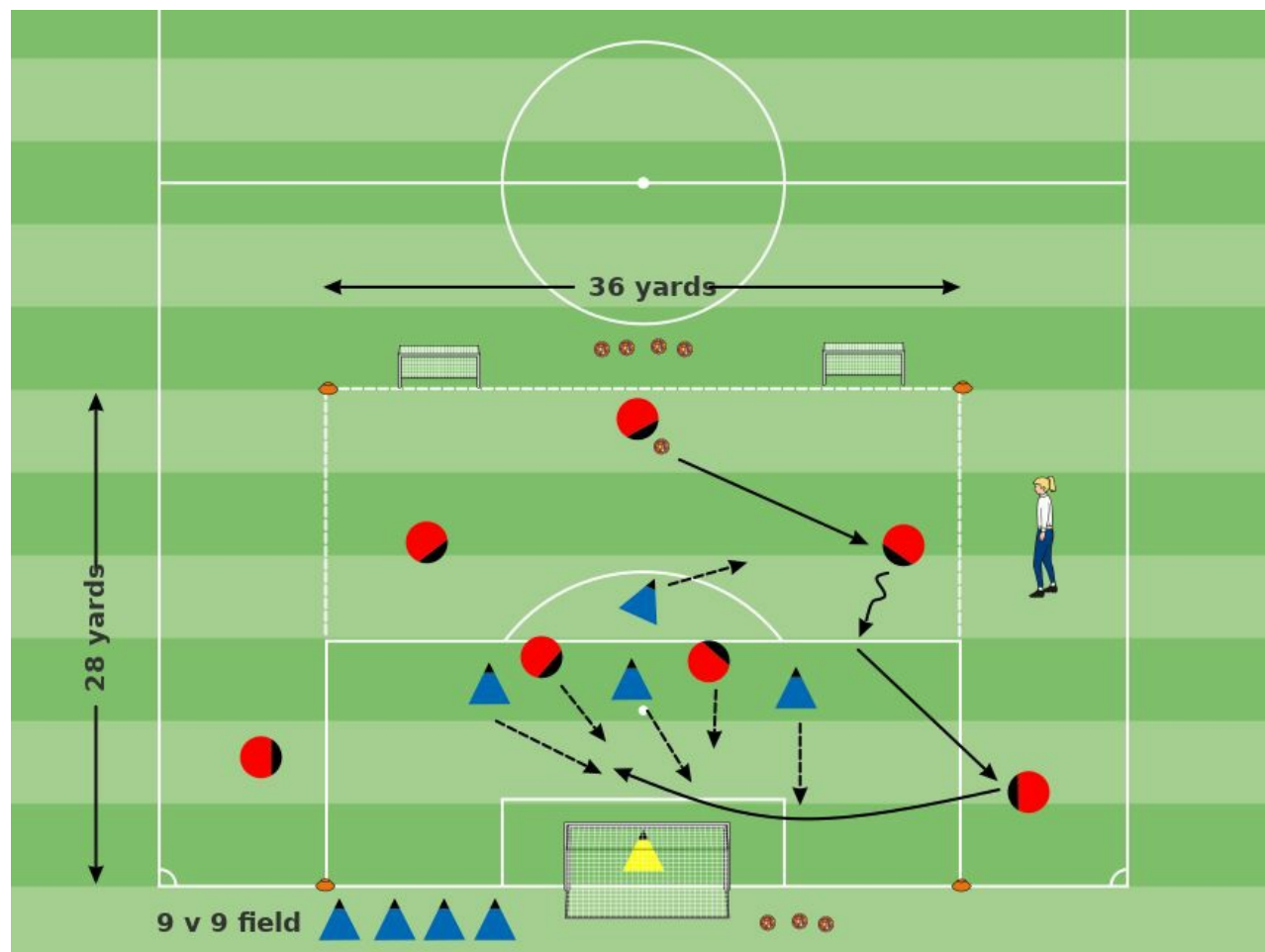
DURATION:
30:0 min

PRACTICE (Core Activity): 5 v 5 +2 on One Standard Goal and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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



ORGANIZATION:

Mark out a 28 x 36-yard field. Choose seven attackers (Red), eight defenders (Blue) and one goalkeeper. Divide the defenders into two groups of four. Teams play 5 + 2 v 5 on one standard goal and two small goals. Outside players are not allowed to dribble into the box. Red always starts with the ball. Play four-minute rounds. Switch defenders after each round. Play for 30 minutes with two breaks

KEY WORDS:

Stay compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority when the ball is this close to our goal? 2) How do you do that? 3) What should you do when the attackers pass to one of the outside players?

ANSWERS:

1) We have to protect the goal. 2) Defend as a compact unit; actively pressure the ball carrier; move with the ball; block shots. 3) Drop back toward the goal; stay compact in the middle; mark opposing forwards tightly by staying with runners

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
5 vs 5

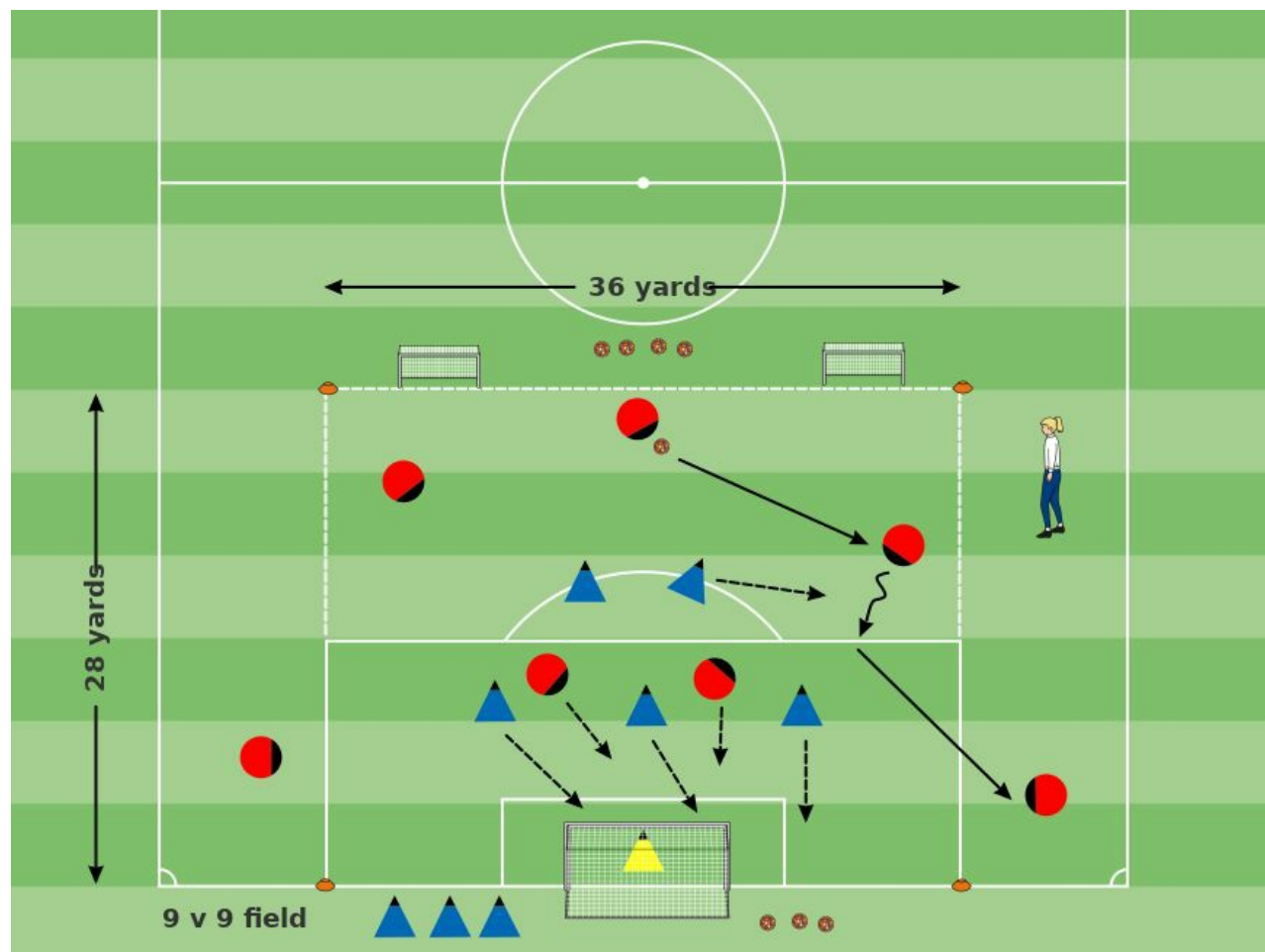
DURATION:
30:0 min

PRACTICE (Less Challenging): 6 v 5 + 2 on One Standard Goal and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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



ORGANIZATION:

Same as Core Activity, except teams play 5 + 2 v 6. Switch out three defenders after each round

KEY WORDS:

Stay compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority when the ball is this close to our goal? 2) How do you do that? 3) What should you do when the attackers pass to one of the outside players?

ANSWERS:

1) We have to protect the goal. 2) Defend as a compact unit; actively pressure the ball carrier; move with the ball; block shots. 3) Drop back toward the goal; stay compact in the middle; mark opposing forwards tightly by staying with runners.

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:
6 vs 5

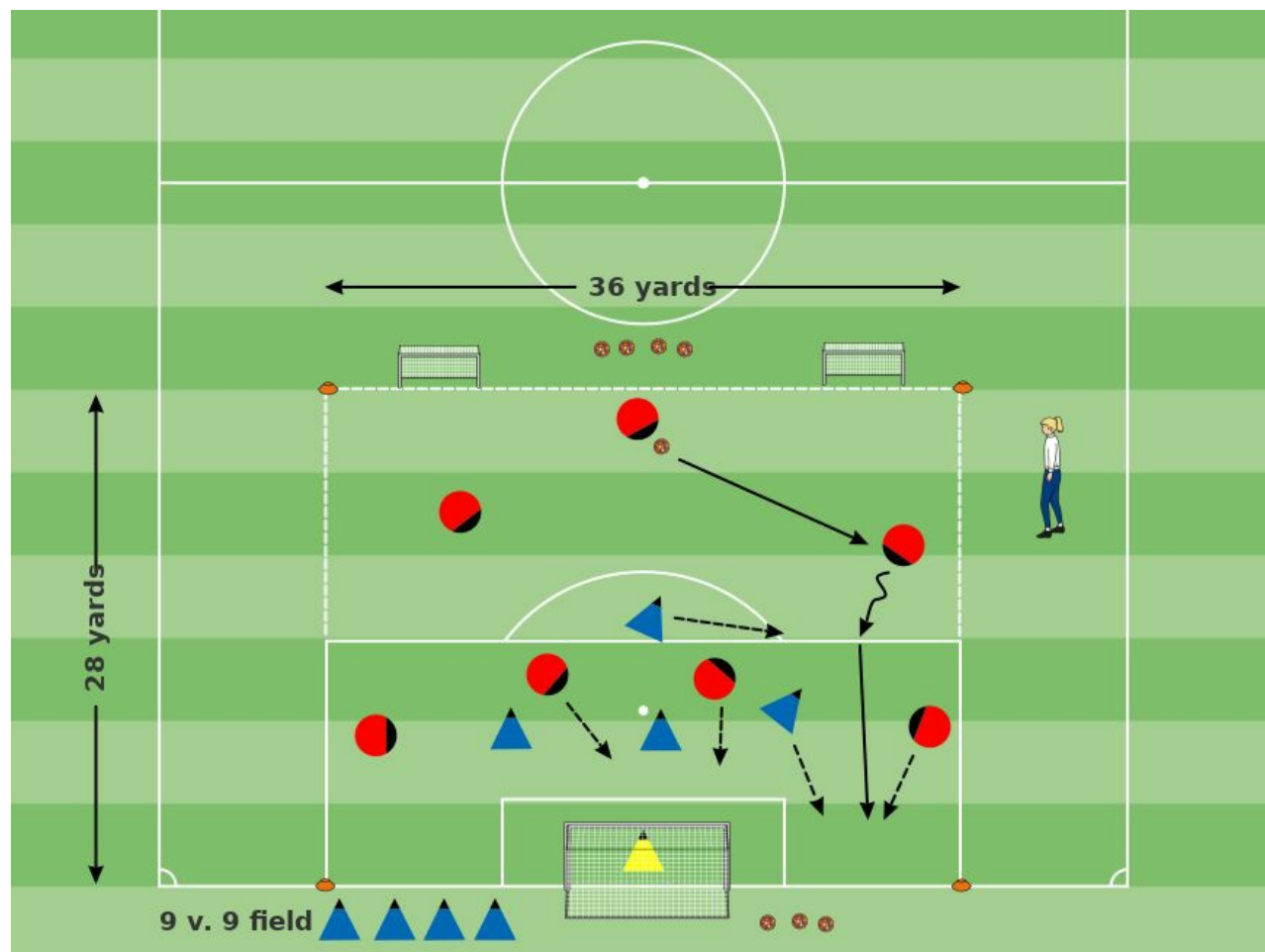
DURATION:
30:0 min

PRACTICE (More Challenging): 7 v 5 on One Standard Goal and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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



ORGANIZATION:

Same as Core Activity, except teams play 7 v 5. The field is also 10 yards wider, and the outside players are now inside the field.

KEY WORDS:

Stay compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority when the ball is this close to our goal? 2) How do you do that? 3) What should you do when the attackers pass to one of the outside players?

ANSWERS:

1) We have to protect the goal. 2) Defend as a compact unit; actively pressure the ball carrier; move with the ball; block shots. 3) If we can't pressure the ball, then drop back toward the goal; stay compact in the middle and mark the opposing forwards tightly by staying with runners.

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:
7 vs 5



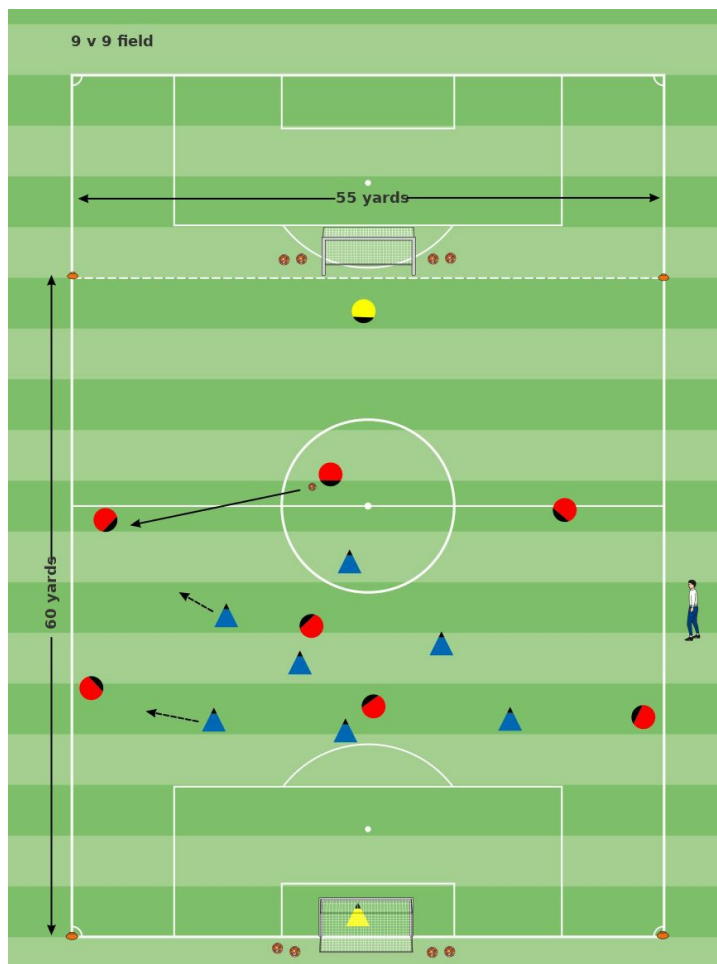
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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



ORGANIZATION:

Mark out a 60 x 55-yard field. Play 8v8 with teams 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's our top priority when the ball is close to our goal? 3) What should you do when you're the defender in 1 v 1 on the wing? 3)) What should you do when the attackers pass to one of the wing players? 3) What do the central defenders need to do?

ANSWERS:

1) Defend as a compact unit; actively pressure the ball carrier; force the opponent to the sidelines; move with the ball; block shots. 2) Protect the goal. 3) If we don't have pressure on the ball, then drop back toward the goal; stay compact in the middle and mark the opposing forwards tightly by staying with runners.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Preventing Scoring- (B)

GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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

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: