

GOAL Improve the team/player in preventing scoring

Key Qualities Focus, Execute with technical ability

Age Group 14-U

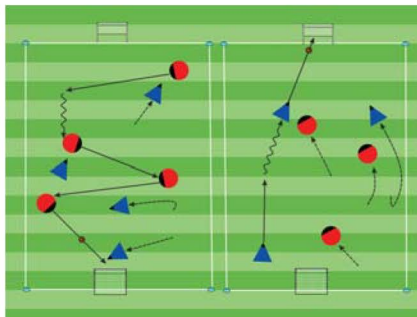
Team Tactical Principles Protect the goal, Make it & Keep it compact, Steal the ball

PLAY - SMALL SIDED GAMES

Up to 4v4 Games: Team with the ball attempts to score in the opponent's goal.

Organization: Set up two 25Wx35L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games)

Rules: The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.

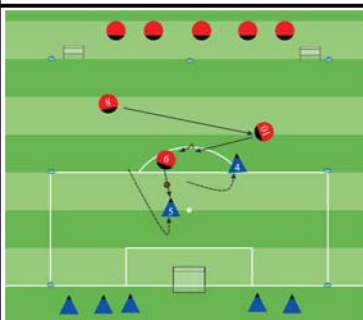


Key Words: block the goal, get in the path of the shooter

Guided Questions: Did you give positive reinforcement throughout the game?
When a team lost possession of the ball, what did they do next?

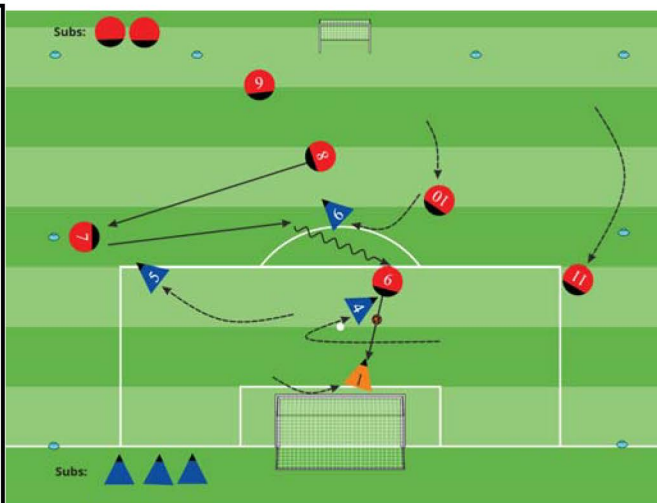
Answers: Avoid negative comments and sarcasm in practice. It will lead to a negative environment. Encourage the players to recover between the ball and their goal to try to win it back.

PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: Set up a field 25Wx35L field a small goal at 1 end and 2 small goals at the other end. Play a 3v2 game. Blue team player #'s 4 & 5. Red team player #'s 8, 9 & 10. Red attacks the single goal and blue attacks either counter goal. Set up a second field or rotate the players each time the ball scores or goes out of play. (add bonus pts to the blue team as needed if they block shots)

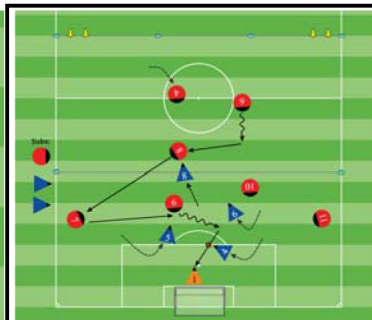


Activity Duration 20 min

of Intervals 5

Time Active 3 min

Active Rest 1 min



More Challenging Activity

Organization: On a 55Wx60L field, a big goal at 1 end & 2 small goals at the other (2 steps), play a 5v7 game. Blue team player #'s 1, 4, 5, 6 & 8. Red team player #'s #'s 4, 6, 7, 8, 9, 10 & 11. Red team scores in the big goal and blue team scores in either counter. (The bigger field will make it more difficult to close the openings)

Objective: Prevent scoring, Deny chances

Organization: On a 40Wx35L field, a big goal at 1 end & a counter goal at the other, play a 5v6 game. Blue team player #'s 1, 4, 5, & 6. Red team player #'s 6, 7, 8, 9, 10 & 11. Blue team scores in the counter goal and the red team scores in the big goal. Sub players after each interval.

Rules: All FIFA Laws Apply. (if needed, red team can restart the play)

Key Words: Close the shooter's opening to the goal, work together to keep the openings closed

Guided Questions: What are some of the things you can think about when your team doesn't have the ball?
How can you help close the openings to the goal?

Answers: How can I win it back. what can I do to block the opening to the goal, if the shot is taken, what will happen next.
Work with your teammate(s) closest to the ball stay between the ball and the goal (close the opening).

PLAY - LET THEM PLAY

Organization: On a 55Wx80L field and a goal at each end, play an 7v8 game. Blue team plays 1-4-2-0 and the red team plays 1-1-3-3.

(Play 2 x 12 min halves with a 2 min halftime)
(if you have more than 15 players at training, add them to your game)

Rules: FIFA laws apply.



Key Words: Chase back to close openings, try to win the ball

Guided Questions: Were the players able to answer the guided questions you asked them?
When you win the ball, where should you play it next?

Answers: Try to ask questions which require thought but have simple answers. If the players can answer, ask a question which requires a little more thought.
Once the ball has been won, try to play to a teammate further away from the goal than you are.