

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

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



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

PLAYER ACTIONS: Pressure/cover/balance, Stay involved, Mark player/area

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

 16

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 8 v 8 Large Goal to Three Small Goals

PRACTICE (Less Challenging): 9 v 7 to Large Goals

PRACTICE (More Challenging): 8 v 8 To Two Large Goals

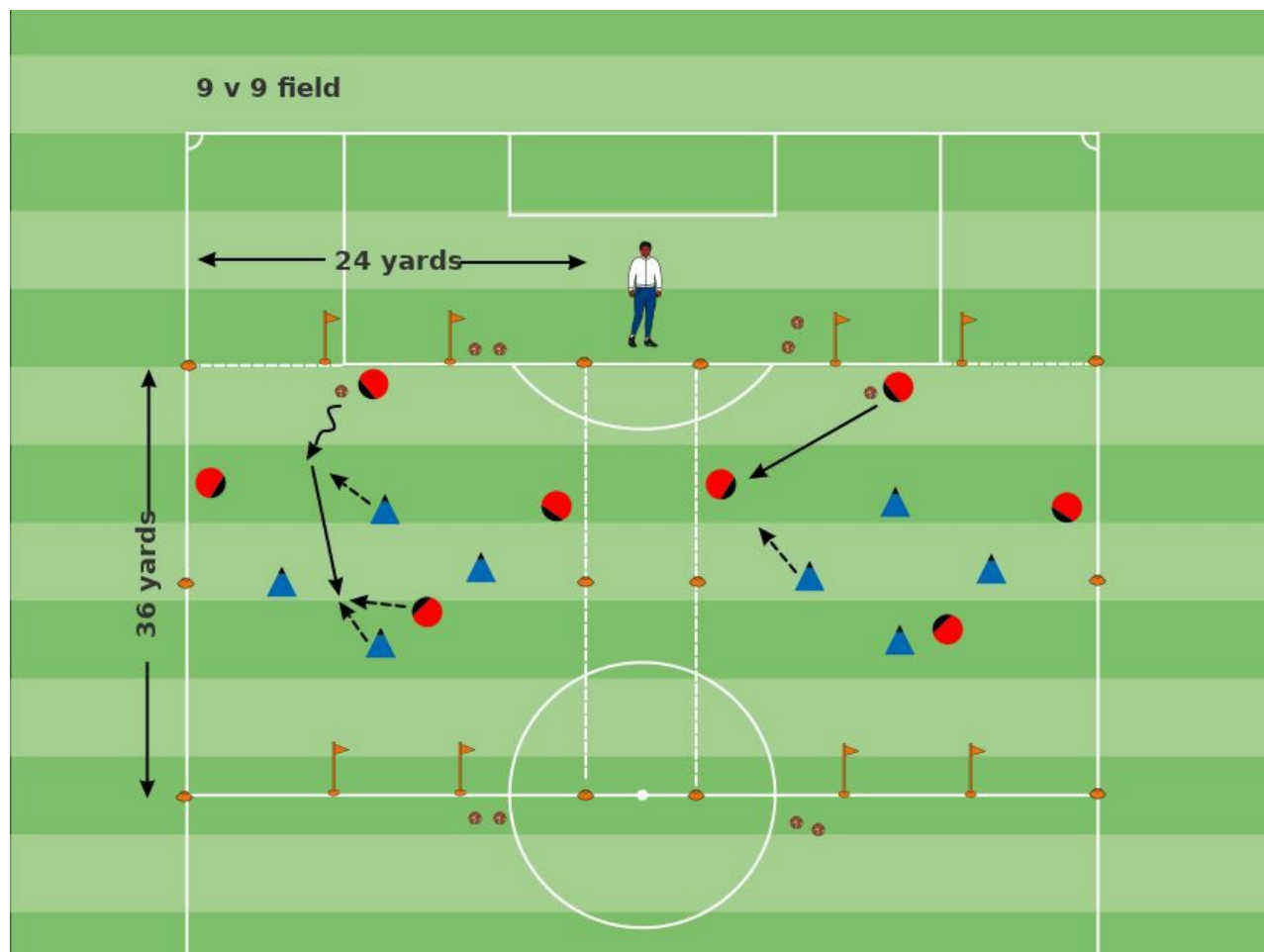
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Pressure/cover/balance, Stay involved, Mark player/area

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-three breaks.

KEY WORDS:

immediate pressure, force them backwards

GUIDED QUESTIONS:

1) Why is it good to win the ball in the opponent's half? 2) How can we keep them from moving the ball forward? 3) Where should we try to force them to move? 4) As a covering defender, how can you stay involved by communicating?

ANSWERS:

1) We're close to their goal (closer for us to score). 2) Work together to close the openings. 3) Towards a covering teammate or backwards to their own goal. 4) By telling the pressuring defender the direction to force the opponent.

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

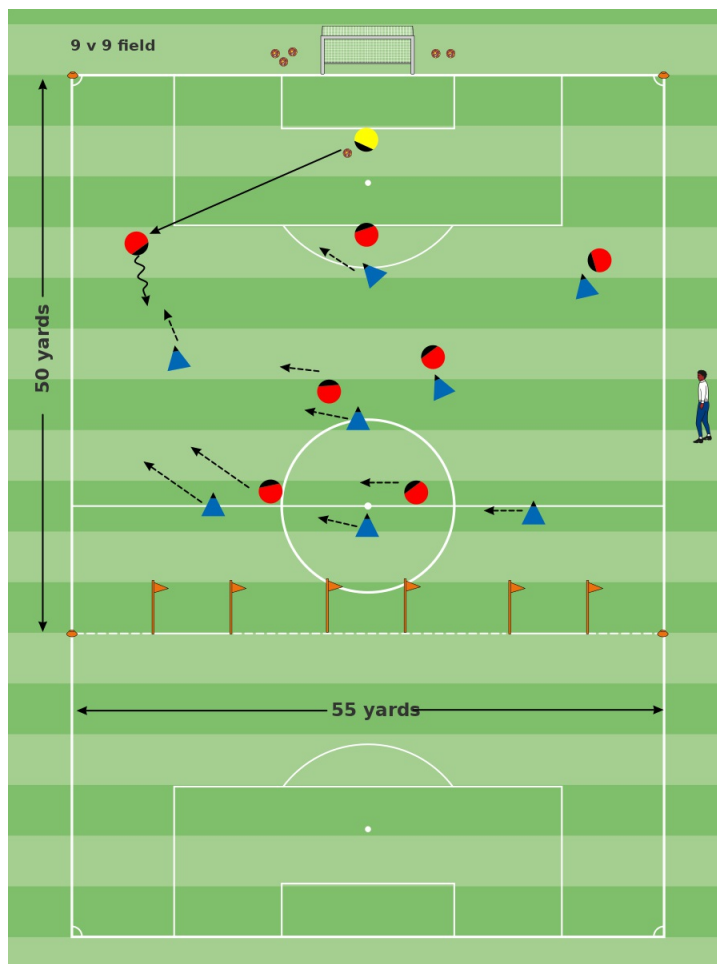
DURATION:
30:0 min

PRACTICE (Core Activity): 8 v 8 Large Goal to Three Small Goals

OBJECTIVE: To prevent the opponent's build up, win the ball and score

PLAYER ACTIONS: Pressure/cover/balance, Stay involved, Mark player/area

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



ORGANIZATION:

Mark out a 50 x 55-yard field to play 8v8. Red (1-3-2-2) starts with the ball and Blue (3-2-3) defends the three small goals. After each play, players return to their starting positions, and Red's goalkeeper starts a new attack. Play for 30 minutes with two-three breaks.

KEY WORDS:

Stay close to each other, immediate pressure, force them backwards

GUIDED QUESTIONS:

1) What are your signals to start pressing? 2) Where should we try to force them to move? 3) As a covering or balancing defender, how can you stay involved by communicating? 4) What should you do when an attacker without the ball moves through your zone?

ANSWERS:

1) Bad pass or touch, when the attacker's head is down, or a backwards pass. 2) Towards a covering defender, a weaker opponent, or backwards 3) By telling the pressing defender the direction to force the opponent. 4) Pass him/her on to a teammate by communicating.

NOTES:

Change the restart opportunity so that Red's GK does not always start with the ball (throw-ins, Blue starts in possession and then loses, or coach can play in a 50/50 ball). Refer to the Training Session Manual.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

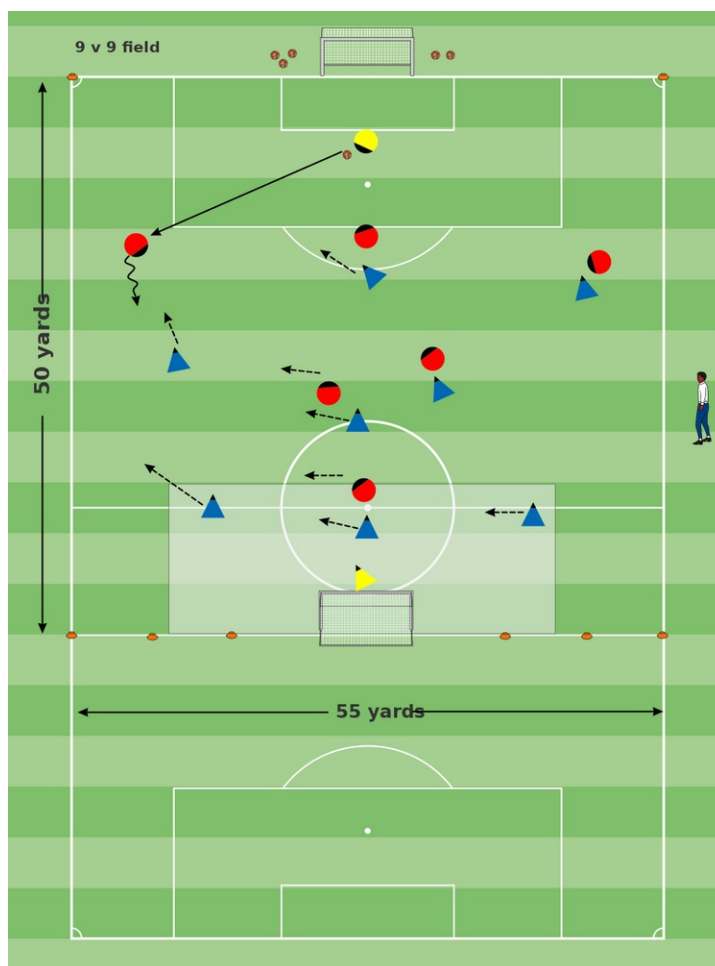
DURATION:
30:0 min

PRACTICE (Less Challenging): 9 v 7 to Large Goals

OBJECTIVE: To prevent the opponent's build up, win the ball and score

PLAYER ACTIONS: Pressure/cover/balance, Stay involved, Mark player/area

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



ORGANIZATION:

Same as Core Activity, except Red only has one forward (1-3-2) and Blue plays 1-3-2-3 and defends one large goal with goalkeeper.

KEY WORDS:

Stay close to each other, immediate pressure, force them backwards

GUIDED QUESTIONS:

1) What are your signals to start pressing? 2) Where should we try to force them to move? 3) As a covering or balancing defender, how can you stay involved by communicating? 4) What should you do when an attacker without the ball moves through your zone?

ANSWERS:

1) Bad pass or touch, when the attacker's head is down, or a backwards pass. 2) Towards a covering defender, a weaker opponent, or backwards 3) By telling the pressuring defender the direction to force the opponent. 4) Pass him/her on to a teammate by communicating.

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. Refer to the Training Session Manual.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
9 vs 7

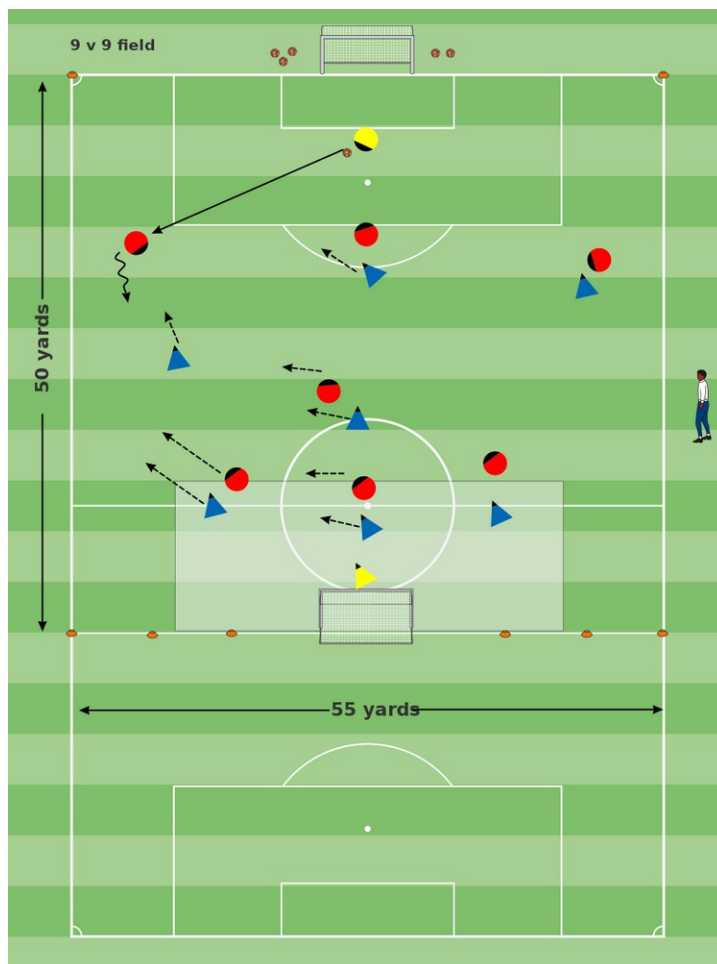
DURATION:
30:0 min

PRACTICE (More Challenging): 8 v 8 To Two Large Goals

OBJECTIVE: To prevent the opponent's build up, win the ball and score

PLAYER ACTIONS: Pressure/cover/balance, Stay involved, Mark player/area

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



ORGANIZATION:

Same as Core Activity, except Red attacks a large goal. Both teams play 1-3-1-3.

KEY WORDS:

Stay close to each other, immediate pressure, force them backwards

GUIDED QUESTIONS:

1) What are your signals to start pressing? 2) Where should we try to force them to move? 3) As a covering or balancing defender, how can you stay involved by communicating? 4) What should you do when an attacker without the ball moves through your zone?

ANSWERS:

1) Bad pass or touch, when the attacker's head is down, or a backwards pass. 2) Towards a covering defender, a weaker opponent, or backwards 3) By telling the pressing defender the direction to force the opponent. 4) Pass him/her on to a teammate by communicating.

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.



MOMENT:

Defending



AGE:

U11-U12 / 9v9



PLAYERS:

8 vs 8



DURATION:

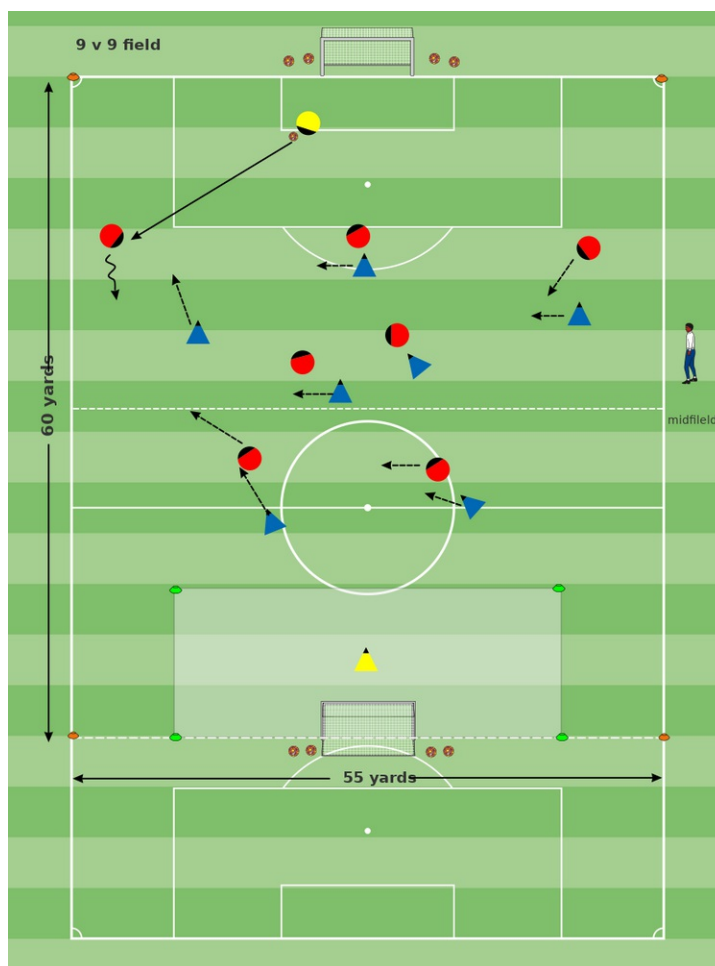
30:0 min

2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Pressure/cover/balance, Stay involved, Mark player/area

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 in a 1-3-2-2 and Blue in a 1-2-2-3 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 close to each other, move with the ball, pressure, cover, balance

GUIDED QUESTIONS:

1) Why is it good to win the ball in the opponent's half? 2) What are your signals to start pressing? 3) Where should we try to force them to move? 4) As a covering or balancing defender, how can you stay involved by communicating? 4.5 What should you do when an attacker without the ball moves through your zone?

ANSWERS:

2) Bad pass or touch, when the attacker's head is down, or a backwards pass. 3) Towards a covering defender, a weaker opponent, or backwards 4) By telling the pressing defender the direction to force the opponent. 5) Pass him/her on to a teammate by communicating.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

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

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

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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: