

## 9v9 Improve preventing Building Up in Opponents Half- (C)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



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

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

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

16

90 min

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

**PRACTICE (Core Activity): 5 v 6 Large Goal to Three Small Goals**

**PRACTICE (Less Challenging): 5 v 5 Large Goal to Three Small Goals**

**PRACTICE (More Challenging): 6 v 7 Large Goal to Endzone**

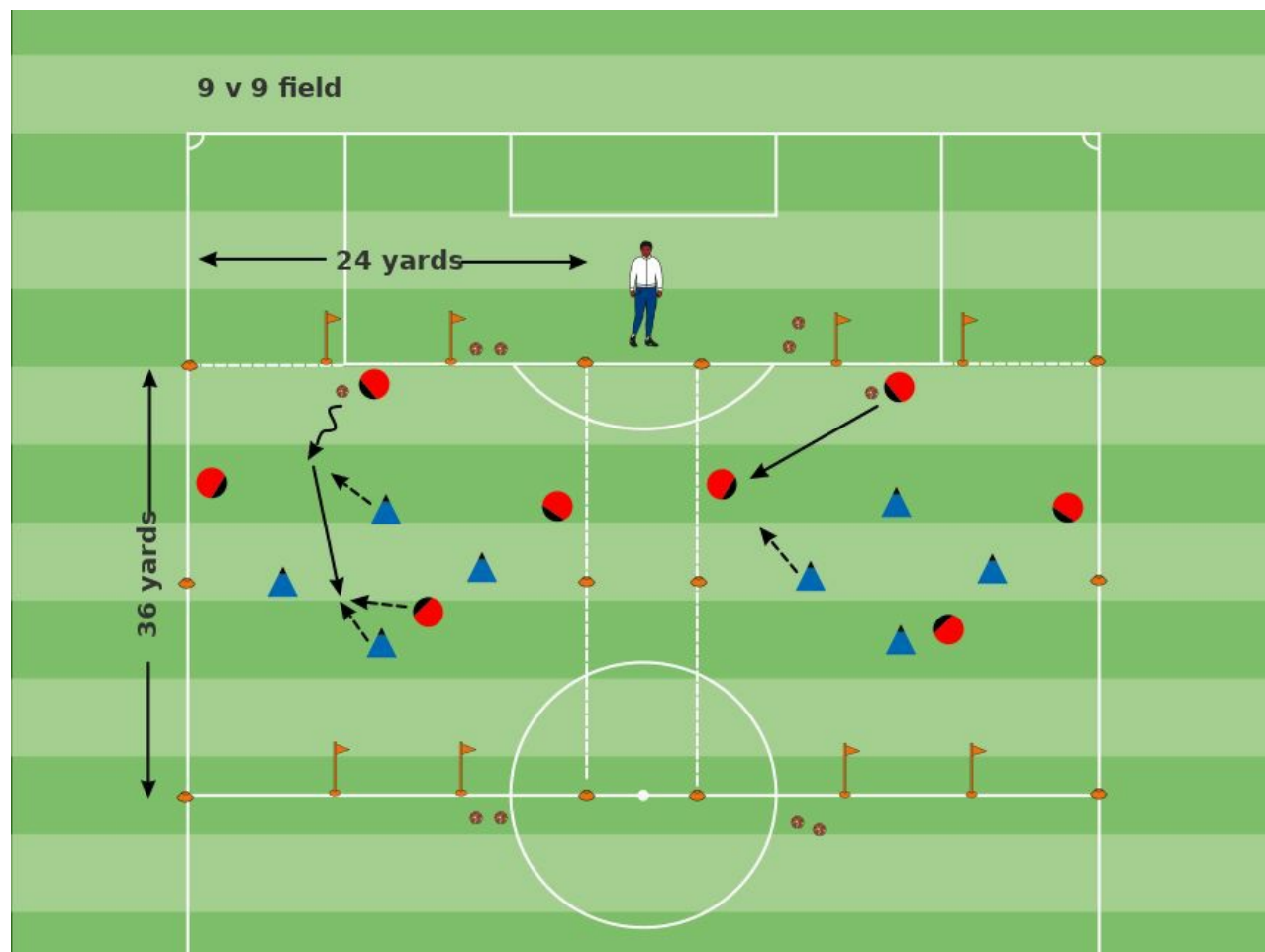
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

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

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

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



### ORGANIZATION:

Mark out two 36 x 24-yard fields. Divide players into four teams of four. Free play: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Goals scored after winning the ball in the opponent's half count double. Play for 30 minutes with two breaks.

### KEY WORDS:

work together, stay close, move with the ball

### GUIDED QUESTIONS:

1) How do we work together to close the openings? 2) How do we communicate that? 3) What do we do when they play square passes or change the point of attack? 4) Where do we want to force them?

### ANSWERS:

1) Form a compact unit and block forward passing lanes. 2) By encouraging our teammates to challenge the opponent with specific instructions like "move left" or "pressure the ball". 3) Move together with the ball. 4) Towards a covering teammate or backwards to their goal.

### NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual.

**MOMENT:**  
Defending

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

**PLAYERS:**  
4 vs 4

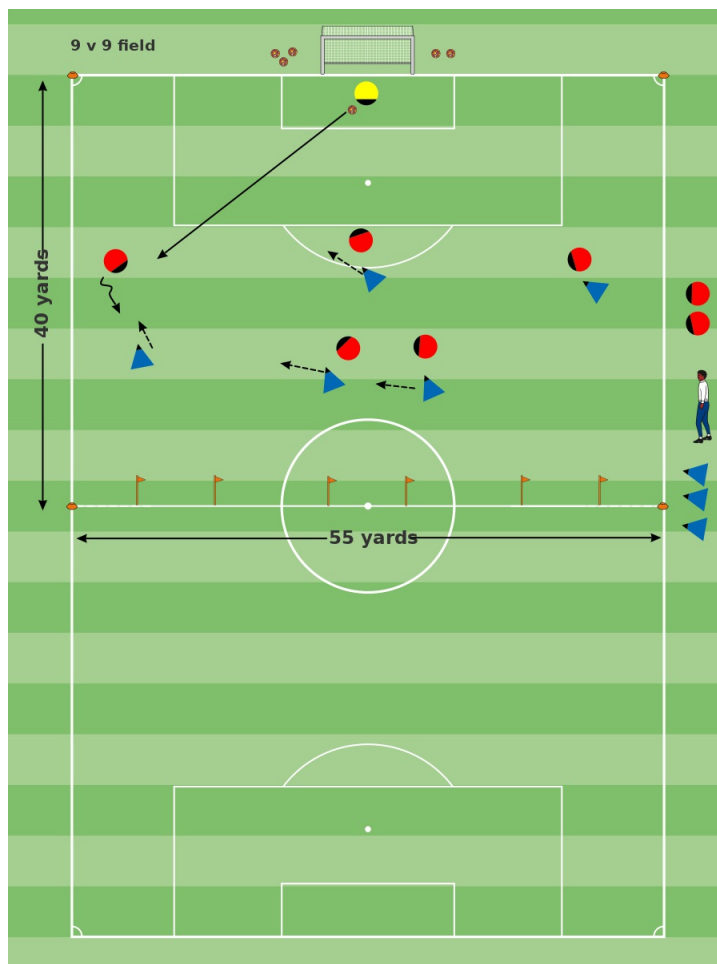
**DURATION:**  
30:0 min

## PRACTICE (Core Activity): 5 v 6 Large Goal to Three Small Goals

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

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

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



### ORGANIZATION:

Mark out a 40 x 55-yard field to play 5v6. Red (1-3-2) scores by passing to three small goals and Blue (2-3) plays to a large goal. Free play with regular restarts until a goal is scored, then return to starting position and Red's goalkeeper begins a new play. Rotate players every 2-3 repetitions and between teams.

### KEY WORDS:

work together, stay close, move with the ball

### GUIDED QUESTIONS:

1) What are your signals to start pressing? 2) How do we work together to close the openings? 3) How do we communicate that? 4) What do we do when they play square passes or change the point of attack? 5) What do we do if they play a backwards pass to their goal?

### ANSWERS:

1) Bad pass/touch, or when his/her head is down. 2) Form a compact unit to block forward passing lanes. 3) Encourage our teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball". 4) Move together with the ball. 5) Step forward together, and pay attention to players running into space behind us.

**MOMENT:**  
Defending

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

**PLAYERS:**  
5 vs 6

**DURATION:**  
30:0 min

**NOTES:**

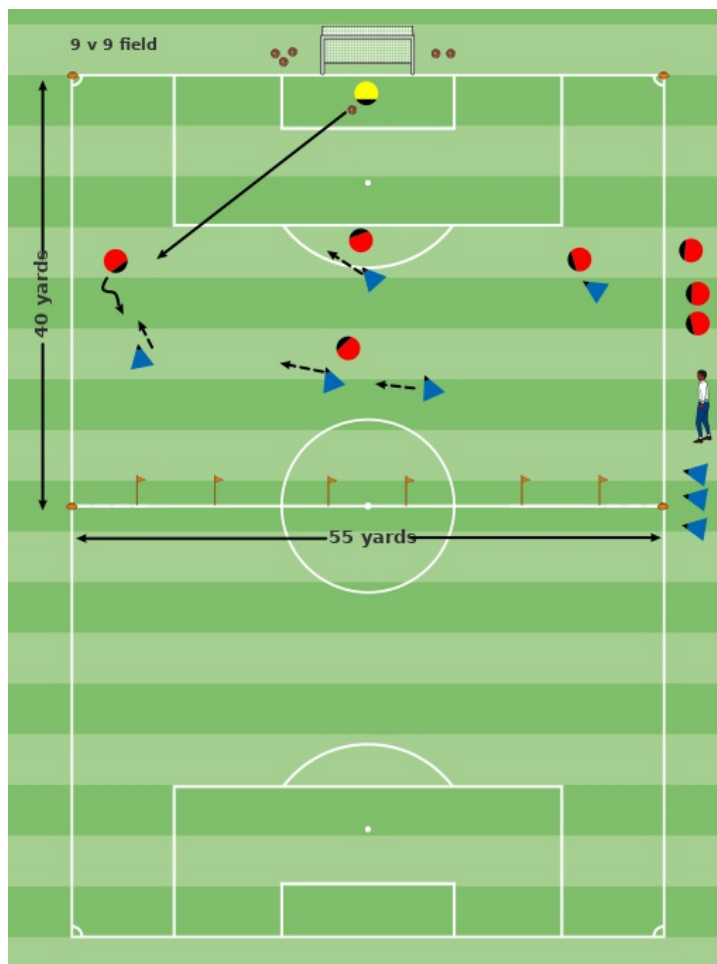
Start here at the Core Activity and determine the level of challenge. If it's too easy, move to the More Challenging Activity. If it's too difficult, move to the Less Challenging Activity. Spend a total of 30 minutes in the Practice phase. Refer to the Training Session Manual.

### PRACTICE (Less Challenging): 5 v 5 Large Goal to Three Small Goals

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

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



#### ORGANIZATION:

Same as Core Activity, except Red only has one midfielder.

#### KEY WORDS:

work together, stay close, move with the ball

#### GUIDED QUESTIONS:

1) What are your signals to start pressing? 2) How do we work together to close the openings? 3) How do we communicate that? 4) What do we do when they play square passes or change the point of attack? 5) What do we do if they play a backwards pass to their goal?

#### ANSWERS:

1) Bad pass/touch, or when his/her head is down. 2) Form a compact unit to block forward passing lanes. 3) Encourage our teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball". 4) Move together with the ball. 5) Step forward together, and pay attention to players running into space behind us.

#### 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 with two-three breaks. Refer to the Training Session Manual.



**MOMENT:**

Defending



**AGE:**

U11-U12 / 9v9



**PLAYERS:**

5 vs 5

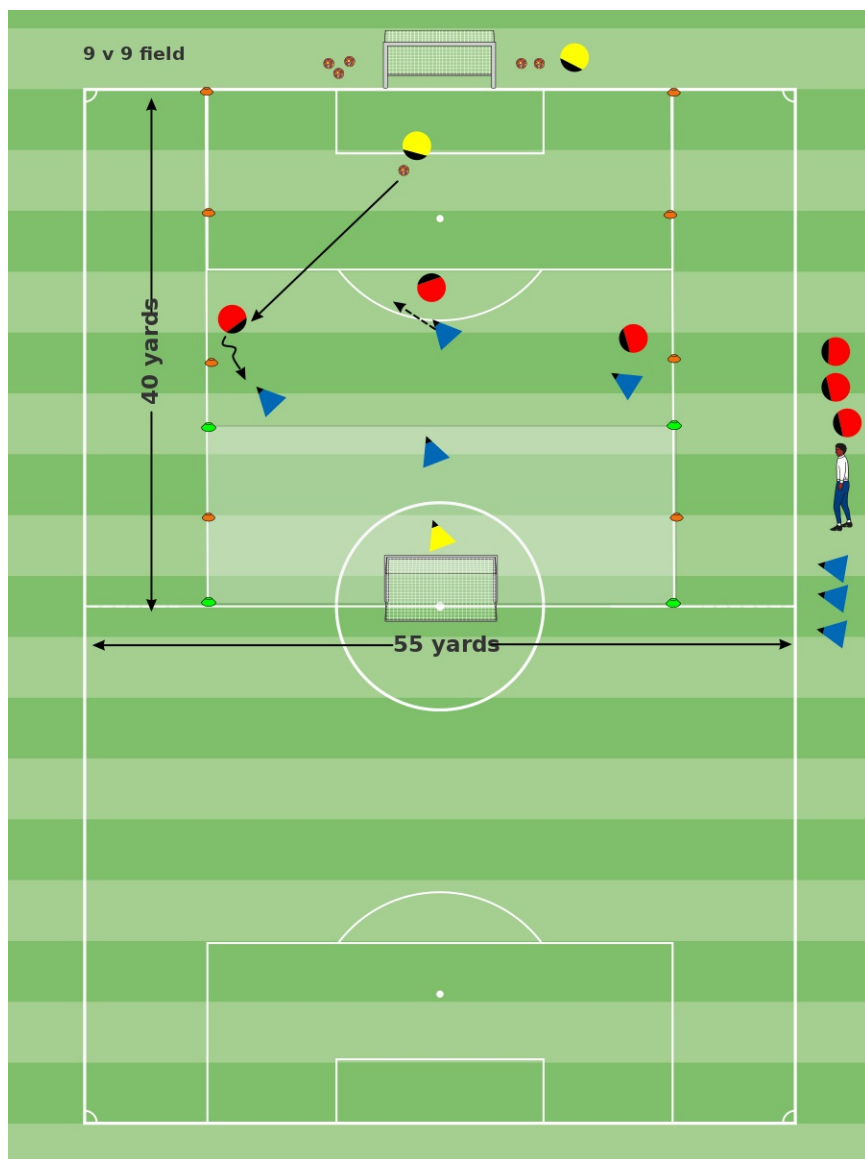


**DURATION:**

30:0 min

**PRACTICE (Less Challenging): 5 v 5 Large Goal to Three Small Goals**  
**OBJECTIVE:** To prevent the opponent from building up, win the ball and score.

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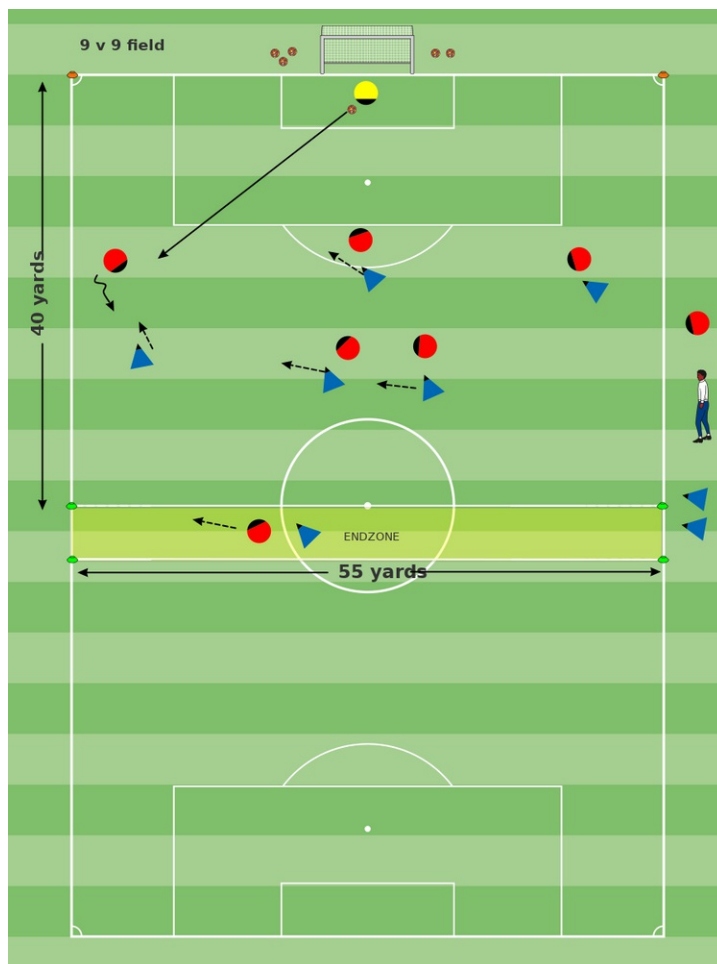


## PRACTICE (More Challenging): 6 v 7 Large Goal to Endzone

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

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

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



### ORGANIZATION:

Same as Core Activity, except Red has 6 players on the field and one target player in the endzone. Blue has 5 players on the field and one defender in the endzone. Both endzone players can move anywhere inside of the endzone. Red can score by either passing (to the target or any other player) or dribbling into the endzone.

### KEY WORDS:

work together, stay close, move with the ball

### GUIDED QUESTIONS:

1) What are your signals to start pressing? 2) How do we work together to close the openings? 3) How do we communicate that? 4) What do we do when they play square passes or change the point of attack? 5) What do we do if they play a backwards pass to their goal?

### ANSWERS:

1) Bad pass/touch, or when his/her head is down. 2) Form a compact unit to block forward passing lanes. 3) Encourage our teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball". 4) Move together with the ball. 5) Step forward together, keep the openings closed, and pay attention to space behind us.

**MOMENT:**  
Defending

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

**PLAYERS:**  
6 vs 7

**DURATION:**  
30:0 min

**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. Refer to the Training Session Manual.

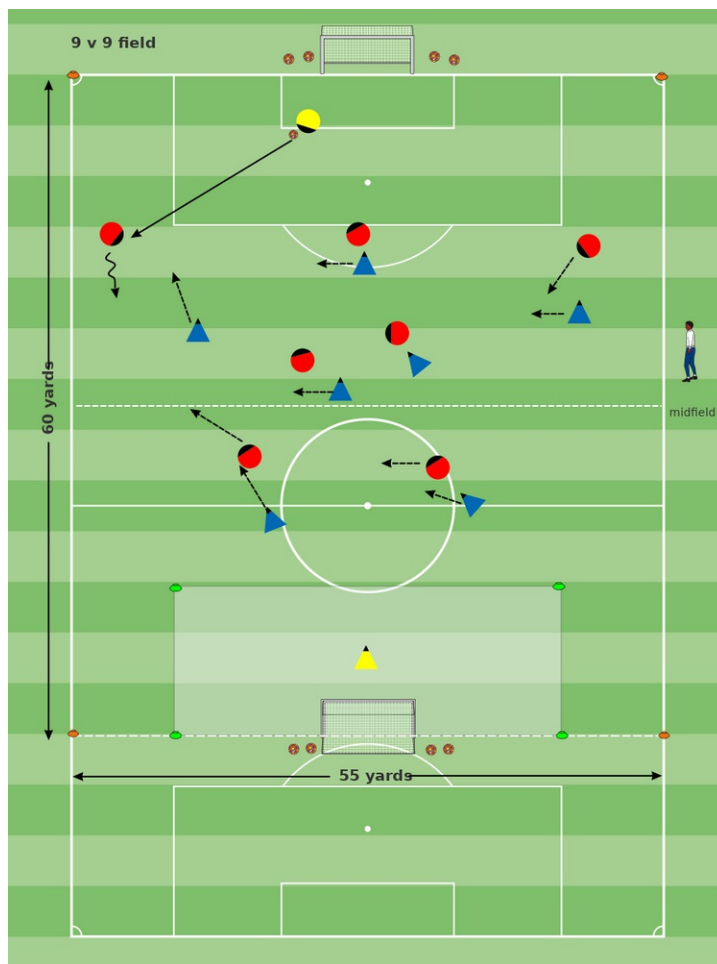


## 2ND PLAY PHASE: The Game

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

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

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



Red 1-3-2-2 Blue 1-2-2-3

### ORGANIZATION:

Mark out a 60 x 55-yard field. Play 8v8. Red plays in a 1-3-2-2 formation and Blue plays 1-2-2-3. Each team tries to disrupt the other's buildup as quickly as possible. 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:

work together, stay close, move with the ball

### GUIDED QUESTIONS:

1) Why is it good to win the ball in the opponent's half? 2) How do we work together to close the openings? 3) How do we communicate that? 4) What do we do when they play square passes or change the point of attack? 5) What do we do if they play a backwards pass to their goal?

### ANSWERS:

1) We're close to their goal. 2) Form a compact unit to block forward passing lanes. 3) Encourage our teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball". 4) Move together with the ball. 5) Step forward together, and pay attention to players running into the space behind us.

**MOMENT:**  
Defending

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

**PLAYERS:**  
8 vs 8

**DURATION:**  
30:0 min

### 9v9 Improve preventing Building Up in Opponents Half- (C)

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

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

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: