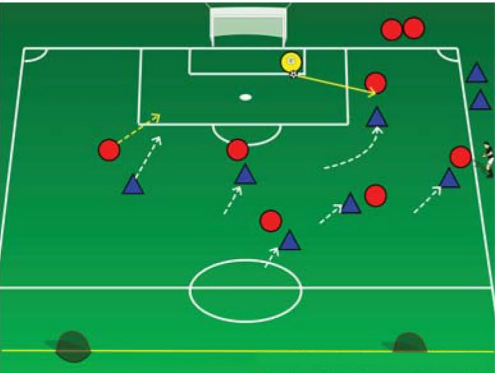




GOAL:	Improve preventing the opponent from building up in their own half - 1								
PLAYER ACTIONS	Make it and keep it compact, outnumbered the opponent, steal the ball								
KEY QUALITIES	Read the game, take initiative, focus								
AGE GROUP	U13+ / 11v11 / 18 Players	MOMENT	Defending	DURATION	60 minutes				
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3

As players arrive, play Small Sided Games (1v1 -4v4)

PRACTICE (Core Activity):	Duration:	24 min	Activity time:	7 min	Rest time:	1 min	Intervals	8
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6v7 TO GOAL AND TWO COUNTER GOALS:

OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score.

ORGANIZATION: In a 80Wx68L field with a regular goal on the end line and two counter goals past midfield. Play a 6v7, the Blue team scores in the regular goals and the Red team scores in either of the three counter goals. Rotate players every interval.

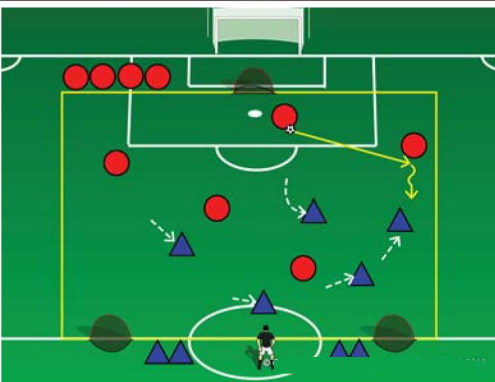
KEY WORDS: Move with the ball, Stay compact, outnumber the opponent.

GUIDED QUESTIONS: 1.- What should we do to force a short goal-kick? 2.- Why do we want the GK to play a short ball?
3.- Who initiates the pressing for the short pass?

ANSWERS: 1.- We should get back and give the keeper a short pass option. 2.- We will be able to press the player with the ball, get compact and try to regain the ball. 3.- The closest player to the ball presses it, the others follow to get compacted behind him/her.

NOTES: Start with the **Core Activity**. If it is too difficult, switch to the **Less Challenging Activity**. If it is too easy, switch to the **More Challenging Activity**.

PRACTICE (Less Challenging):	Duration:	24 min	Activity time:	4.5 min	Rest time:	1.5 min	Intervals	6
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3v3 TO GOAL AND END ZONE:

OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score.

ORGANIZATION: Set up two 60Wx50L yard field with a small goal at two small at the other en. Play 5v5 game, the Blue scores in the one goal and the Red team scores in either of the two small goals. Rotate players every interval.

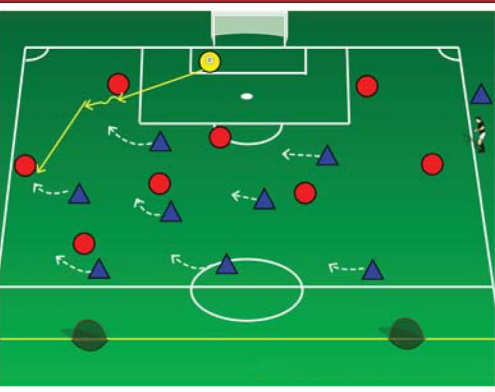
KEY WORDS: Move with the ball, Stay compact, outnumber the opponent.

GUIDED QUESTIONS: 1.- What should we do to force a short goal-kick? 2.- Why do we want the GK to play a short ball?
3.- Who initiates the pressing for the short pass?

ANSWERS: 1.- We should get back and give the keeper a short pass option. 2.- We will be able to press the player with the ball, get compact and try to regain the ball. 3.- The closest player to the ball presses it, the others follow to get compacted behind him/her.

NOTES: Start with the **Core Activity**; if it is too difficult for your players, then switch to the **Less Challenging Activity**.

PRACTICE (More Challenging):	Duration:	24 min	Activity time:	7 min	Rest time:	1 min	Intervals	3
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8v9 TO GOAL AND 3 COUNTER GOALS:

OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score.

ORGANIZATION: In a 80Wx68L field with a regular goal on the end line and three counter goals past midfield. Play a 8v9, the Blue team scores in the regular goals and the Red team scores in either of the three counter goals. Rotate players every interval.

KEY WORDS: Move with the ball, Stay compact, outnumber the opponent.

GUIDED QUESTIONS: 1.- What should we do to force a short goal-kick? 2.- Why do we want the GK to play a short ball?
3.- Who initiates the pressing for the short pass?

ANSWERS: 1.- We should get back and give the keeper a short pass option. 2.- We will be able to press the player with the ball, get compact and try to regain the ball. 3.- The closest player to the ball presses it, the others follow to get compacted behind him/her.

NOTES: Start with the **Core Activity**; if it is too easy for your players, then switch to the **More Challenging Activity**.

2nd PLAY PHASE	9v9(1-3-2-3v1-4-2-2)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
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Finish the session with a scrimmage using all FIFA rules.

FIVE ELEMENTS OF TRAINING ACTIVITY	TRAINING SESSION SELF REFLECTION QUESTIONS
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 	<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better?