PLAYER ACTIONS Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. 13:1:1:1:1:1:1:1:1:1:1:1:1:1:1:1:1:1:1:	Fall 2020	GOAL: Improve	ve preventing the opponent from building up and creating scoring chances in our half - 1			
MOMENT DEFENDING QUARTION PAYERS 18 SKILL ACCUISITION: Pressure: Angle and Speed of approach, Distance, Body position. Table choice (poke or block) – Cover: Distance, Body position. DURATION: 20 min – INTERVALS: 3 – ACTIVITY's simin Cover: UNITY DISTINCT The present the opponent from moving the ball (oward and regain the ball. UNITY DISTINCT DURATION: 20 min – INTERVALS: 3 – ACTIVITY's simin PRESSIT: Simin OBJECTIVE: The prevent the opponent from moving the ball (oward and regain the ball. UNITY DISTINCT DEVECTIVE: The prevent the opponent from moving the ball (oward and regain the ball. UNITY DISTINCT DEVECTIVE: The ord may of a darge of Approach, Distance of Approach, Fostwark, Body Shape and Types of Tables - Poke or Block. SMLL ACCUISTION: Simulation and apple of Approach, Distance of Approach, Fostwark, Body Shape and Types of Tables - Poke or Block. WOMENT DUBATION: 20 min – INTERVALS: 4 – ACTIVITY: 5 min #ESTI 5 min DISTING (oward and regain the ball. VIDE DUBATION: 20 min – INTERVALS: 4 – ACTIVITY: 5 min #ESTI 5 min DISTING (oward and regain the ball. VIDE DUBATION: 20 min – INTERVALS: 4 – ACTIVITY: 5 min #ESTI 5 min DISTING (oward and regain the ball. VIDE DUBATION: 20 min – INTERVALS: 4 – ACTIVITY: 5 min #ESTI 5 min DISTING (oward and regain the ball. VIDE DUBATION: 20 min – INTERVALS: 4	MASSACHUSETTS					
SKILL ACCUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – Cover: Distance, body position, Tackle choice (poke or block) – Cover: Implicit (latatizet I for Dist) DIRATION: 20 min – INTERVALS: 3 – ACTIVITY's min – REST: 1.5 min DIRATION: 20 min – INTERVALS: 3 – ACTIVITY's min – REST: 1.5 min DIRATION: 20 min – INTERVALS: 3 – ACTIVITY's min – REST: 1.5 min DIRATION: 20 min – INTERVALS: 3 – ACTIVITY's min – REST: 1.5 min DIRATION: 20 min – INTERVALS: 3 – ACTIVITY's min – REST: 1.5 min DIRATION: To preven the opponent fram moving the ball moved and regain 1 moving the ball south to 1.5 minute breaks. Provide and Argin of Approach, Distance of Approach, Foolwork, Body Spape and Types of Tackles – Poke or Block. Superiment Toom of the ball - 3. They should be bind the pressing deforder providing cover and balance. NOT Activity of Tackles – Poke or Block. INTERVES: 1. Protect the goal - 2. We pressure the should the other defenders be to help? OURATION: Protect the goal, Pressure, Cover & Balance, Outhow, Body Balance, Outhow, Body Balance, Outhow, Body Balance, Outhow, Balance, Outho					11V11	
Distance, body position. P PAIT PTISE (Interview of the Play) DURATION: 20 min – INITERVALS: 3 – ACTIVITY'S min – REST: 1.5 min OBJECTIVE: To preven the opponent from maving the bal forward and regain the bal. PLAYER ACTIONS: Protect the gap, Pressure, Cure & Balance, Durantee the opponent. ORGANIZATION: In our own half set up two or more 33WASEL fields with a small gap at each end. Fay IVI, 21, 22, 32 gup to 4V4 or 50°, Fay for 20 minutes with the ball? PLAYER ACTIONS: Protect and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: In front, Force away, Heb, Dualle. GUIDED OUESTIONS: - 1. What do we do when we place a player in front of the ball? 2. Heor care merican the attacker with the ball away? 3. Whet exhault he ball away of a stress or and payers with answer them. For the prevent the opponent from moving the ball demakes a player in front of the ball? PLAYER ACTIONS: Potent and angle of Approach, Footwork, Body Shape and Types of Tackles Poke or Block. For WORDS: In front, Force away, Heb, Dualle. GUIDED OUESTIONS: - 1. What do we do when we place a player in front of the ball? 2. Heor care merican the attacker with the ball amary? 3. Whet exhault he ball? PLAYER ACTIONS: Potent and angle of Approach, Footwork, Body Shape and Types of Tackles Poke or Block. For WORDS: In front, Force away, Heb, Dualle. GUIDED OUESTIONS: - 1. Third HERVALS.3 – ACTIVITY: 6 min —REST: 1.5 min DOUEATION: 20 min – INTERVALS.3 – ACTIVITY: 6 min —REST: 1.5 min DOUECTIVE: To prevent the opponent from moving the ball and angle and the players. For WORDS: In fort, Force away, Heb, Dualle. GUIDED OUESTIONS: - Note and Angle of Approach, Footwork, Body Shape and Types of Tackles Poke or Block. GUIDED OUESTIONS: - Note and Angle of Approach. Distance of Approach, Footwork, Body Shape and Types of Tackles Poke or Block. GUIDED OUESTIONS: - Note and angle of Approach, Footwork, Body Shape and Types of Tackles Poker Block. GUIDED OUESTIONS: -						
IP_HAT PIASE (Intentional Fire Play) DURATION: 20 min - INTERVALS: 3-ACTUTY-5 min -REST: 1.5 min OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. DURATION: Fract the gaal. Pressure, Cover & Balance, Outnumber the opponent. OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. DLAYER ACTIONS: Protect the gaal. Pressure, Cover & Balance, Outnumber the opponent. OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. DLAYER ACTIONS: Protect the gaal. Pressure, Cover & Balance, Outnumber the opponent. Stap: and Types of Tacktes - Pake or Black. KEV WORDS: In front. Force away, Help, Double. SUBURTED OVESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the ball away? 3. Where should the other defenders be to help? NWNERS: I. Fronce the goal - 2. We pressure the attacker with the ball - 3. They should be behind the pressing defender to reak, the coach asks questions and the adarce. Now Environment from moving the ball forward and regain the ball. OBJECTIVE: To prevent the coponent from moving the ball forward and regain the ball. DURATION: Pace the attacker with the datarce. OBJECTIVE: For the adarce on the player servery interval. SKLL ACOUSTION: SPecied the gaal. Pressure, Cover & Balance, Outnumber the opponent. OBJECTIVE: To prevent the coponent from moving the ball forward and regain the ball. PLAYER ACTION: Protect the gaal. Pressure, Cover & Balance, Outnumber the opponent. OBJECTI						
DELECTIVE: If operovent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Pressure. Cover & Balance, Outnumber the opponent. ORGANIZATION: In our orns had the stup two orn orns 33W45L fields with its anall goal are ach end Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play with lick-lins or thibble-lins when the ball goes out of bounds. SKILL ACQUISTION: Speed and Angle of Approach. Distance of Approach, Footwork, Body Shape and Types of Tackes - Poke or Block. KEY WORDS: In front. Force away, Help, Double. GUIL 1011111: 1v5 to for an anall goals The trenck, the coach asks questions or the atlack with the ball away? 3. Where should be the add and the goal. The stand and regain the ball. PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. OBARIZATION: In a 11111 field, set a 700W45L, field with 4 small goals as shown. The 6 Bue players 4 defendes and 2 multiledies, 2 multipasts every interval. Subject Trues and the opponent. Force away, Help, Double. GUIDE OULSITION: Speed and Angle of Approach. Distance of Approach. Footwork, Body Shape and Types of Tackes - Poke or Blow. Key WORDS: In front. Force away, Help, Double. GUIDE OULSITION: Speed and Angle of Approach. Distance of Approach. Footwork, Body Shape and Types of Tackes - Poke or Blow. Key WORDS: In front. Force away, Help, Double. GUIDE OULSITION: Speed and Angle of Approac		1	<i>w</i>)	DUPATION: 20 min INTERVALS: 3 ACTIVITY: 5 min PEST:	15 min	
PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. ORGANIZATION: In our own half set up two or more 33W45L hidds with a small goal at each end Play YIV, 21, 22, 22, 20, 10 eV dor 556. Play for 20 minutes with two 15 minute breaks. Play with kick-ins or ditble-ins when the ball goes out of bounds. SKLL ACCUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Play of the ball avery 3. Where should the other defenders be to help? ANSWERS: 1. Protect the goal - 2. We pressure the attacker with the ball - 3. They should be behind the pressing defender providing cover and balance. Note – First break, the coach asks questions and sets questions to the players; players do not answer them but play to discover the attacker with the ball avery 3. Where should the other defenders be to help? ANSWERS: 1. Protect the goal - 2. We pressure the attacker with the ball - 3. They should be behind the pressing defender providing cover and balance. Note – First break, the coach asks questions and goals as shown. The 6 Blue players: 4 defenders and 2 midlieders 2 wingers will answer them but play to discover the answers. Second the players: 2 midlineders, 2 wingers will answer the aball. PLAYER ACTIONS: Protect the goal. Pressure, Cover a Balance, Outurnber the opponent. ORGANIZATION: In a 11/11 field, set a 70WAsti. field with 4 small goals as shown. The 6 Blue players: 4 defenders and 2 midlieders, 2 wingers were y interval SKLL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles – Poke or Block. KEV WORDS: In forn, Force away, Help, Double. GUIDE DUCESTIONS: Protect the ball away? 3. Who Helps the pressing defender? 4. When is a good line to be larse Challenging at its to and megal. Approach, Bodward and regalm the ball. PLAYER ACTIONS: Protect the ball Away? 3. Who Helps the pressing defender? 4. When is a good line to be larger Approach, Distance of Approach, Footwork, Body Shape and T			//			
ORGANIZATION: In our own half set up two or more 33Wx45L fields with a small gaid at each end, Play IV1, 2V1, 224, 224 up to 4v6 or 5v5. Play for 20 minutes with wo 15 minute breaks. Play with kickins or drible-in-swhen the ball goes out of bounds. SHap and hickins or drible-in-swhen the ball goes out of bounds. SHap and hickins or drible-in-swhen the ball goes out of bounds. SHap and hickins or drible-in-swhen the ball goes out of bounds. SHap and hickins or drible-in-swhen the ball goes out of bounds. SHap and hickins or drible-in-swhen the ball goes out of bounds. SHap and hickins or drible-in-swhen the ball goes out of bounds. SHap and hickins or drible-in-swhen the ball goes out of bounds. SHap and hickins or drible-in-swhen the ball goes out of bounds. SHap and hickins or drible-in-swhen the ball goes out of bounds. SHap and hickins of drible-in-swhen the ball goes out of bounds. SHap and hickins of drible-in-swhen the ball goes of active the goal. Pressure the attacker with the ball - 3. They should be beind the goes of tacker shows the goes of active - 1/15 field with small goals as shown. The 6 Blue payers: 4 defenders and 2 midfleders 2 wings and actore in one of the two small goals. All Laws of the game in effect. Rotate payers every interval sets defender do to force the ball and score in one of the two small goals. All Laws of the game in effect. Rotate payers every interval sets defender do to force the ball and score in one of the two small goals. All Laws of the game in effect. Rotate payers every interval sets defender of depayers. 2 midfleders: 2 wings and there with the ball - 3. They should be the defender of the tacker with the ball - 3. They should be the defender of the tacker with the ball - 4. We will double when we outnumber the opponent. Nore Status of the game in effect. Rotate payers and and ega in the data cerve in the ball. PLAYER ACTIONS: Protein the goal, Pressure, Cover & Balance. 0. Aumons the say of the ball with is tho						
 All Pige 1/1, 2/1, 2/2, 3/2 up to 4/v or 5x5 Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISTION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke of Block. SKILL ACQUISTION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke of Block. SUIDED QUESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the ball and the yould be beind the pressing detender providing cover and balance. Note - Filts Torak, the coach asks questions and players will answore them. DURATION: 20 min - INTERVALS: 3 - ACTIVIT's min -REST: 1.5 min DURATION: 20 min - INTERVALS: 3 - ACTIVIT's min -REST: 1.5 min DURATION: 20 min - INTERVALS: 3 - ACTIVIT's min -REST: 1.5 min DURATION: 20 min - INTERVALS: 3 - ACTIVIT's min - REST: 1.5 min DURATION: 20 min - INTERVALS: 3 - ACTIVIT's min - REST: 1.5 min DURATION: 20 min - INTERVALS: 3 - ACTIVIT's min - REST: 1.5 min DURATION: 20 min - INTERVALS: 3 - ACTIVIT's min - REST: 1.5 min DURATION: 20 min - INTERVALS: 3 - ACTIVIT's min - REST: 1.5 min DURATION: 20 min - INTERVALS: 3 - ACTIVIT's min - REST: 1.5 min DURATION: 20 min - INTERVALS: 3 - ACTIVIT's min - REST: 1.5 min DURATION: 20 min - Minutes with we and and the goal regain the ball. PLAYER ACTIONS: 1. Who should get in feelse: Robust one in each of the box osmall goals. The A Red players will so core in me of the ball. PLAYER ACTIONS: 20 min - INTERVALS: 4 - ACUINTY - 4 min - REST: 1 min MURATION: 20 min - INTERVALS: 4 - ACUINTY - 4 min - REST: 1 min DURATION: 20 min - Minutes with the ball. PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balanc						
Shape and Types of Tackles - Poke or Block. KEY WORDS: In front, Force away, Help, Double. GUIDED OLESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the ball away? 3. Where should the other defenders be to help? ANSWERS: 1. Protect the goal - 2. We pressure the attacker with the ball - 3. They should be beind the pressing defender providing cover and balance. Note - First break, the coach asks questions and players will answer them. DURATION: 20 min - NITERVALS: 3 - ACTIVITY.5 min - AEST: 1.5 min OBJECTIVE: To prevent the opponent from moving the ball novard and regain the ball. PLAYER ACTIONS: Protect the gaal, Pressure, Cover & Balance, Outnumber the opponent. ORGANIZATION: in a Tiv11 field, set a 70Wx45L field with 4 small goals as shown. The 6 Blue players: 4 defenders and 2 midfielders will try to regain and 1 striker will try to score in one of the two small goals in the midfield. The Set deplayers: 2 midfielders, 2 midfielders and 1 striker will try to score in one of the two small goals in the midfield. The Set deplayers: 2 midfielders and 1 striker will try to regain and 1 striker will try to score in one of the two small goals in the midfield. The Set deplayers: 2 midfielders and 1 striker will try to regain and 1 striker will try to score in one of the two small goals in the midfield. The Set deplayers: 2 midfielders are all striker will try to score in one one of the two small goals. All Laws of the game in effect. Rotate players every interval SKILL ACOUSTION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: In front, Force away, Help, Double. GUIDEATION: Protect the goal - 2. Presses the bail by approaching the attacker on an angle - 3. The other defenders provide cover and balance: - 4. We will double when we outnumber the opponent. DURATION: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. DURATION: Protect the goal Pressu	ų.	* *	*	end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 min		
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can we force the attacker with the ball away? 3. Where should the other defenders be to help? a we force the grantset the grant - 2. We pressure floater with the ball - 3. They should be behind the pressing defender providing cover and balance. Note - First break, the coach asks questions to the players, players do not answer them but play the defenders providing cover and balance. Note - First break, the coach asks questions to the players, players do not answer them but play the defenders providing cover and balance. Note - First break, the coach asks questions to the players, players do not answer them but play the defenders and 2 midfielders. Note - First break, the coach asks questions and players will answer them DBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal - 2. Weat down and the poponent. ORAMIZATION: In a 11/11 field, set a 70Wx45L field with 4 small goals as shown. The 6 Blue players: 4 defenders to a flag players were y interval goals in the midfield. The 5 Red players: 2 midfielders, 2 wingers and 1 stitker will ty to score in the two small goals. All Laws of the grane in effective players were y interval SKILL ACOUISTION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: in finn. Force away, 1 heip, Double. GUIDED OUESTIONS: 1. Who should get in between the ball and the goal? 2. What does the closued defender to force the ball away? 3. Who Heips the pressing defender? 4. When is a good time to double team the attacker with the ball? ANSWERS: 1. Protect the goal - 2. Presses the ball by approximating the attacker on an angle - 3. The other defenders provide cover and balance. 4. We will double when we outnumber the opponent. ORAMIZATION: In a 11/11 field, set up two 30Wx45L field with a goal and two dribbling gates. The 5 Blue players will try to score in mer of the two small goals. The 4 Red players will score in the small goal. Pl			¥			
OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. ORGANIZATION: In a 11/11 field, set a 70Wx45L field with 4 small goals as shown. The 6 Blue players: 4 defenders and 2 midfielders, 2 midfielders, 2 migres and 1 striker will try to score in one of the two small goals. All Laws of the game in effect. Rotate players every interval SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: In front, Force away, Help, Double. GUIDED QUESTIONS: 1. Who should ge in between the ball and the goal? 2. What does the closest defender do to force the ball away? 3. Who Helps the pressing defender? 4. When is a good time to double team the attacker on an angle - 3. The other defenders provide cover and balance - 4. We will double when we outnumber the opponent. Note: Switch to the Less Challenging activity if it is too difficult to the More Challenging if it is too as DURATION: 20 min - INTERVALS.4 - ACTIVITY.4 min - REST: 1 min OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. Note: Switch to the Less Challenging activity if it is too difficult to the More Challenging if it is too as DURATION: 20 min - INTERVALS.4 - ACTIVITY.4 min - REST: 1 min OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. ORGANIZATION: In a 11/11 field, set up two small goals. The 4 Red players will store is switch to the use or players will try to score in one of Approach, Endwork, Body Shape and Types of Tackles. Poke or Block. KEY WORDS: In front, Force away, Help, Double. GUIDED QUESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the b			А	can we force the attacker with the ball away? 3 . Where should the other defenders ANSWERS: 1 . Protect the goal - 2 . We pressure the attacker with the ball - 3 . The behind the pressing defender providing cover and balance. Note – First break, the coach asks questions to the players, players do not answer	s be to help? y should be them but play to	
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ORGANIZATION: In a 11v11 field, set a 70Wx45L field with 4 small goals as shown. The 6 Blue players: 4 defenders and 2 midfielders; 2 wingers and 1 striker will try to score in one of the two small goals. All Laws of the game in effect. Rotate players every interval SKILL ACOUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: In front, Force away, Help, Double. GUIDED QUESTIONS: 1. Who should ged in between the ball and the goal? 2. What does the closest defender to to force the ball away? 3. Who Helps the pressing defender? 4. When is a good time to double team the attacker with the ball? ANSWERS: 1. The closest defender to the ball will protect the goal - 2. Presses the ball by approaching the attacker on an angle - 3. The other defenders provide cover and balance - 4. We will double when we outnumber the opponent. Note: Switch to the Lass Challenging activity if it is too difficult or to the More Challenging if it is too eas DURATION: 20 min - INTERVALS: 4 - ACTIVITY: 4 min - REST: 1 min OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent. ORGANIZATION: In a 11v11 field, set a 11v11 field, set a player in front of the ball? ANSWERS: 1. The closes of Tackles - Poke or Block. KEY WORDS: In front, Force away, Help, Double. GUIDED QUESTIONS: 1. What do we do when we place a player in front of the ball? ANSWERS: 1. Protect the goal - 2. Presse the ball by approach, State players will try to score in one of the two small goals. The 4 Red players will score in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players ever interval. SKILL ACOUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: In front, Forc			1			
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Note: Switch to this activity if the Core is too difficult for the players.		33 ya		can we force the attacker with the ball away? 3 . Where should the other defenders ANSWERS: 1 . Protect the goal - 2 . We Pressure the attacker with the ball - 3 . The	s be to help?	
		© Copyright www.academy	rsoccercoach.co.uk 2020	Note: Switch to this activity if the Core is too difficult for the players.		



OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In a 11v11 field, set a 70Wx45L field with 4 small goals as shown. The 6 Blue players: 4 defenders and 2 midfielders will try to regain the ball and score in one of the two small goals in the midfield. The 6 Red players: 3 midfielders, 2 wingers and 1 striker will try to score in one of the two small goals. All Laws of the game in effect. If the Blue team scores, Rotate players every interval

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Who should get in between the ball and the goal? **2.** What does the closest defender do to force the ball away? **3.** Who Helps the pressing defender? **4.** When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the ball will protect the goal - **2**. Presses the ball by approaching the attacker on an angle - **3**. The other defenders provide cover and balance - **4**. We will double when we outnumber the opponent.

Note: Switch to this activity if the Core is too easy for the players.

DURATION: 20 min -- INTERVALS: 2 -- ACTIVITY: 8 min -- REST: 2 min

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-3-3 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. **KEY WORDS:** In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Why should we get in between the ball and the goal? 2. Who should force the attacker and the ball away? 3. Why do we help the pressing defender? 4. What do we need to do to double team the attacker with the ball?

ANSWERS: 1. To protect the goal - **2**. The closest defender to the ball after he got defenders behind him - **3**. To provide cover and balance - **4**. Outnumber the attacker by having more defenders around.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS	
1. Organized: Is the exercise organized in the right way?	1. How did you achieve your goals in the training session?	
2. Game like: Is the exercise game like?	2. What did you do well?	
3. Repetitions: Are there repetitions when looking at the overall goal of the session?	3. What could you do better?	
4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)		
5. Coaching: Is there the proper coaching based on the age/level of the players?		





2nd. PLAY PHASE: The Game - 9V9