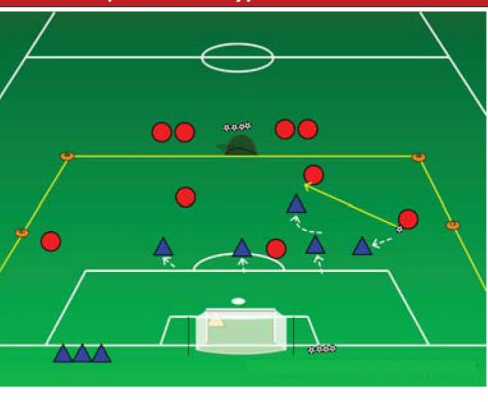




GOAL:	Improve preventing the opponent from scoring goals - 1								
PLAYER ACTIONS	Protect the goal, press/cover/balance, make it and keep it compact								
KEY QUALITIES	Decision making, focus, take initiative								
AGE GROUP	U13+ / 11V11 / 18 Players	MOMENT	Defending	DURATION	60 min				
1st PLAY PHASE	1V1, 2V1, 2V2...4V4	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3

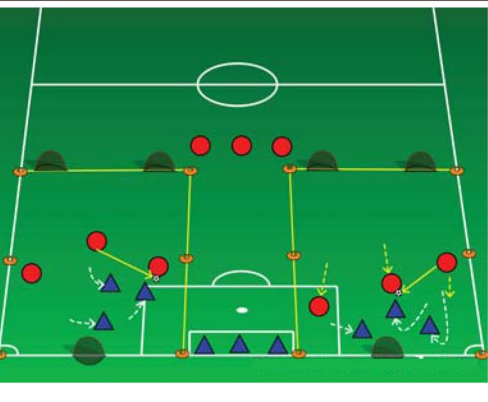
As players arrive, play Small Sided Games (1v1 -4v4)

PRACTICE (Core Activity):	Duration:	24	Activity time:	3 min	Rest time:	1 min	Intervals	6
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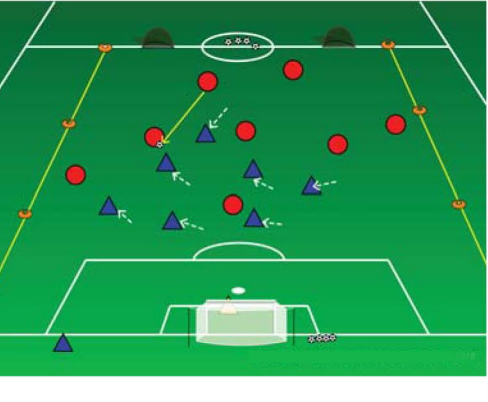
6v5 TO A REGULAR GOAL AND A SMALL GOAL:
OBJECTIVE: To prevent the opponent from scoring.
ORGANIZATION: Set up a 50Wx40L yard field with a regular goal and a small goal on the opposite end line. Play 5v5 with the Red team attacking the regular goal, the Blue team scores in the small goal. Play for 3 minutes or until one team scores. The Red team always starts with the ball. Rotate players every interval.
KEY WORDS: Close the opening, pressure, cover, block the shot.
GUIDED QUESTIONS: 1.- What should we do to close the opening? 2.- Where should you try to force the player with the ball? 3.- What should the other defenders do?
ANSWERS: 1.- Get in front of the attacker with the ball to close the opening 2.- Force him/her away from the goal (sidelines or backwards). 3.- Get compacted behind the ball to provide cover, if possible double team the player with the ball.
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	Activity time:	3min	Rest time:	1 min	Intervals	6
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3v3 TO A SMALL GOAL AND TWO COUNTER GOALS:
OBJECTIVE: To prevent the opponent from scoring.
ORGANIZATION: Set up two 25Wx35L yard field with a small goal in one end and two small goals in the opposite end. The Red team scores in the small goal and the Blue team in either of the two counter goals. The Red team always starts with the ball. Rotate players every interval.
KEY WORDS: Close the opening, pressure, cover, block the shot.
GUIDED QUESTIONS: 1.- What can you do to protect the goal? 2.- Where should you try to force the player with the ball? 3.- What should the other defenders do?
ANSWERS: 1.- Go after the ball, get in front of the attacker with the ball to block the way to the goal. 2.- To the side line or backwards. 3.- Get compacted behind the ball to provide cover. If possible double team the player with the ball.
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	Activity time:	5 min	Rest time:	1 min	Intervals	4
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8v9 TO REGULAR GOAL AND TWO COUNTER GOALS:
OBJECTIVE: To prevent the opponent from scoring.
ORGANIZATION: Set up a 50Wx60L yard field with a regular goal and a two counter goals. Play 8v9 with the Red team attacking the regular goal and the Blue team scores in either counter goal small goal. The Red team always starts with the ball. Rotate players every interval.
KEY WORDS: Close the opening, pressure, cover, block the shot.
GUIDED QUESTIONS: 1.- What should we do to close the opening? 2.- Where should you try to force the player with the ball? 3.- What should the other defenders do?
ANSWERS: 1.- Get in front of the attacker with the ball to close the opening 2.- Force him/her away from the goal (sidelines or backwards). 3.- Get compacted behind the ball to provide cover, if possible double team the player with the ball.
NOTES: Start with the **Core Activity**; if it is too easy for your players, then switch to the **Less Challenging Activity**.

2nd PLAY PHASE	9v9(1-4-3-1v-2-3-3)	Duration:	27 min	Activity time:	11 min	Rest time:	2.5 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?