

9v9 Improve Building Up in Opponents Half to Create Chances- (A)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 6 v 4 on Two Goals Each

PRACTICE (Less Challenging): 6 v 3 on Two Goals Each

PRACTICE (More Challenging): 6 v 5 on Two Goals Each

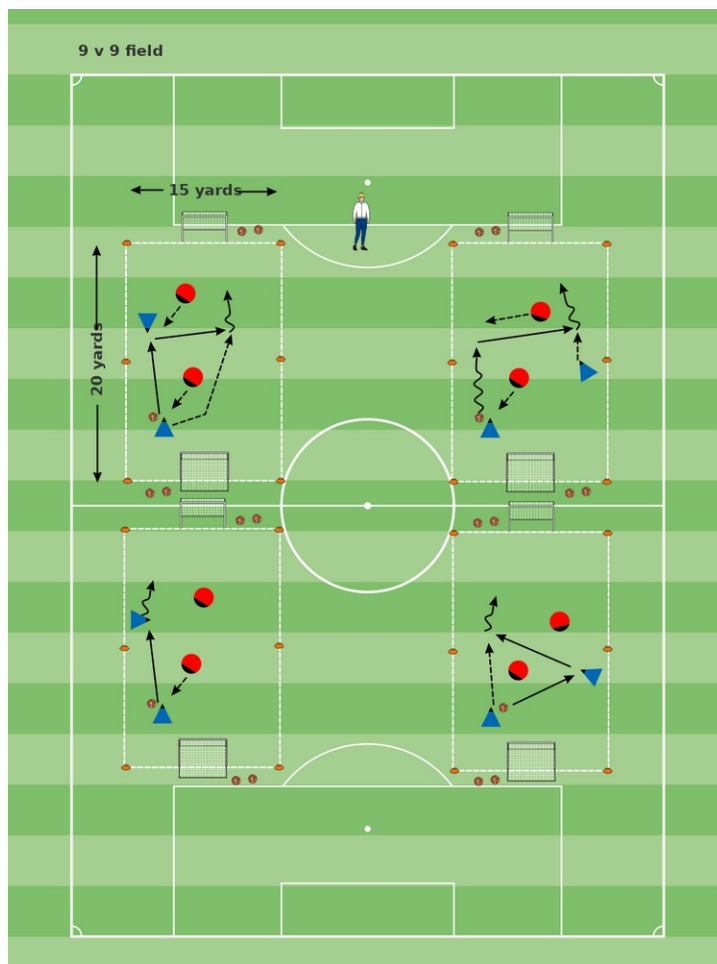
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To beat the defender(s) and score goals

PLAYER ACTIONS: 2v1/1v1, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out four 20 x 15-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free Play. Play for 30 minutes with two to three breaks. Rotate players/teams as needed according to the Five Elements.

KEY WORDS:

Opening, move forward, pass, dribble

GUIDED QUESTIONS:

1) How can you beat the defender 1 v 1? 2) How should you do that? 3) How can you beat the defender 2 v 1?

ANSWERS:

1) Dribble past him/her. 2) Try a move or a fake to get the opponent to move in one direction, and then accelerate past the defender in another direction. 3) Force him/her to move.

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:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
2 vs 2

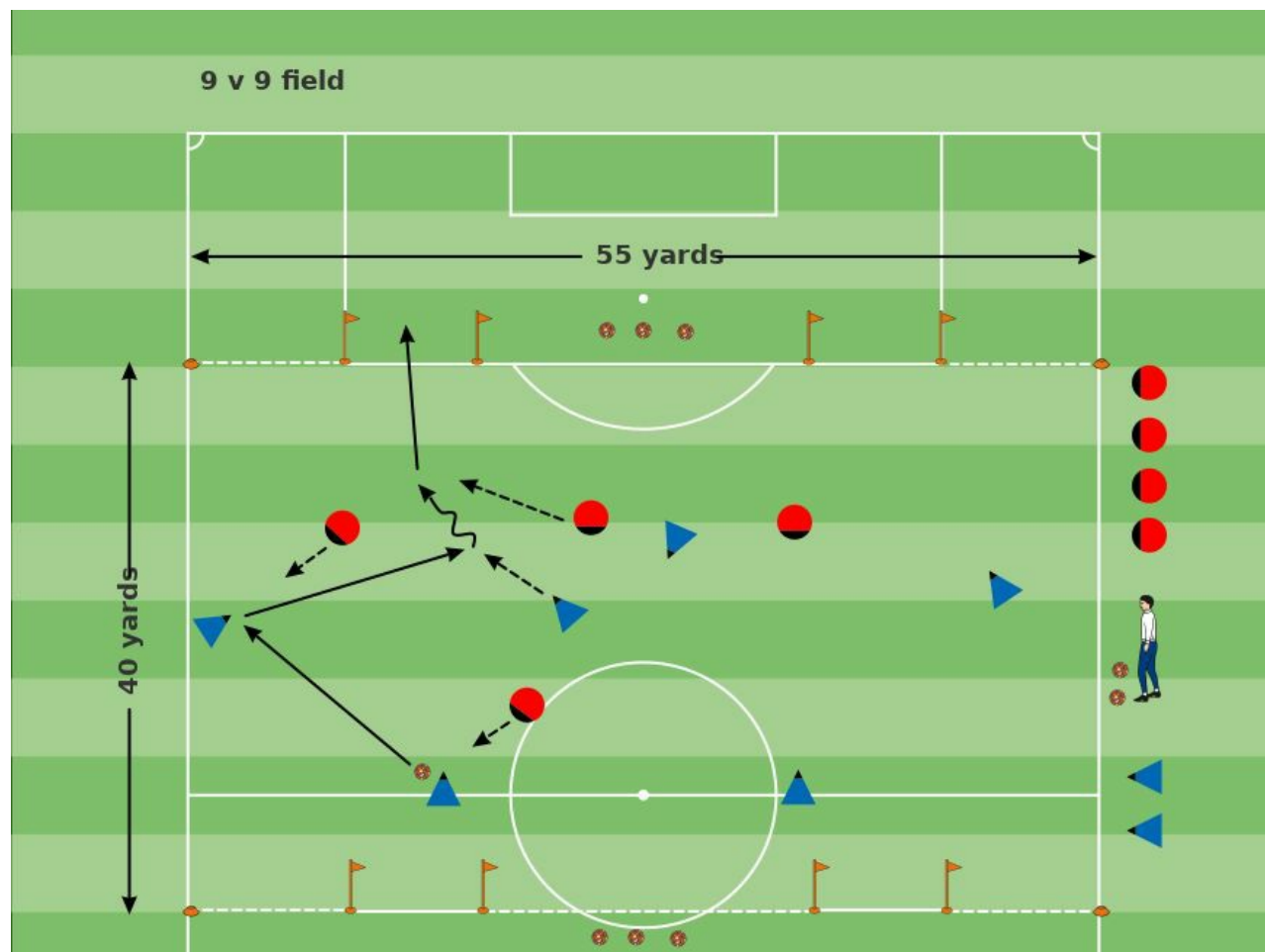
DURATION:
30:0 min

PRACTICE (Core Activity): 6 v 4 on Two Goals Each

OBJECTIVE: To beat defenders and score goals by creating 1 v 1s and 2 v 1s.

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out a 40 x 50-yard field with two goals per team. Teams play 6 v 4. The attackers (Blue) must dribble or pass on the ground to score. The defenders can only score on ground balls. After a goal, Blue starts a new attack. Use kick-ins for restarts. Play for 30 minutes with two to three breaks. Rotate players every three minutes.

KEY WORDS:

Take opponents on, support, switch it

GUIDED QUESTIONS:

1) Where is your best chance to score? 2) Why? 3) How can you help the ball carrier?

ANSWERS:

1) "Over there." 2) Because it's less crowded. 3) Try to get more attackers than defenders around the ball.

NOTES:

Start here at the Core Activity after the First Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
6 vs 4

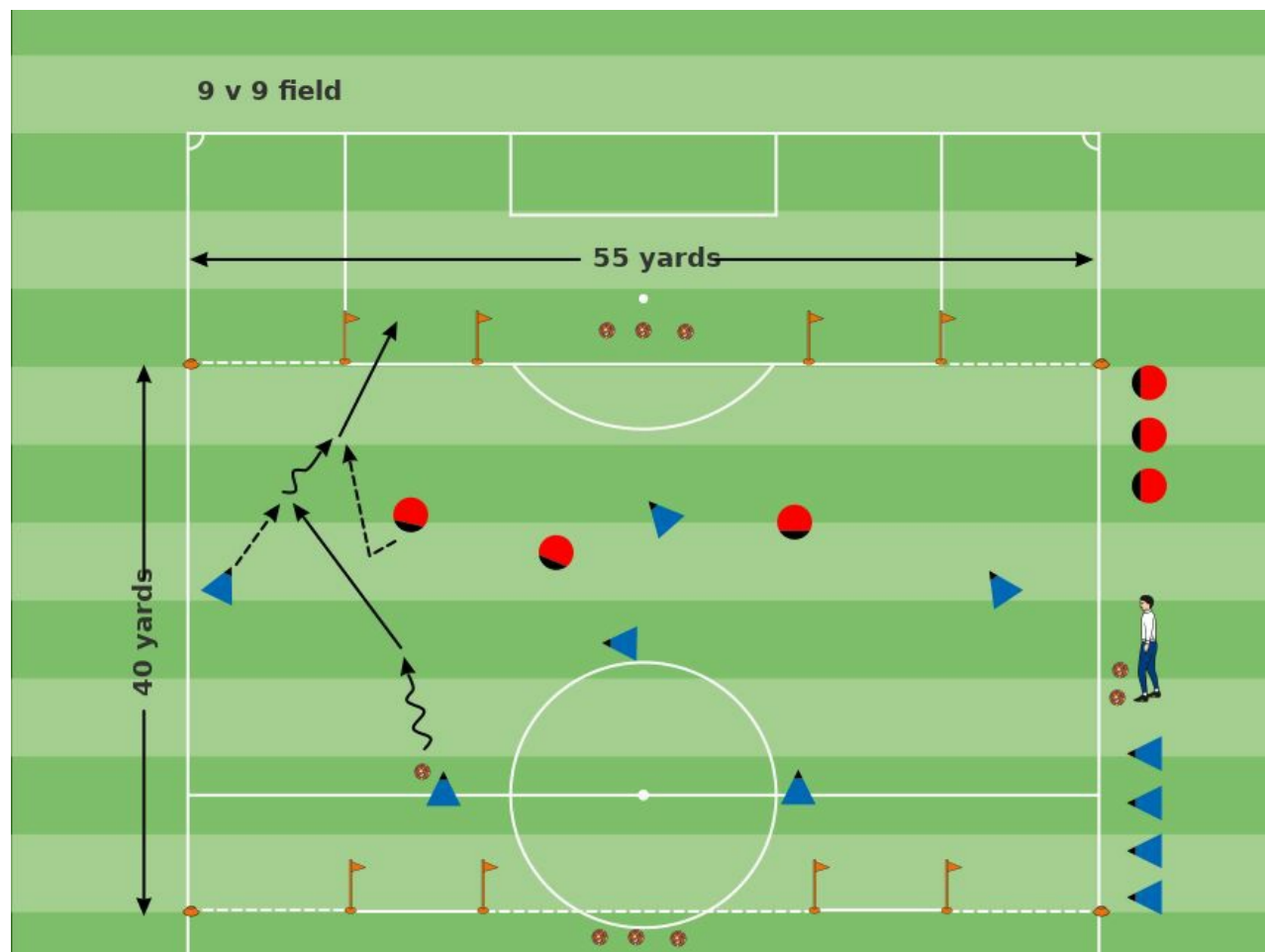
DURATION:
30:0 min

PRACTICE (Less Challenging): 6 v 3 on Two Goals Each

OBJECTIVE: To beat defenders and score goals by creating 1 v 1s and 2 v 1s.

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except teams play 6 v 3 and can only score on ground balls.

KEY WORDS:

Take opponents on, support, switch it

GUIDED QUESTIONS:

1) Where is your best chance to score? 2) Why? 3) How can you help the ball carrier?

ANSWERS:

1) "Over there." 2) Because it's less crowded. 3) Try to get more attackers than defenders around the ball.

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:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
6 vs 3

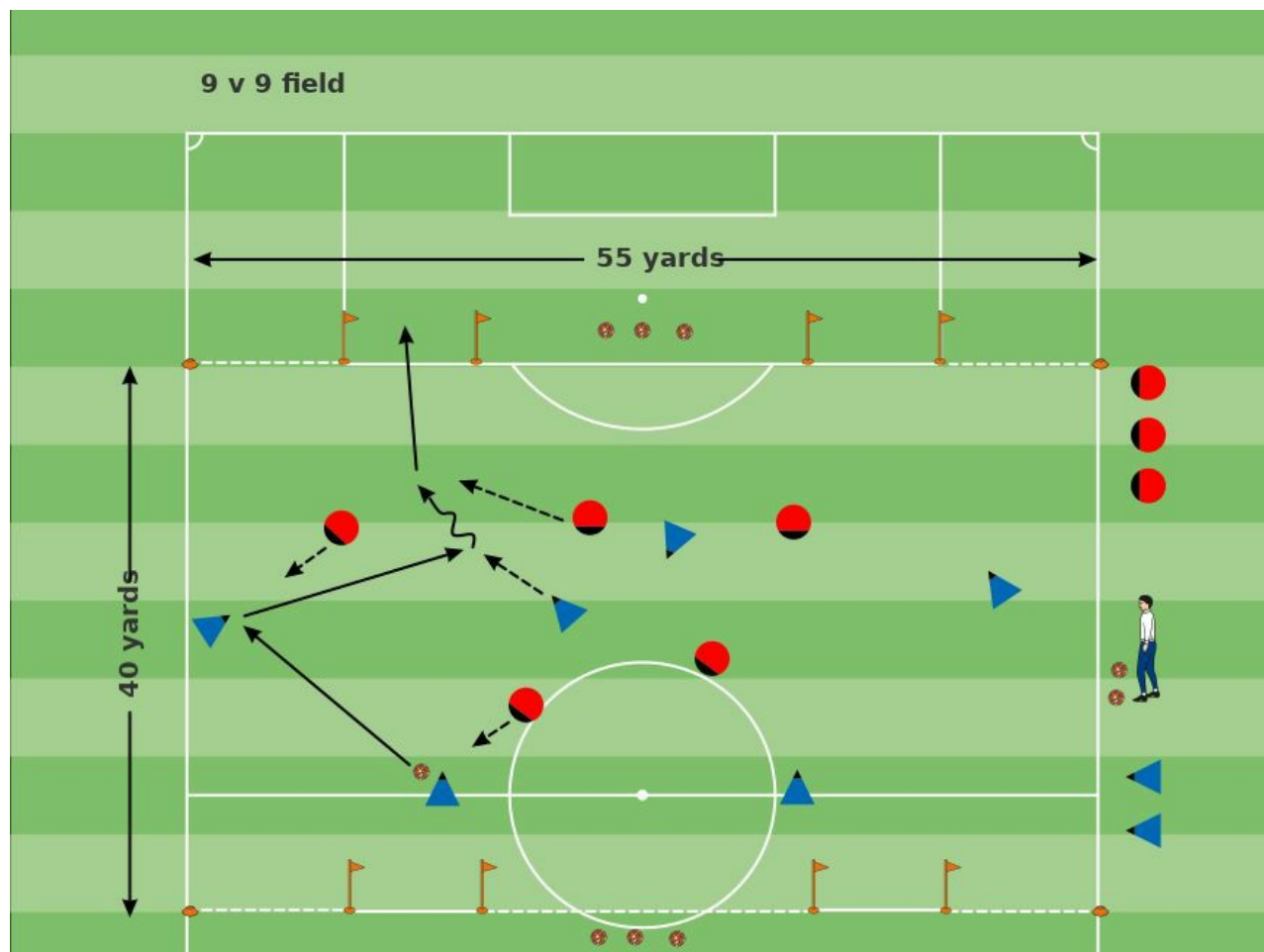
DURATION:
30:0 min

PRACTICE (More Challenging): 6 v 5 on Two Goals Each

OBJECTIVE: Same as Core Activity, except teams play 6 v 5.

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except teams play 6 v 5.

KEY WORDS:

Take opponents on, support, switch it

GUIDED QUESTIONS:

1) Where is your best chance to score? 2) Why? 3) How can you help the ball carrier?

ANSWERS:

1) "Over there." 2) Because it's less crowded. 3) Try to get more attackers than defenders around the ball.

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:

Attacking



AGE:

U11-U12 / 9v9



PLAYERS:

6 vs 5



DURATION:

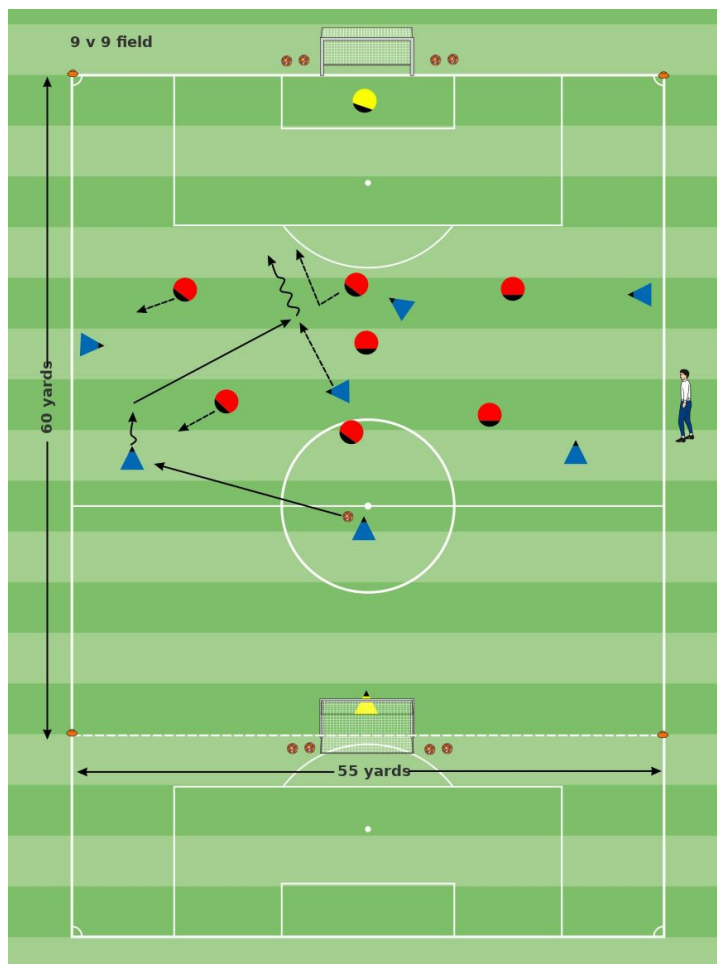
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To beat defenders and score goals by creating 1 v 1s and 2 v 1s.

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Teams play 8 v 8 on a 60 x 55-yard field. Each plays a 1-3-1-3 formation for 30 minutes including one "halftime" (5 minutes max) Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

KEY WORDS:

Take opponents on, support, switch it

GUIDED QUESTIONS:

1) How can you beat the defender 1 v 1? 2) How can you beat the defender 2 v 1? 3) Where is your best chance to score? 4) Why? 5) How can you help the ball carrier?

ANSWERS:

1) Get the defender off balance. 2) Force him/her to move. 3) "Over there." 4) Because it's less crowded. 5) Try to get more attackers than defenders around the ball.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Building Up in Opponents Half to Create Chances- (A)

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U11-U12 / 9v9 / 16 players

Attacking

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:

9v9 Improve Building Up in Opponents Half to Create Chances- (B)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Change point, Change pace, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 9 v 7 on End Zones

PRACTICE (Less Challenging): 9 v 6 on One Goal with Goalkeeper

PRACTICE (More Challenging): 8 v 8 on End Zones

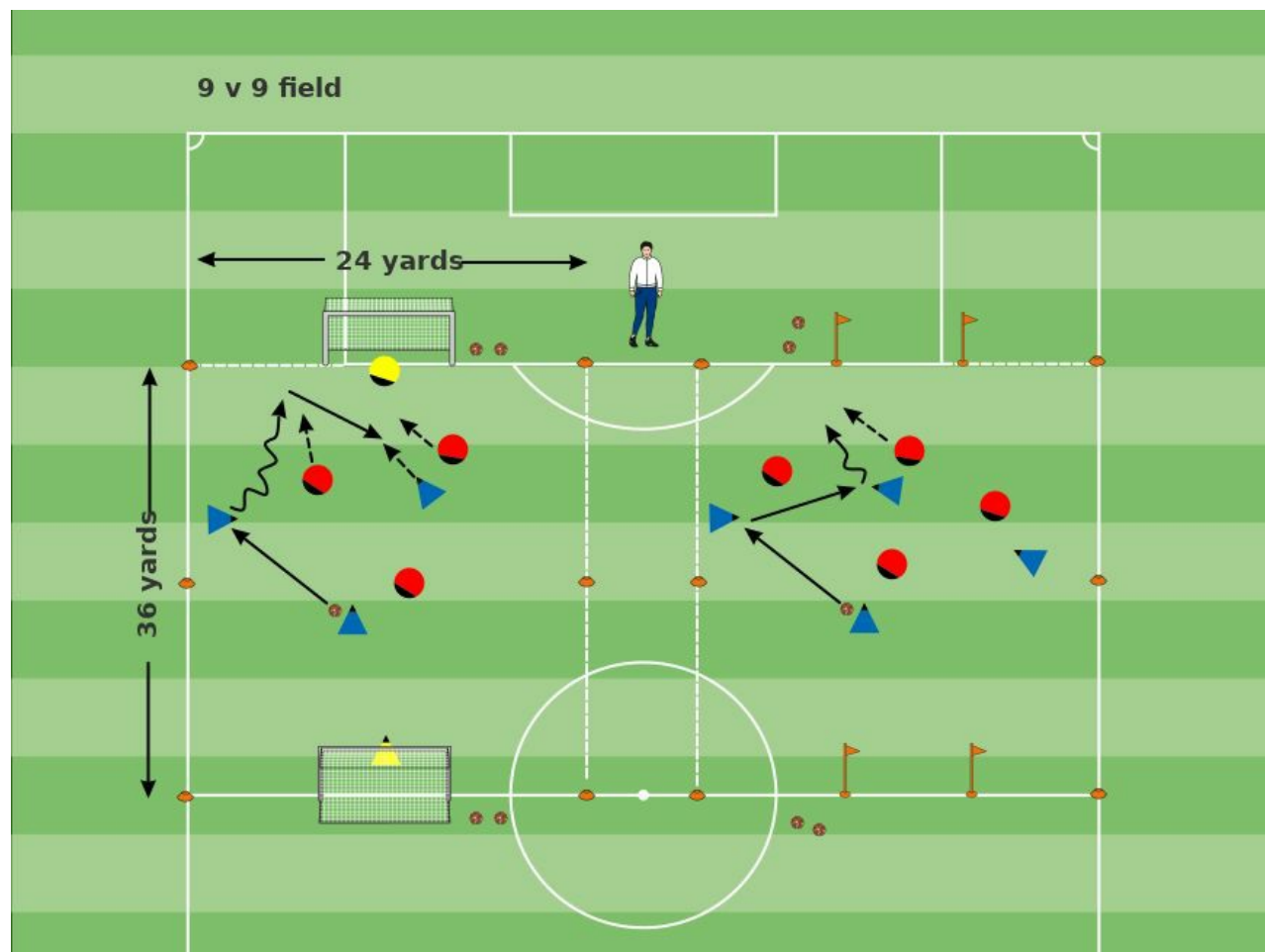
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To move the ball forward, create chances and score goals.

PLAYER ACTIONS: Change point, Change pace, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out two 36 x 24-yard fields. Divide players into four teams of four. Field 1: 3 v 3 on two goals with goalkeepers. Field 2: 4 v 4 on goal lines (pass on the ground to score). Free play: Play for 30 minutes with two breaks.

KEY WORDS:

Use space, switch it

GUIDED QUESTIONS:

1) How do you cover the field when you're in possession? 2) How can you set yourselves up to break through on the wings?

ANSWERS:

1) Spread out as much as possible in all directions. 2) Draw opponents to one side by using slow passes, then quickly switch the attack to the other side.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
4 vs 4

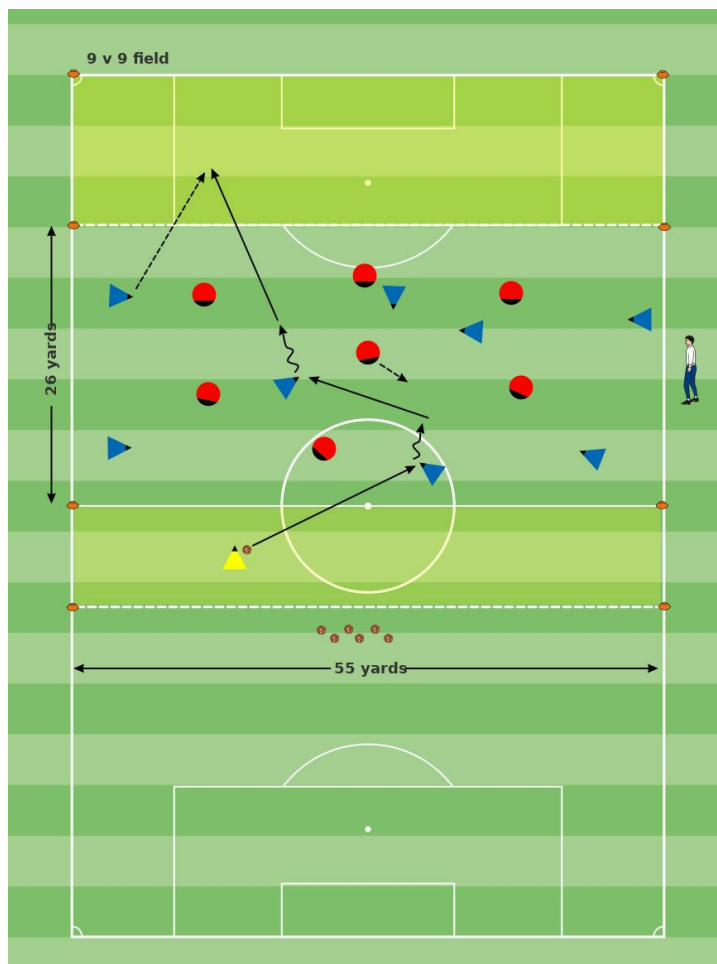
DURATION:
30:0 min

PRACTICE (Core Activity): 9 v 7 on End Zones

OBJECTIVE: To change the point of attack, create chances and score goals.

PLAYER ACTIONS: Change point, Change pace, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Between the centerline and the penalty box, mark out a 26 x 55-yard field with end zones. Teams play 9 v 7. Blue attacks in a 1-3-2-3 formation. To score, they must either dribble or successfully pass into the end zone. Blue's goalkeeper begins the attack with hands or passes (no punting) and remains actively involved (available for back passes and switches of play) throughout the rest of the attack. If Red wins the ball, they can score by dribbling into the end zone. Play for 30 minutes with two breaks.

KEY WORDS:

Switch, use space, be open, take opponents on

GUIDED QUESTIONS:

1) Where on the field do you have the best chance of breaking through to the end zone if the opponent is central? 2) How can you set yourselves up to score? 3) How can you best take advantage of a switch of play?

ANSWERS:

1) On the wings. 2) By quickly switching the point of attack. 3) Dribble forward immediately; use our extra players; create 1 v 1s; use diagonal runs to create passing options behind the opponent's defense.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
9 vs 7

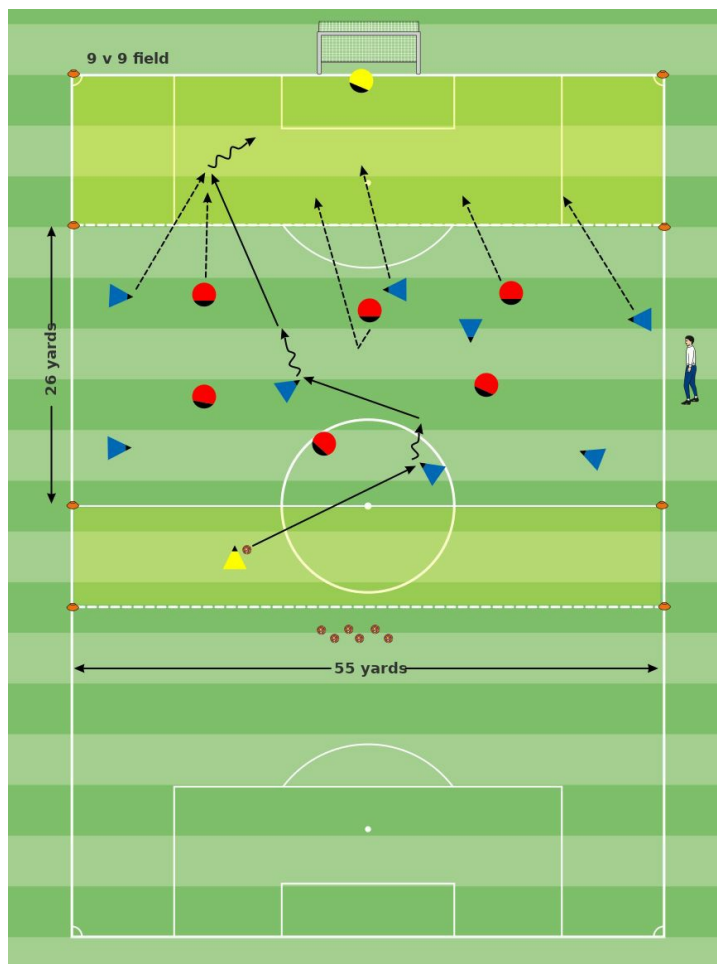
DURATION:
30:0 min

PRACTICE (Less Challenging): 9 v 6 on One Goal with Goalkeeper

OBJECTIVE: To change the point of attack, create chances and score goals.

PLAYER ACTIONS: Change point, Change pace, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except there is a goal and goalkeeper. Red defends in the center zone. If Blue breaks through, attackers and defenders all follow.

KEY WORDS:

Switch, use space, be open, take opponents on

GUIDED QUESTIONS:

1) Where on the field do you have the best chance of breaking through to the end zone if the opponent is central? 2) How can you set yourselves up to score? 3) How can you best take advantage of a switch of play?

ANSWERS:

1) On the wings. 2) By quickly switching the point of attack. 3) Dribble forward immediately; use our extra players; create 1 v 1s; use diagonal runs to create passing options behind the opponent's defense.

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.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
9 vs 6

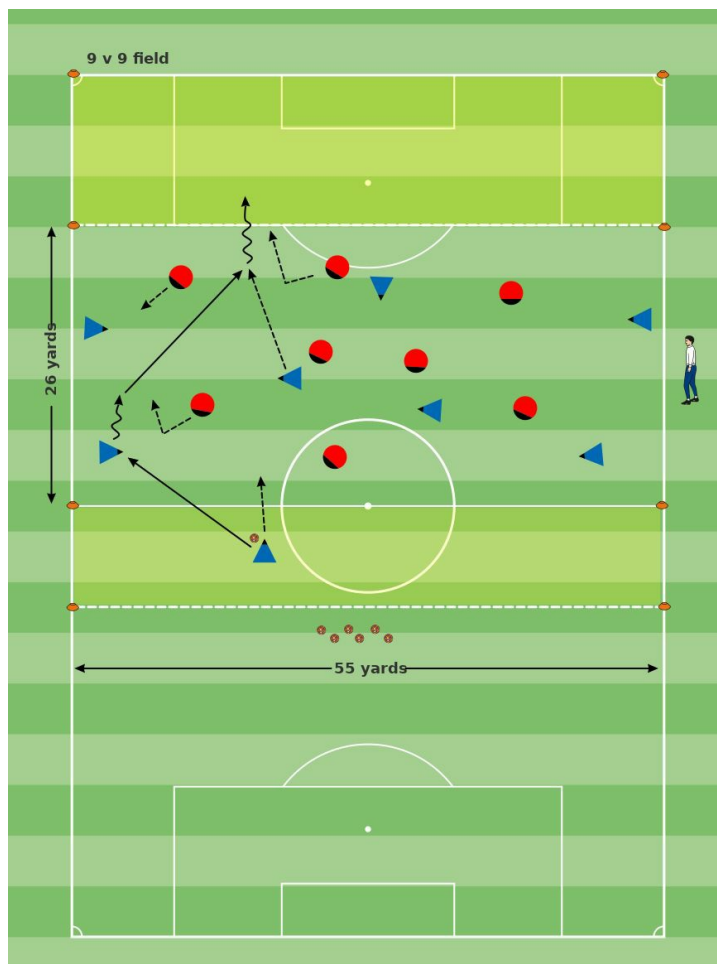
DURATION:
30:0 min

PRACTICE (More Challenging): 8 v 8 on End Zones

OBJECTIVE: To change the point of attack, create chances and score goals.

PLAYER ACTIONS: Change point, Change pace, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except teams play 8 v 8. Blue attacks from the end zone and can use it to build the attack. Red can only defend in the center zone.

KEY WORDS:

Switch, use space, be open, take opponents on

GUIDED QUESTIONS:

1) Where on the field do you have the best chance of breaking through to the end zone if the opponent is central? 2) How can you set yourselves up to score? 3) How can you best take advantage of a switch of play?

ANSWERS:

1) On the wings. 2) By quickly switching the point of attack. 3) Dribble forward immediately; use our extra players; create 1 v 1s; use diagonal runs to create passing options behind the opponent's defense.

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.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

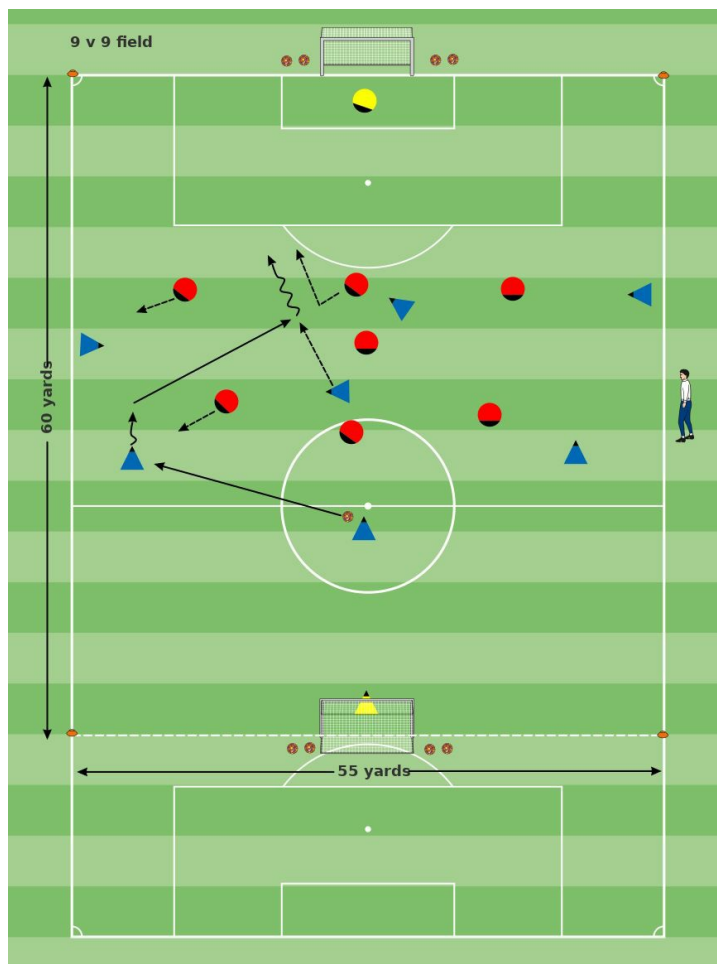
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To change the point of attack, create chances and score goals.

PLAYER ACTIONS: Change point, Change pace, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Teams play 8 v 8 on a 60 x 55-yard field. Each plays in a 1-3-1-3 formation. Play for 30 minutes including one "halftime" (5 minutes max). Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

KEY WORDS:

Switch, use space, be open, take opponents on

GUIDED QUESTIONS:

1) How do you cover the field when you're in possession? 2) Where on the field do you have the best chance of breaking through if the opponent is central? 3) How can you set yourselves up to score? 4) How can you best take advantage of a switch of play?

ANSWERS:

1) Spread out as much as possible in all directions. 2) On the wings. 3) By switching the point of attack. 4) Dribble forward immediately; use our extra players; create 1 v 1s; use diagonal runs to create passing options behind the opponent's defense.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Building Up in Opponents Half to Create Chances- (B)
GOAL: Improve building-up in opponent's half in order to create chances
PLAYER ACTIONS: Change point, Change pace, Spread out
KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U11-U12 / 9v9 / 16 players
Attacking
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:

9v9 Improve Building Up in Own Half- (A)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 2 v 1 on End Zone

PRACTICE (Less Challenging): 3 v 1 on End Zone

PRACTICE (More Challenging): 2 v 1 on End Zone

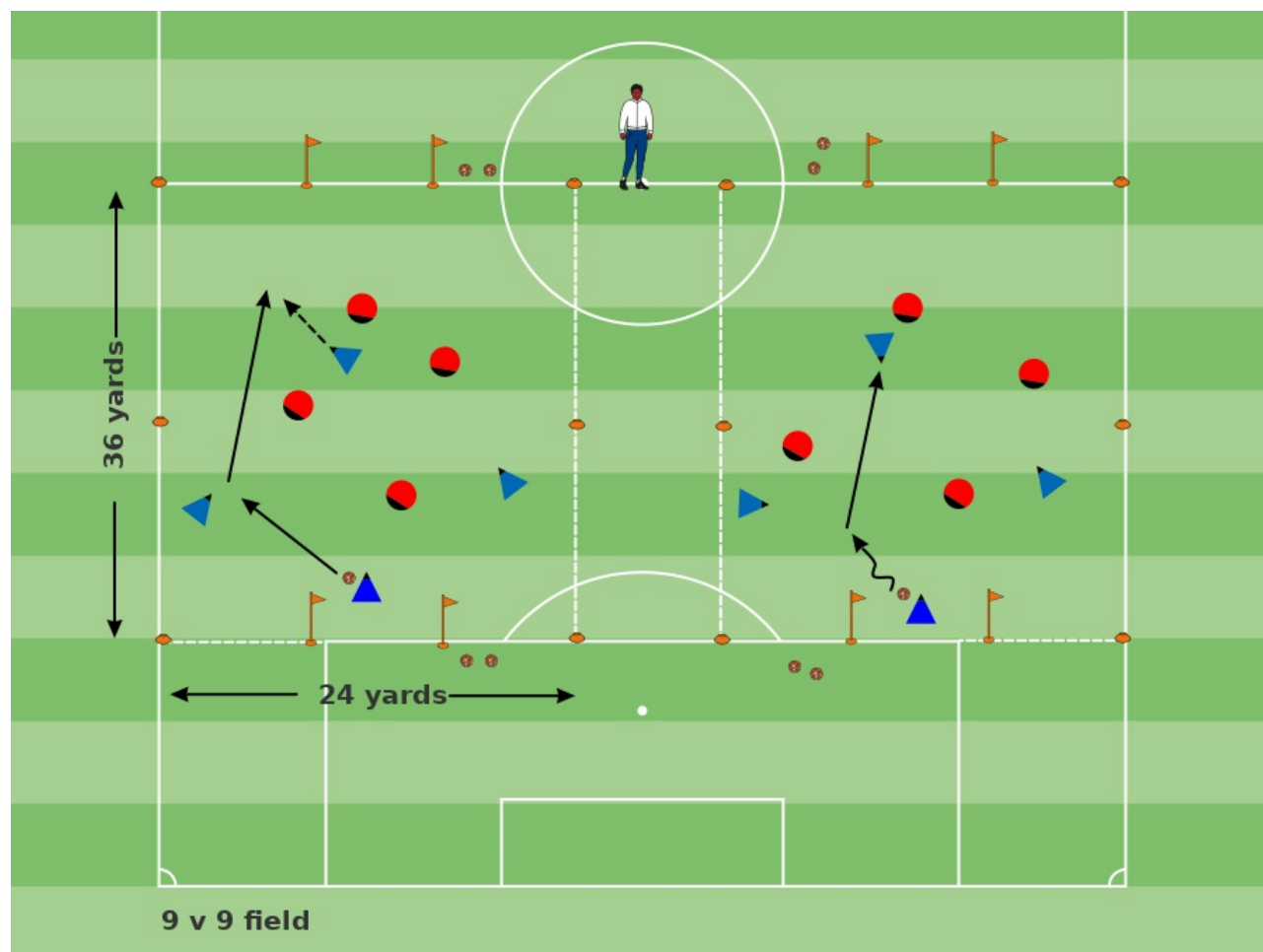
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build a solid attack, move the ball forward and score

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



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). Play for 30 minutes with two breaks.

KEY WORDS:

Use space, pass, dribble, hips open

GUIDED QUESTIONS:

1) How do you create the space you need to build a solid attack? 2) What's a good formation to use for that? 3) What are the central defender's options for building the attack? 4) How should wing players receive the ball?

ANSWERS:

1) Make the field as big as possible; push forward (no offside rule) and use the full width of the field. 2) A 1-2-1 diamond formation. 3) Dribbling, square pass, forward pass. 4) Hips open and across the body.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



MOMENT:

Attacking



AGE:

U11-U12 / 9v9



PLAYERS:

4 vs 4



DURATION:

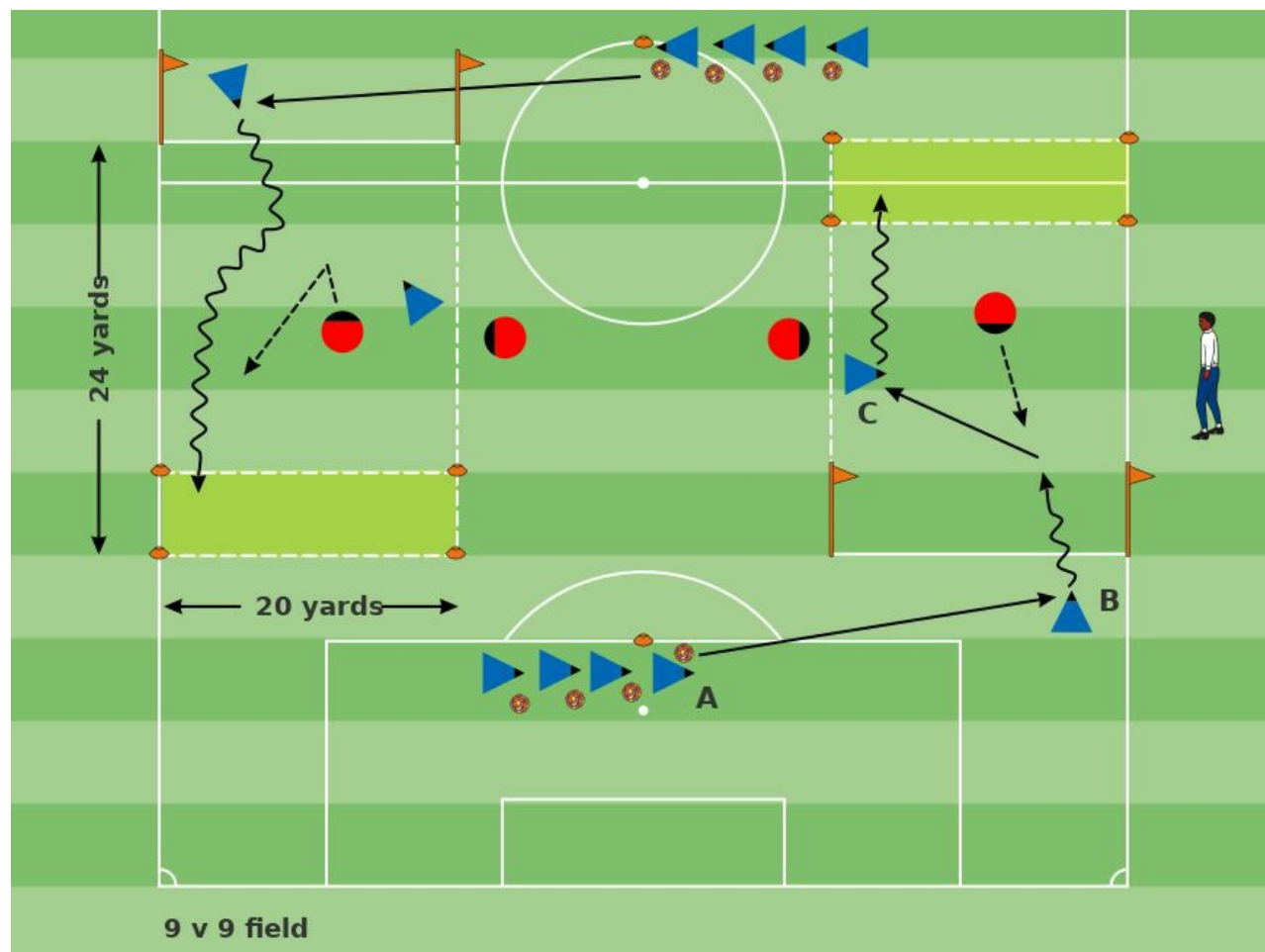
30:0 min

PRACTICE (Core Activity): 2 v 1 on End Zone

OBJECTIVE: To move the ball forward by dribbling or passing

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out two 24 x 20-yard fields with end zones. Choose four defenders (Red) and 12 attackers (Blue) and position them as shown. Player A passes to B, who dribbles onto the field to join C attack 2 v 1 on the end zone. The defender tries to win the ball and score on the goal line. Afterward, the attackers rotate counterclockwise. Play for 30 minutes with two breaks and rotate the defenders.

KEY WORDS:

Pass, dribble, hips open

GUIDED QUESTIONS:

1) How do you take advantage of a 2 v 1 when you've got the ball? 2) What should you do if the defender steps to your teammate instead? 3) What should your teammate do? 4) How should players receive the ball?

ANSWERS:

1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Dribble past the defender on the outside. 3) Get open by showing for passes away from the defender and take the ball directly forward. 4) Hips open and across the body. Use the inside of the foot with heel down/toe up.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
2 vs 1

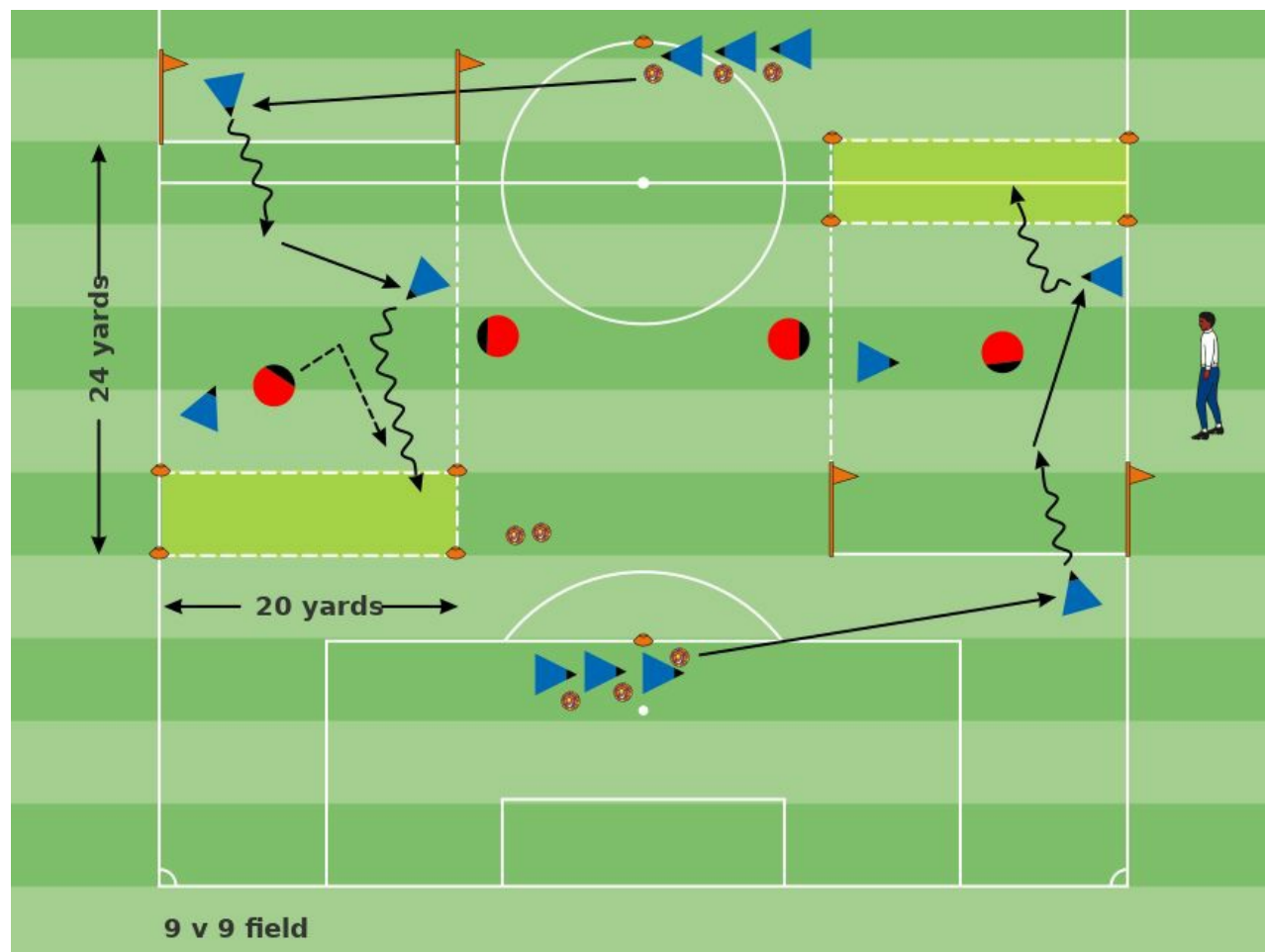
DURATION:
30:0 min

PRACTICE (Less Challenging): 3 v 1 on End Zone

OBJECTIVE: To move the ball forward by dribbling or passing.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except players play 3 v 1.

KEY WORDS:

Pass, dribble, hips open

GUIDED QUESTIONS:

1) How do you take advantage of a 2 v 1 when you've got the ball? 2) What should you do if the defender steps to your teammate instead? 3) What should your teammate do? 4) How should players receive the ball?

ANSWERS:

1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Dribble past the defender on the outside. 3) Get open by showing for passes away from the defender and take the ball directly forward. 4) Hips open and across the body. Use the inside of the foot with heel down/toe up.

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.



MOMENT:

Attacking



AGE:

U11-U12 / 9v9



PLAYERS:

3 vs 1



DURATION:

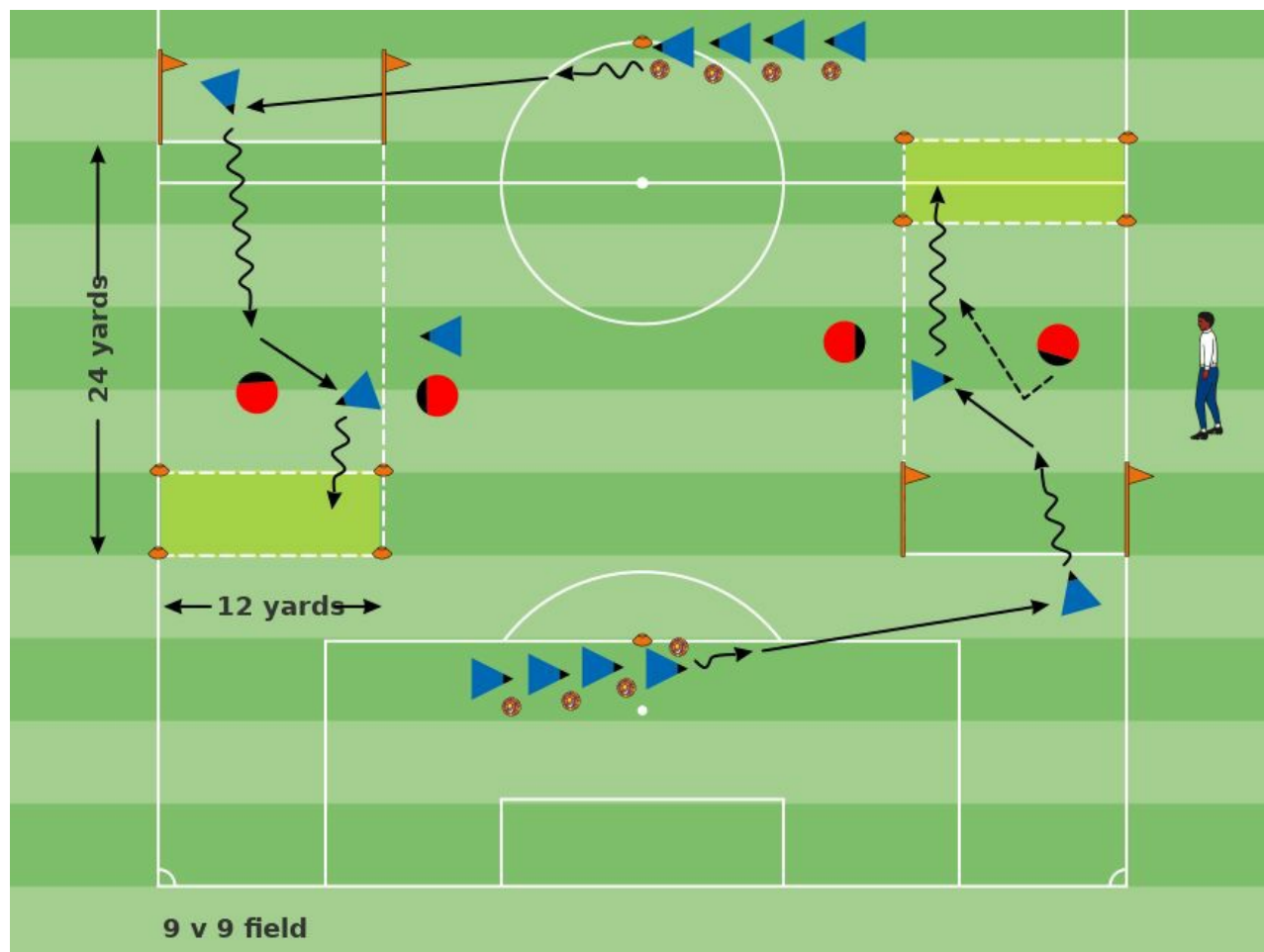
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PRACTICE (More Challenging): 2 v 1 on End Zone

OBJECTIVE: To move the ball forward by dribbling or passing

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except on a 24 x 12-yard field.

KEY WORDS:

Pass, dribble, hips open

GUIDED QUESTIONS:

1) How do you take advantage of a 2 v 1 when you've got the ball? 2) What should you do if the defender steps to your teammate instead? 3) What should your teammate do? 4) How should players receive the ball?

ANSWERS:

1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Dribble past the defender on the outside. 3) Get open by showing for passes away from the defender and take the ball directly forward. 4) Hips open and across the body. Use the inside of the foot with heel down/toe up.

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.



MOMENT:
Attacking



AGE:
U11-U12 / 9v9



PLAYERS:
2 vs 1



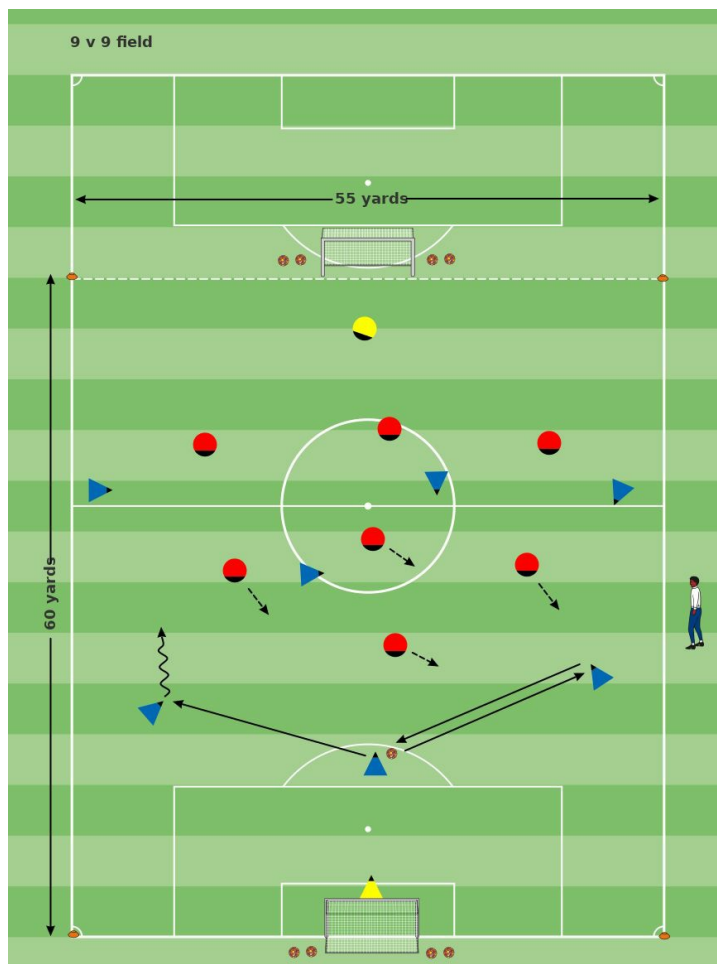
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, move the ball forward and score

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out a 60 x 55-yard field. Teams play 8 v 8 in a 1-3-3-1 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:

Use space, pass, dribble, be open

GUIDED QUESTIONS:

1) How do you create the space you need to build a solid attack? 2) How do you take advantage of a 2 v 1 when you've got the ball? 3) What should your teammate do? 4) How should players receive the ball?

ANSWERS:

1) Make the field as big as possible; push forward and engage individual opponents; use the full width of the field. 2) Quickly dribble forward to tie up the defender, then pass the ball off to my teammate. 3) Get open by showing for passes away from the defender and take the ball directly forward. 4) Hips open and across the body. Use the inside of the foot with heel down/toe up.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Building Up in Own Half- (A)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U11-U12 / 9v9 / 16 players

Attacking

DURATION: 90 min



Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
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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:

9v9 Improve Building Up in Own Half- (B)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

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

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): From 4 v 3 to 5 v 4

PRACTICE (Less Challenging): From 4 v 3 to 5 v 4

PRACTICE (More Challenging): From 4 v 3 to 5 v 4

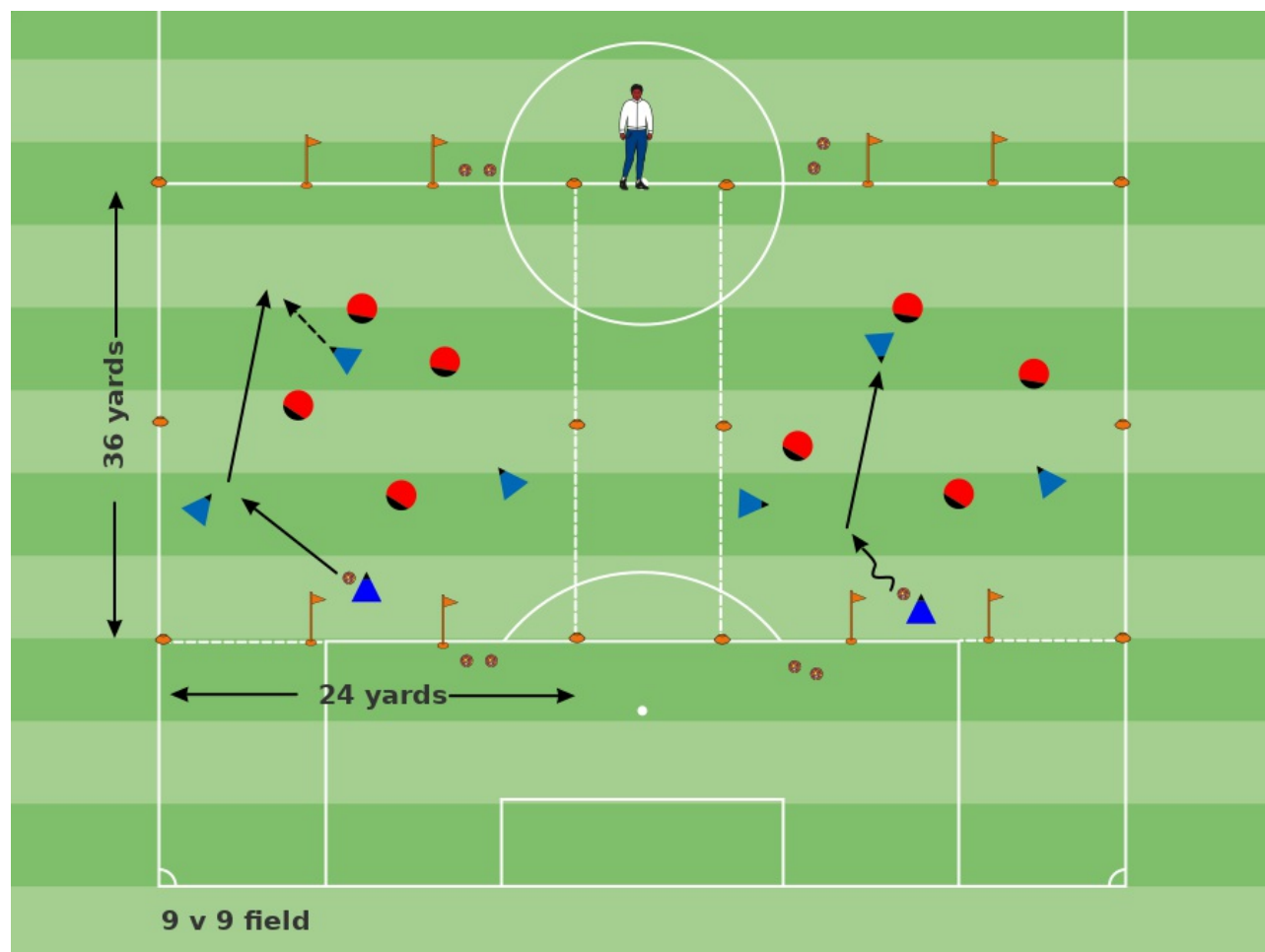
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build a solid attack, move the ball forward and score

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

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). Play for 30 minutes with two breaks.

KEY WORDS:

Use space, be open, pass, dribble

GUIDED QUESTIONS:

1) What do you do when opponents immediately start trying to disrupt your attack? 2) How do you create the space you need to build a solid attack?

ANSWERS:

1) Stay calm, build the attack in a controlled way and play safe combinations to move the ball forward into the opponent's half. 2) Make the field as big as possible; push forward (no offside rule) and try to engage individual opponents; use the full width of the field.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
4 vs 4

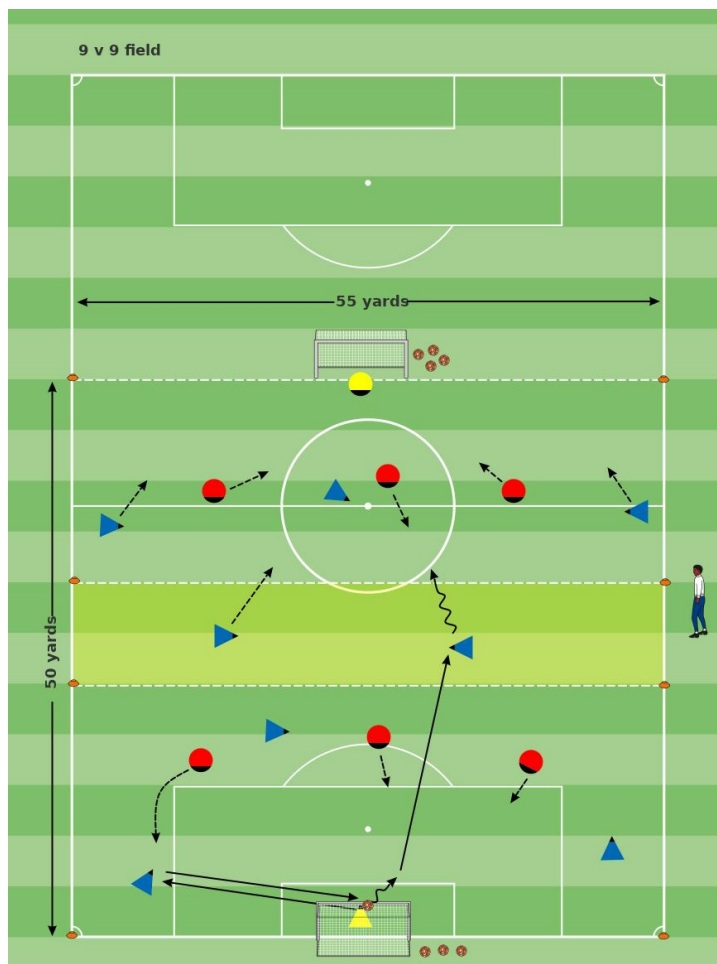
DURATION:
30:0 min

PRACTICE (Core Activity): From 4 v 3 to 5 v 4

OBJECTIVE: To build a solid attack, move the ball forward and score.

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

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



ORGANIZATION:

Divide a 55x 50-yard field into three zones. Divide players into teams of 9 and 7 (Blue and Red) and assign them to zones as shown (1-3-2-3). Blue starts out attacking 4 v 3. If they can successfully pass into the center zone, they then attack 5 v 4 on Red's goal. Red tries to win the ball and score on Blue's goal. Play is restarted by Blue's keeper after interruptions. Play for 30 minutes with two breaks.

KEY WORDS:

Use space, be open, pass, dribble

GUIDED QUESTIONS:

1) On distributions, where should the outside defenders show for the ball? 2) Why? 3) How should they position their bodies? 4) After they receive the ball, how should they build the attack? 5) What if they can't do that?

ANSWERS:

1) Just outside the penalty box sidelines, close to the endline. 2) To make the field as big as possible. 3) Open up hips to face up the field. 4) Take the ball forward and look for potential receivers. 5) Stay calm, "peel" away or pass to the keeper to switch the point of attack.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
4 vs 3

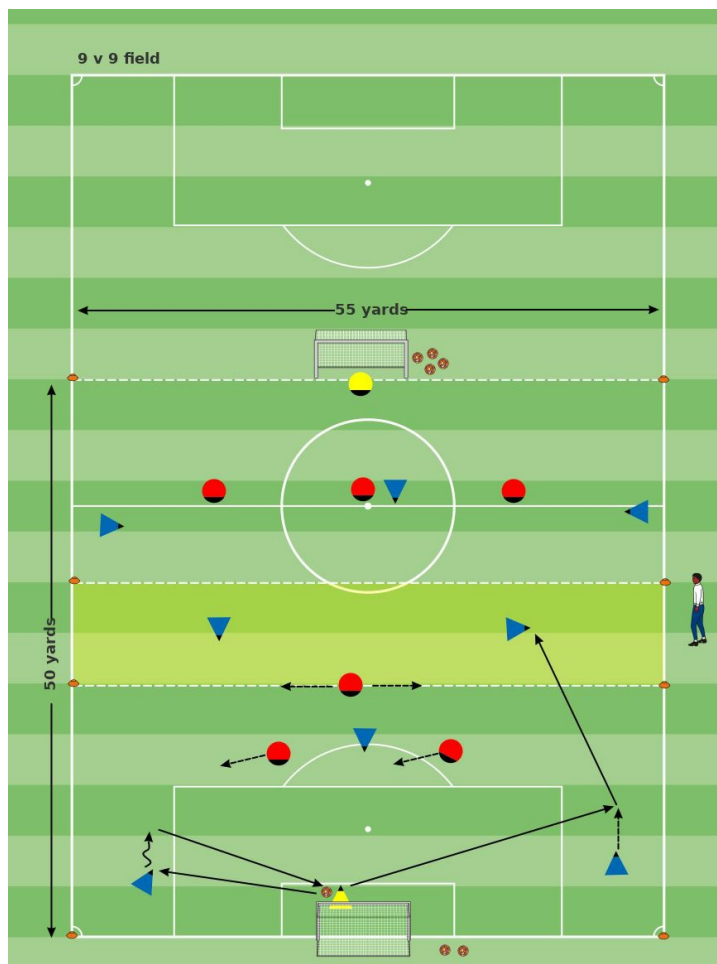
DURATION:
30:0 min

PRACTICE (Less Challenging): From 4 v 3 to 5 v 4

OBJECTIVE: To build a solid attack, move the ball forward and score

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

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



ORGANIZATION:

Same as Core Activity, except Blue starts out attacking 4 v 2. The third defender stays on the center zone boundary and tries to intercept passes.

KEY WORDS:

Use space, be open, pass, dribble

GUIDED QUESTIONS:

1) On distributions, where should the outside defenders show for the ball? 2) Why? 3) How should they position their bodies? 4) After they receive the ball, how should they build the attack? 5) What if they can't do that?

ANSWERS:

1) Just outside the penalty box sidelines, close to the endline. 2) To make the field as big as possible. 3) Open up hips to face up the field. 4) Take the ball forward and look for potential receivers. 5) Stay calm, "peel" away or pass to the keeper to switch the point of attack. 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.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
4 vs 3

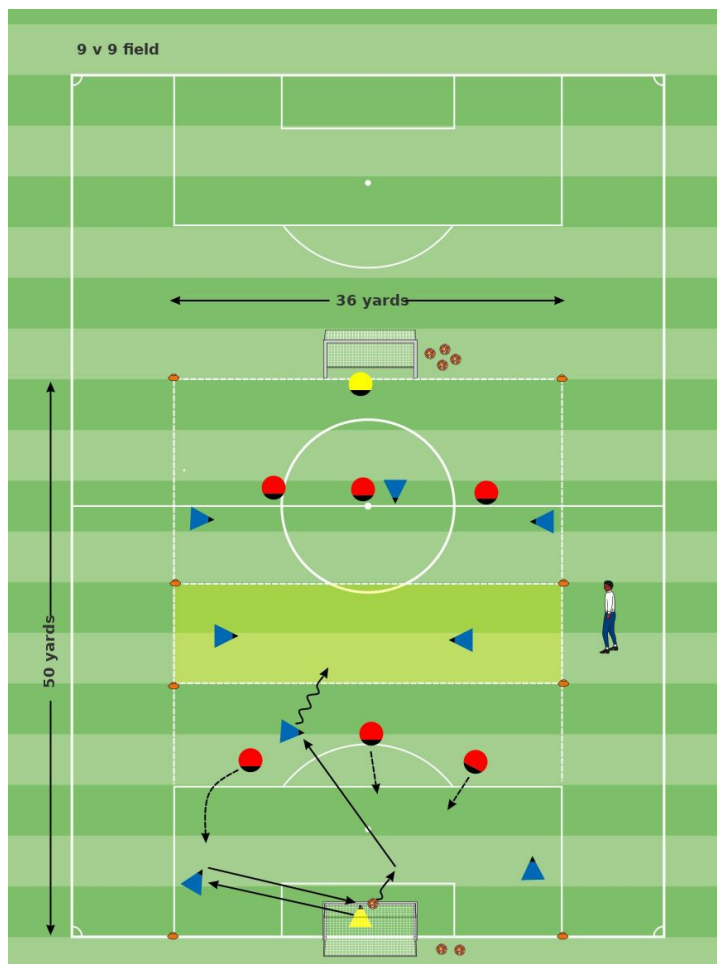
DURATION:
30:0 min

PRACTICE (More Challenging): From 4 v 3 to 5 v 4

OBJECTIVE: To build a solid attack, move the ball forward and score

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

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



ORGANIZATION:

Same as Core Activity, except the field is only 36 yards wide.

KEY WORDS:

Use space, be open, pass, dribble

GUIDED QUESTIONS:

1) On distributions, where should the outside defenders show for the ball? 2) Why? 3) How should they position their bodies? 4) After they receive the ball, how should they build the attack? 5) What if they can't do that?

ANSWERS:

1) Just outside the penalty box sidelines, close to the endline. 2) To make the field as big as possible. 3) Open up hips to face up the field. 4) Take the ball forward and look for potential receivers. 5) Stay calm, "peel" away or pass to the keeper to switch the point of attack.

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.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
4 vs 3

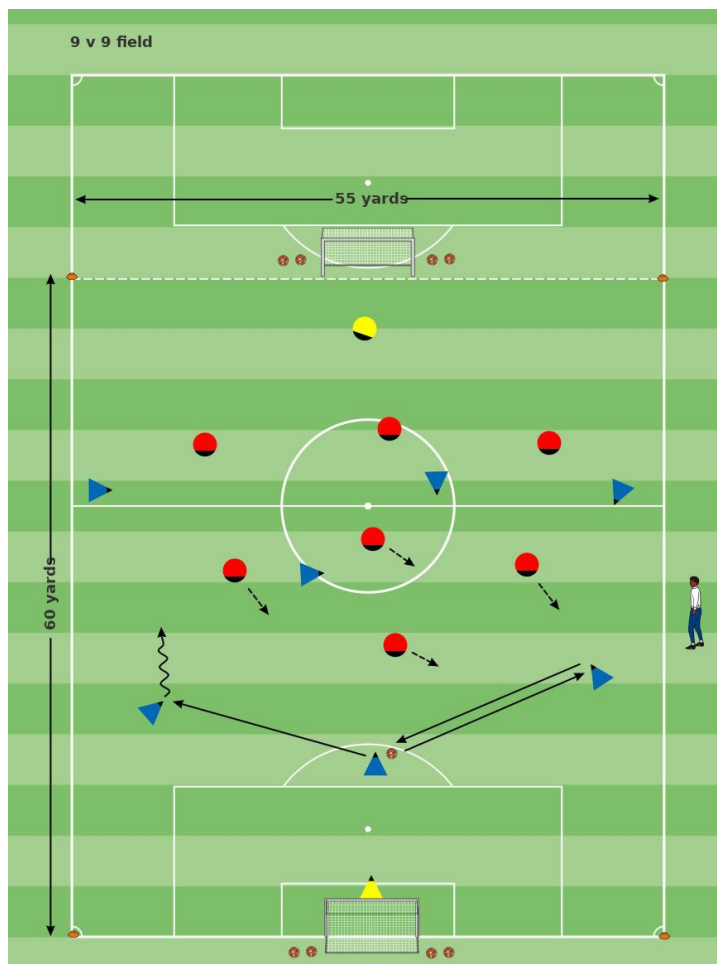
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, move the ball forward and score

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

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



ORGANIZATION:

Mark out a 60 x 55-yard field. Teams play 8 v 8 in a 1-3-3-1. 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:

Use space, be open, pass, dribble

GUIDED QUESTIONS:

1) What do you do when opponents immediately start trying to disrupt your attack? 2) How do you create the space you need to build a solid attack? 3) On distributions, where should the outside defenders show for the ball?

ANSWERS:

1) Stay calm, build the attack in a controlled way and play safe combinations to move the ball forward. 2) Make the field as big as possible; push forward and try to engage individual opponents; use the full width of the field. 3) Just outside the penalty box sidelines, close to the endline.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Building Up in Own Half- (B)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

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

AGE: U11-U12 / 9v9 / 16 players

Attacking

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:

9v9 Improve Scoring Goals- (A)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

 16

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 2 v 1 + 1 in Middle

PRACTICE (Less Challenging): 2 v 1 in Middle

PRACTICE (More Challenging): 2 v 1 + 1 in Middle

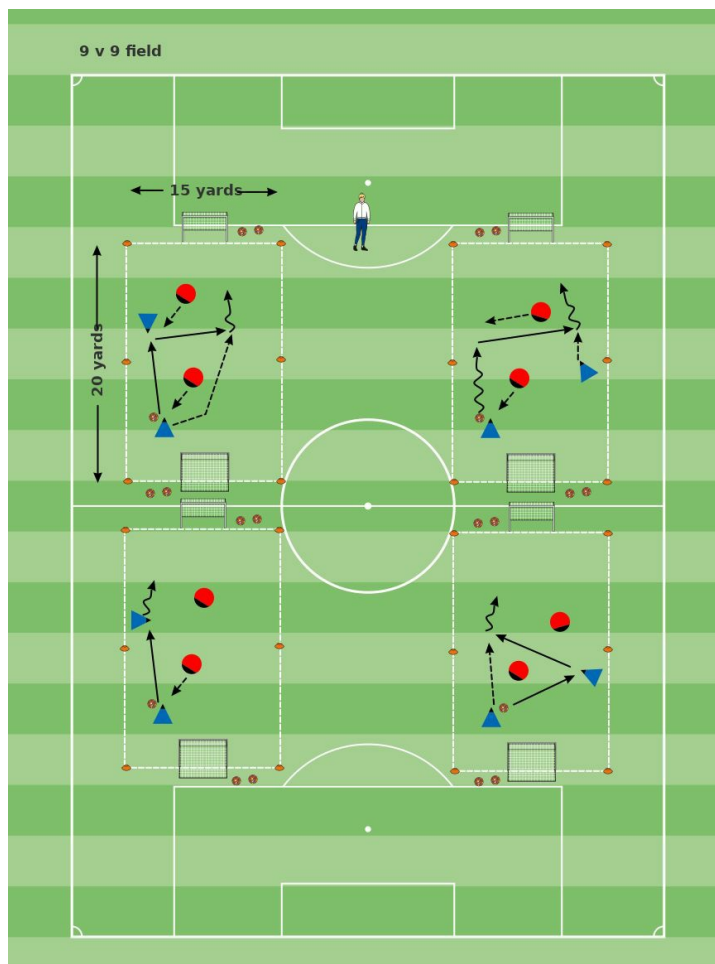
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create openings and score goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out four 20 x 15-yard fields, each with two mini goals. Free play: Players are divided into pairs and take turns playing 2 v 2. Play for 30 minutes with two breaks. Rotate players/teams as needed according to the Five Elements.

KEY WORDS:

Pass, dribble, take opponents on, shoot

GUIDED QUESTIONS:

1) How many goals did you score? What can you do to score more goals? 2) What should you do if you see an opening? 3) What if the goal is blocked? 4) How do you create an opening?

ANSWERS:

1) Focus on attacking; create 1 v 1s and 2 v 1s; finish faster. 2) Shoot. 3) We need to create an opening? 4) Make the opponent move; beat the opponent 1 v 1 or 2 v 1 (give and go).

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
2 vs 2

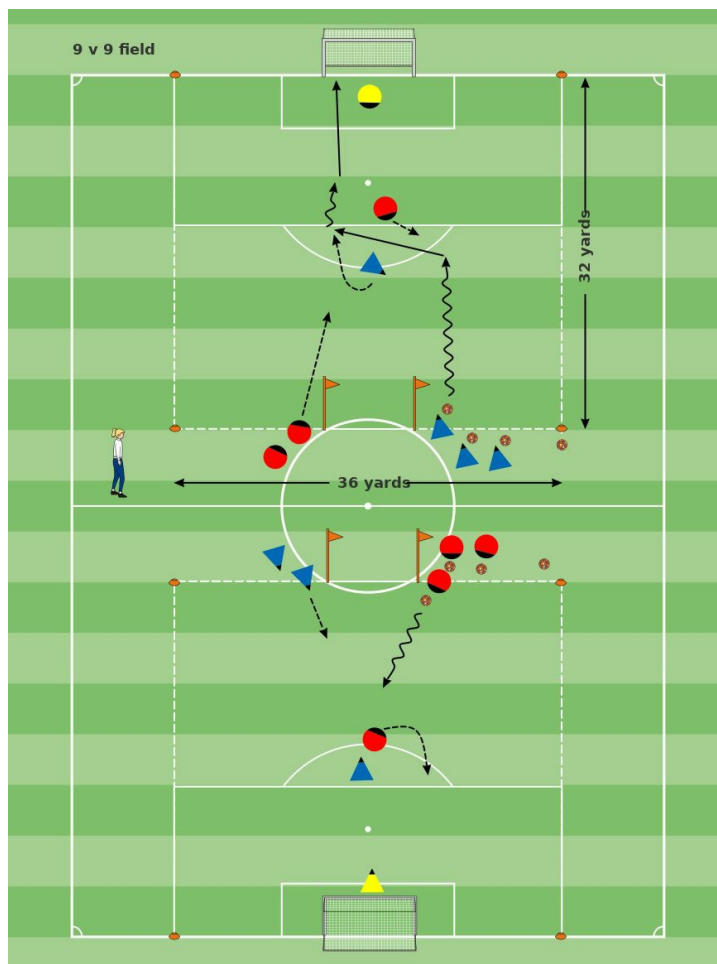
DURATION:
30:0 min

PRACTICE (Core Activity): 2 v 1 + 1 in Middle

OBJECTIVE: To score goals by attacking 2 v 1 up the middle

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out two 32 x 36-yard fields. Assign attackers and defenders to starting positions as shown. Players play 2 v 1 + 1 (second defender runs in from behind). Play begins as soon as the ball starts moving forward and continues until a goal is scored. The defenders try to win the ball and score on the goal line. Play for 30 minutes with two breaks.

KEY WORDS:

Pass, dribble, take opponents on, shoot

GUIDED QUESTIONS:

1) How do you handle a 2 v 1 when you've got the ball? 2) What should the forward do? 3) What else can you do when you have the ball?

ANSWERS:

1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Get open while maintaining eye contact with the ball carrier and accelerating forward - but don't run offside! 3) Go 1 v 1 against the defender, dribble past on the outside and finish on the goal.

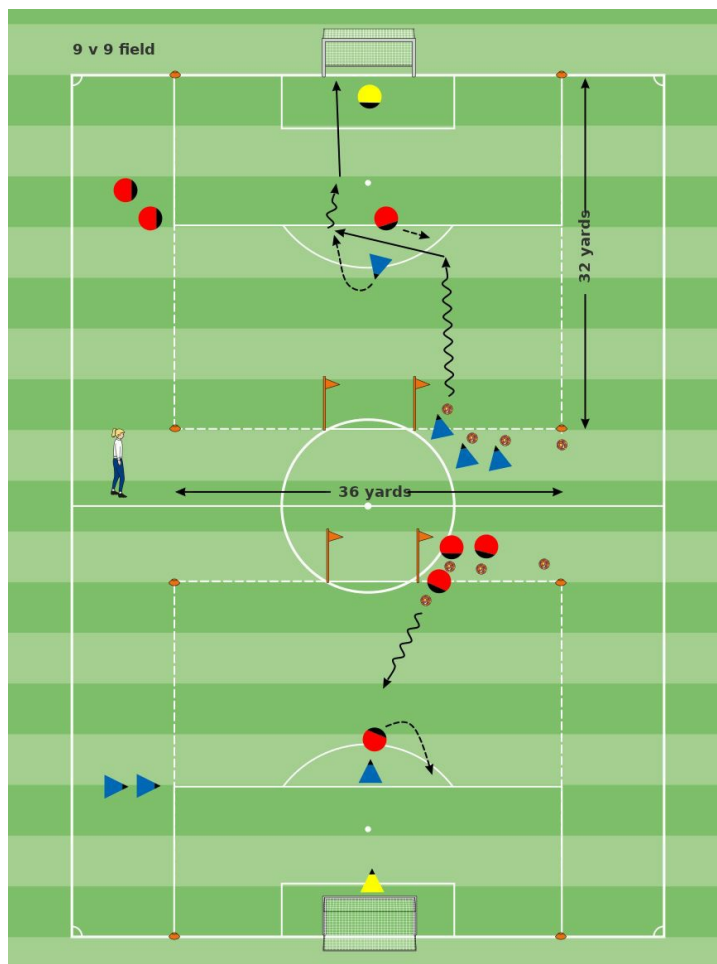
MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
2 vs 1

DURATION:
30:0 min

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



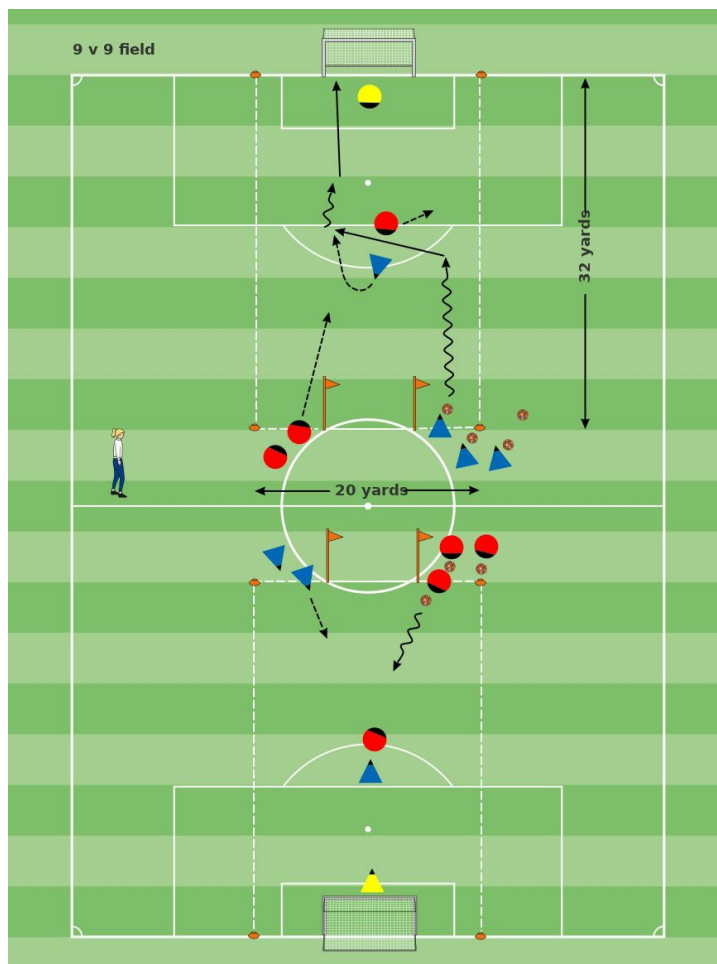
 DURATION:
30:0 min

PRACTICE (More Challenging): 2 v 1 + 1 in Middle

OBJECTIVE: To score goals by attacking 2 v 1 up the middle

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except the field is just 20 yards wide

KEY WORDS:

Pass, dribble, take opponents on, shoot

GUIDED QUESTIONS:

1) How do you handle a 2 v 1 when you've got the ball? 2) What should the forward do? 3) What else can you do when you have the ball?

ANSWERS:

1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Get open while maintaining eye contact with the ball carrier and accelerating forward - but don't run offside! 3) Go 1 v 1 against the defender, dribble past on the outside and finish on the goal.

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.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
2 vs 1

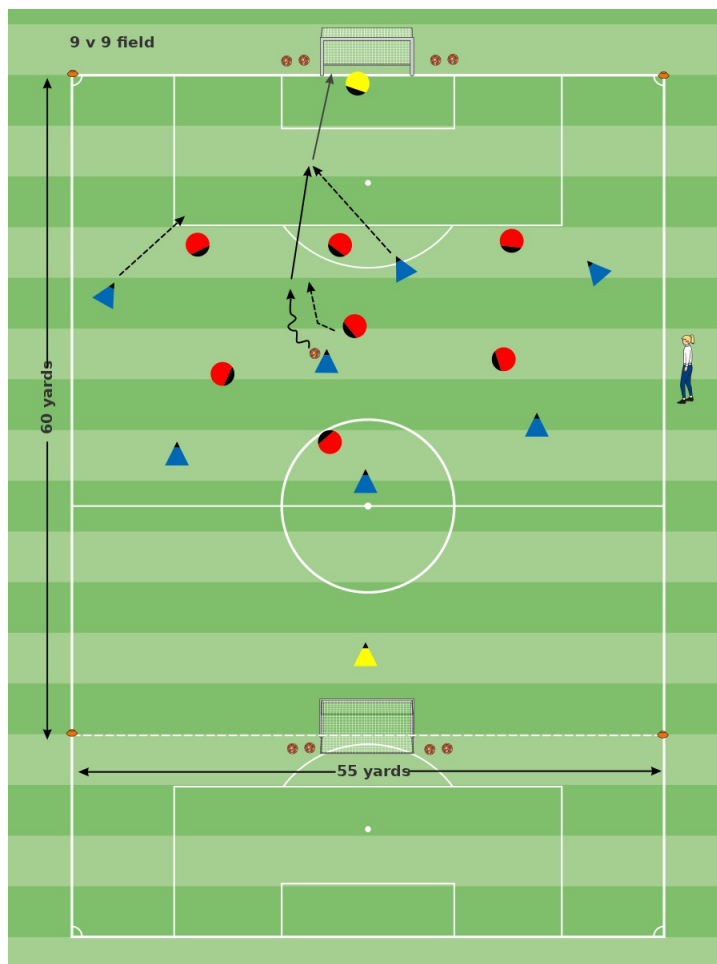
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To create openings and score goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Teams play 8 v 8 on a 60 x 55-yard field. Each plays in a 1-3-1-3 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:

Pass, dribble, take opponents on, shoot

GUIDED QUESTIONS:

1) How many goals did you score? What can you do to score more goals? 2) What should you do if you see an opening and your close to the goal? 3) How do you create an opening? 4) What should the attackers do in a 2 v 1 situation?

ANSWERS:

1) Focus on attacking; create 1 v 1s; cover the middle on passes from the wings; finish faster; be ready to jump on rebounds after shots. 2) Shoot. 3) Make the opponent move; beat the opponent 1 v 1 or 2 v 1 (give and go). 4) Take advantage of having an extra player by dribbling forward and engaging the defender before passing the ball off.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Scoring Goals- (A)

GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U11-U12 / 9v9 / 16 players

Attacking

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:

9v9 Improve Scoring Goals- (B)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 5 v 2 on One Goal with Goalkeeper

PRACTICE (Less Challenging): 5 v 1 + 1 on One Goal with Goalkeeper

PRACTICE (More Challenging): 4 v 3 on One Goal with Goalkeeper

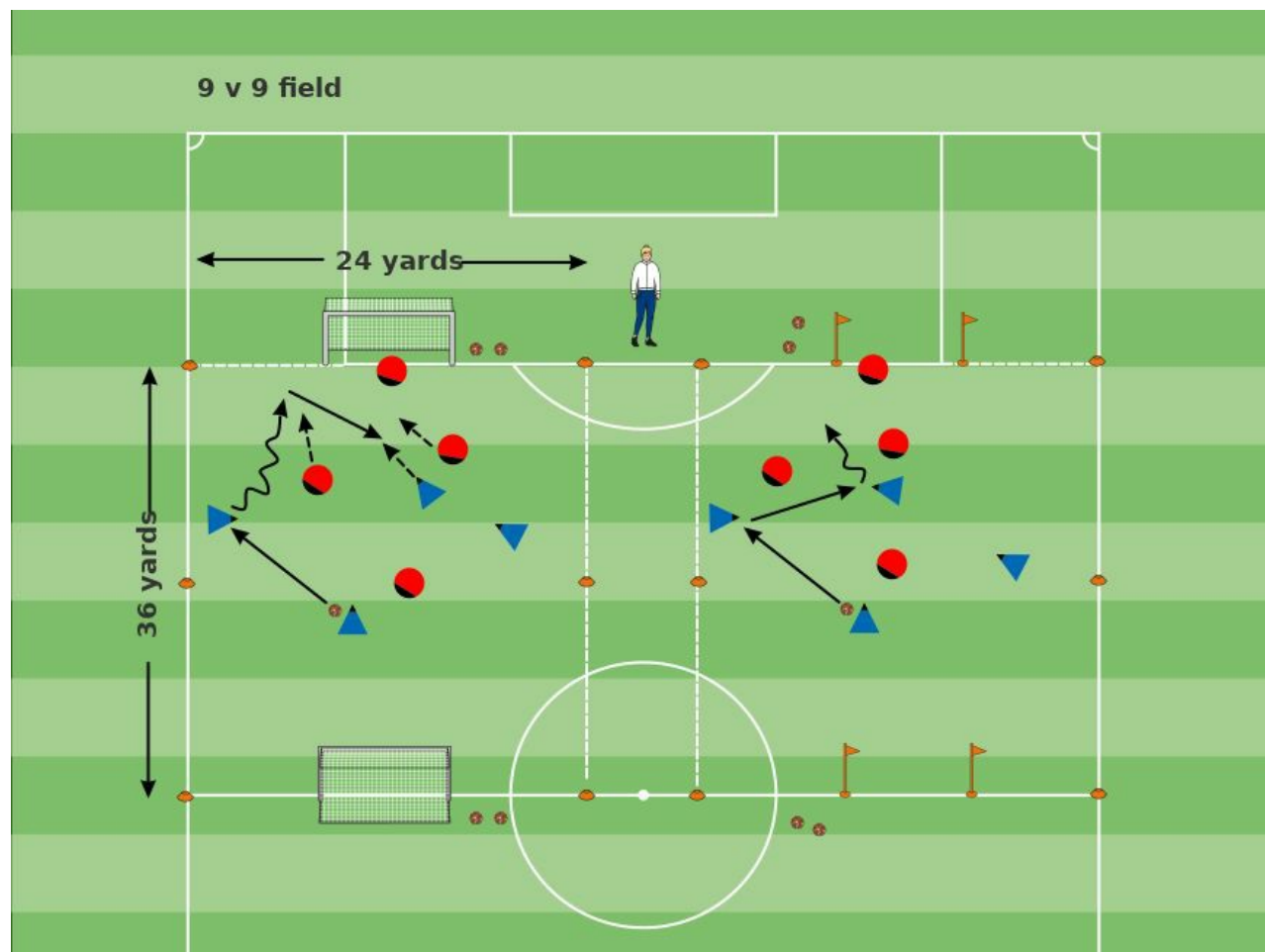
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To score goals by creating 1 v 1s and 2 v 1s

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out two 36 x 24-yard fields. Teams play 4 v 4, either on goals (Field 1) or on goal lines (Field 2). There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS:

Take opponents on, pass, dribble, shoot, switch

GUIDED QUESTIONS:

1) How can you create a 1 v 1 or 2 v 1? 2) What do you do when the opponent closes down one wing? 3) What do you do if you see an opening?

ANSWERS:

1) Spread the field and pass to a wing player, who pushes forward and tries to create a 1 v 1 or 2 v 1. 2) Look for an opening in the middle, or behind, and play the ball out of pressure by switching it to the opening. 3) Shoot first, pass second, dribble third.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
4 vs 4

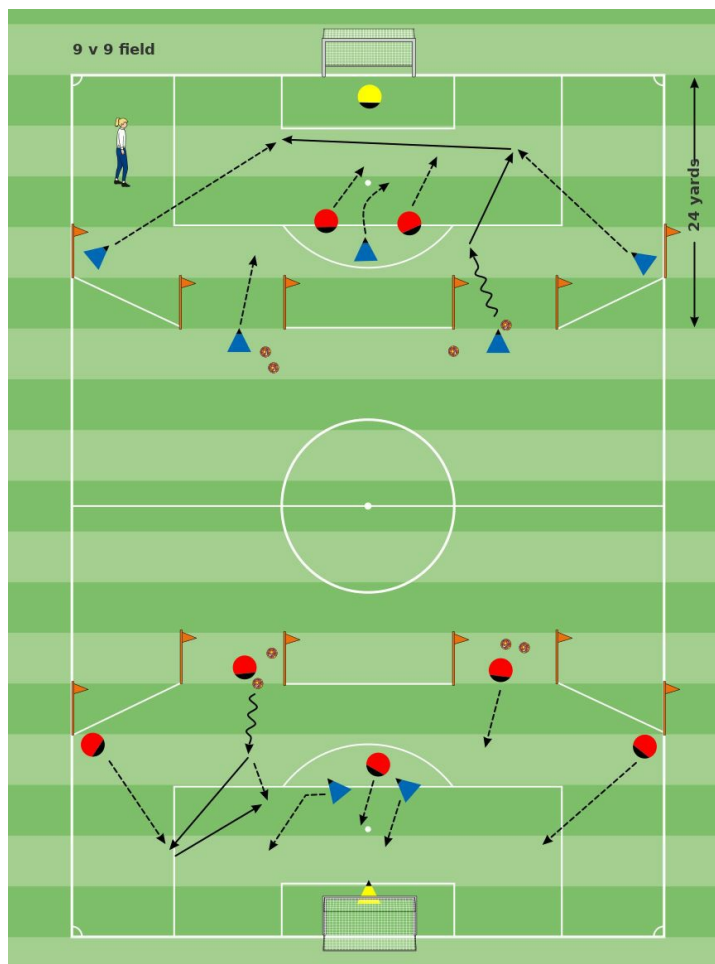
DURATION:
30:0 min

PRACTICE (Core Activity): 5 v 2 on One Goal with Goalkeeper

OBJECTIVE: To create chances and score goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out two fields as shown. Assign five attackers, two defenders and one goalkeeper to each field. Teams play 5 v 2 + GK. Free play: Attackers begin in their starting positions and try to finish on the goal as quickly as possible. The defenders counterattack by passing through the goal lines. Which team scores more goals in three minutes? Afterward, choose new defenders. Play for 30 minutes with two breaks. Start here at the Core Activity and decide if it's too or less challenging

KEY WORDS:

Take opponents on, shoot, pass, dribble

GUIDED QUESTIONS:

1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS:

1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of goal.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
5 vs 2

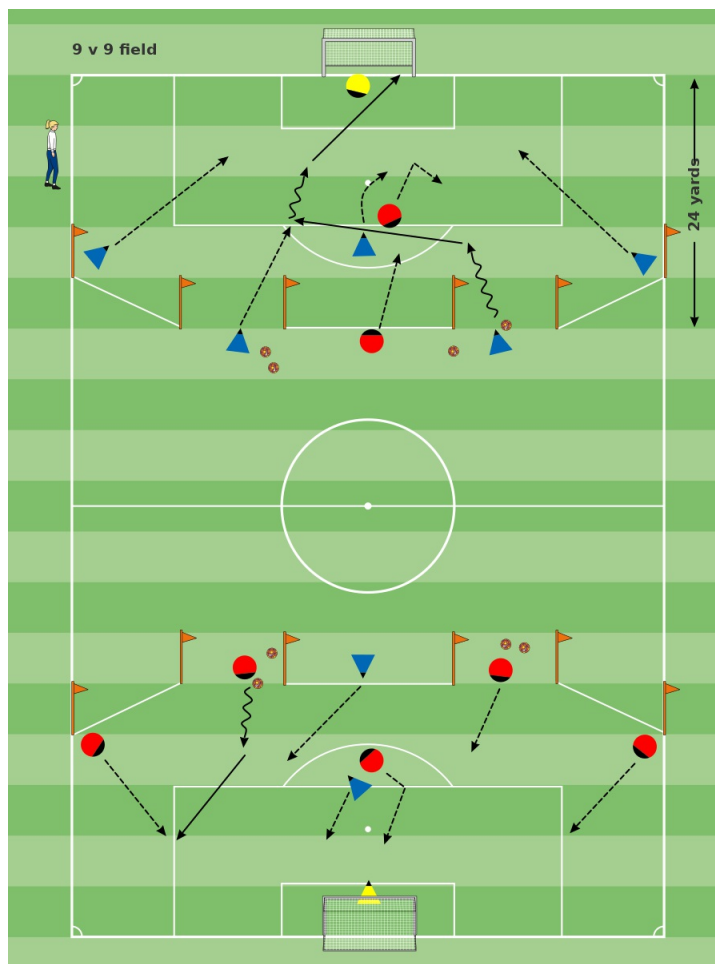
DURATION:
30:0 min

PRACTICE (Less Challenging): 5 v 1 + 1 on One Goal with Goalkeeper

OBJECTIVE: To create chances and score goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except with one defender in the middle and one in the backfield

KEY WORDS:

Take opponents on, shoot, pass, dribble

GUIDED QUESTIONS:

1) What should you do when you have the ball? 2) What if you can't shoot? 3) What should the other attackers do? 4) How can players without the ball support the attack?

ANSWERS:

1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 3) Immediately make angled runs into the middle; don't show too far out on the wings. 4) Look to make complimenting runs near post, far post and in front of goal.

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.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
5 vs 1

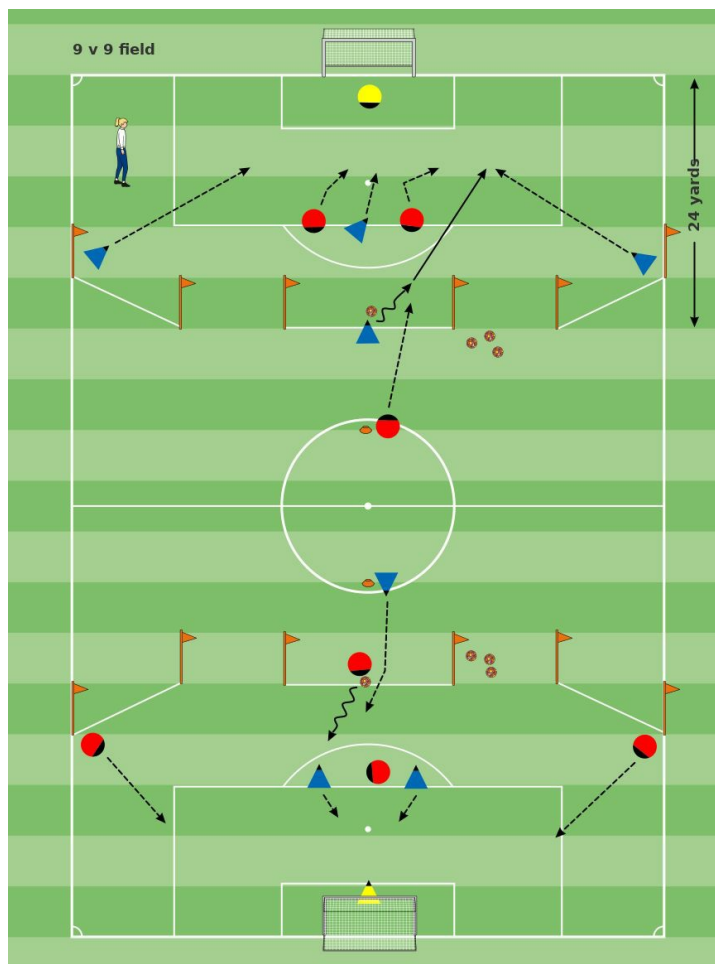
DURATION:
30:0 min

PRACTICE (More Challenging): 4 v 3 on One Goal with Goalkeeper

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except teams play 4 v 3 with two defenders in the middle and one midfielder in the backfield. The red midfielder makes a recovery one once the play begins.

KEY WORDS:

Take opponents on, pass, dribble, shoot

GUIDED QUESTIONS:

1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS:

1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complementing runs near post, far post and in front of goal.

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.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
4 vs 3

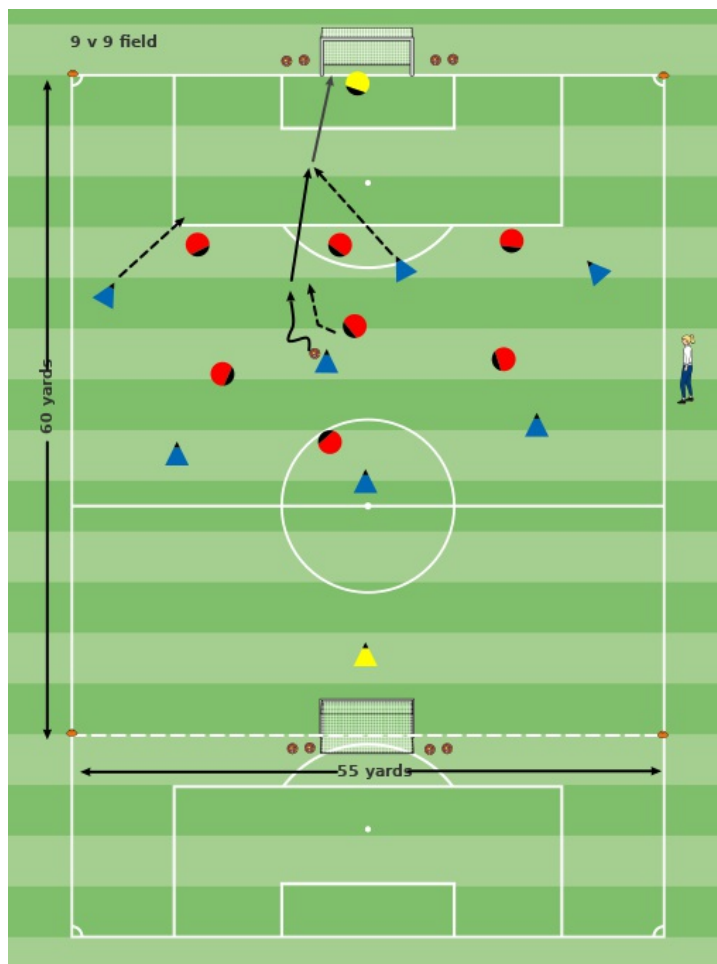
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To create chances and score goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Teams play 8 v 8 on a 60 x 55-yard field. Each plays in a 1-3-1-3 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:

Shoot, Pass, dribble, take opponents on

GUIDED QUESTIONS:

1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS:

1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of goal.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Scoring Goals- (B)

GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U11-U12 / 9v9 / 16 players

Attacking

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:

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

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



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

PLAYER ACTIONS: Protect goal, Steal, Get compact

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

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 4 v 4 to Two Large Goals

PRACTICE (Less Challenging): 5 v 4 To Two Large Goals

PRACTICE (More Challenging): 5 v 5 to Two Large Goals

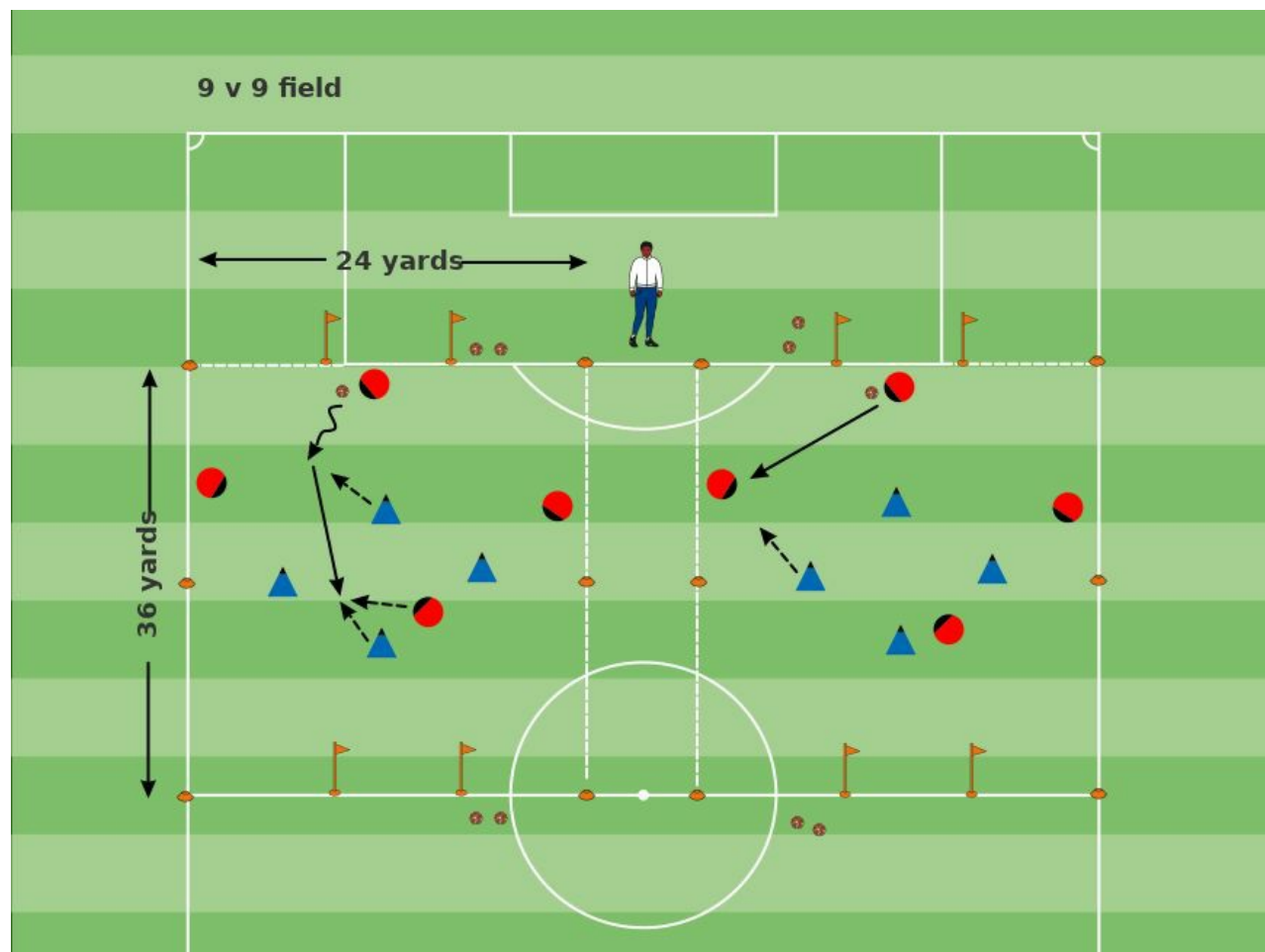
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Protect goal, Steal, Get compact

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:

Block the pass, steal the ball, get tight

GUIDED QUESTIONS:

1) How do we work together to protect our goal? 2) What are some cues to steal the ball? 3) Who should apply pressure? 4) How do each of the other defenders help?

ANSWERS:

1) Get compact and block the passing lanes. 2) Attacker's head is down or he/she takes a bad touch. 3) The closest defender to the ball. 4) By getting tight together and communicating the direction to force the opponents.

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

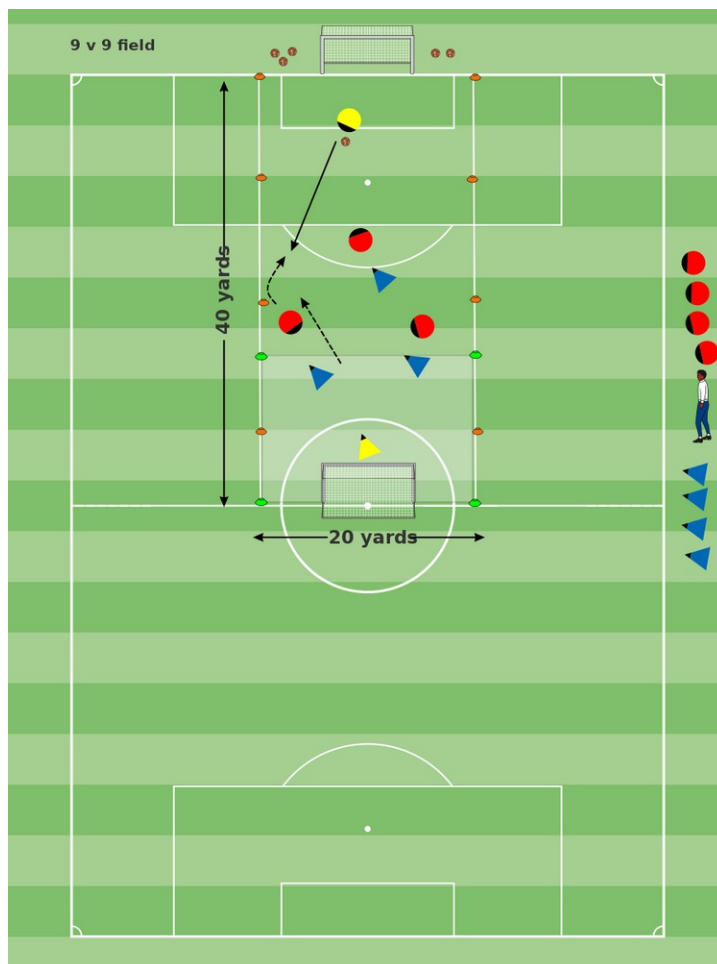
DURATION:
30:0 min

PRACTICE (Core Activity): 4 v 4 to Two Large Goals

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

PLAYER ACTIONS: Protect goal, Steal, Get compact

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



ORGANIZATION:

Mark out a 40 x 20-yard field. Red (1-1-2; one defender and two midfielders) vs Blue (1-2-1; two midfielders and one central forward). Red starts outside of the box except GK who begins play feet or hands. Rotate players every 2-3 repetitions and between teams. Option to set-up a 2nd field.

KEY WORDS:

Block the pass, steal the ball, get tight.

GUIDED QUESTIONS:

1) How should the first defender react to the opening pass? 2) What are the other cues to steal the ball? 3) Where should the other two defenders look? 4) How can the other two defenders help? 5) What are some specific communications that you can use to help?

ANSWERS:

1) Close the openings by sprinting towards the attacker with long steps and then short ones as I get close. 2) Bad pass/touch, or when his/her head is down. 3) At both the ball and the open players. 4) Block the passing lanes and provide specific communication. 5) "Force to the middle" or "shift".

NOTES:

Start here at the Core Activity and determine the level of challenge. If it's too easy, move to the More Challenging Activity. If it's too difficult, move to the Less Challenging Activity. Spend a total of 30 minutes in the Practice phase with two-three breaks.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
4 vs 4

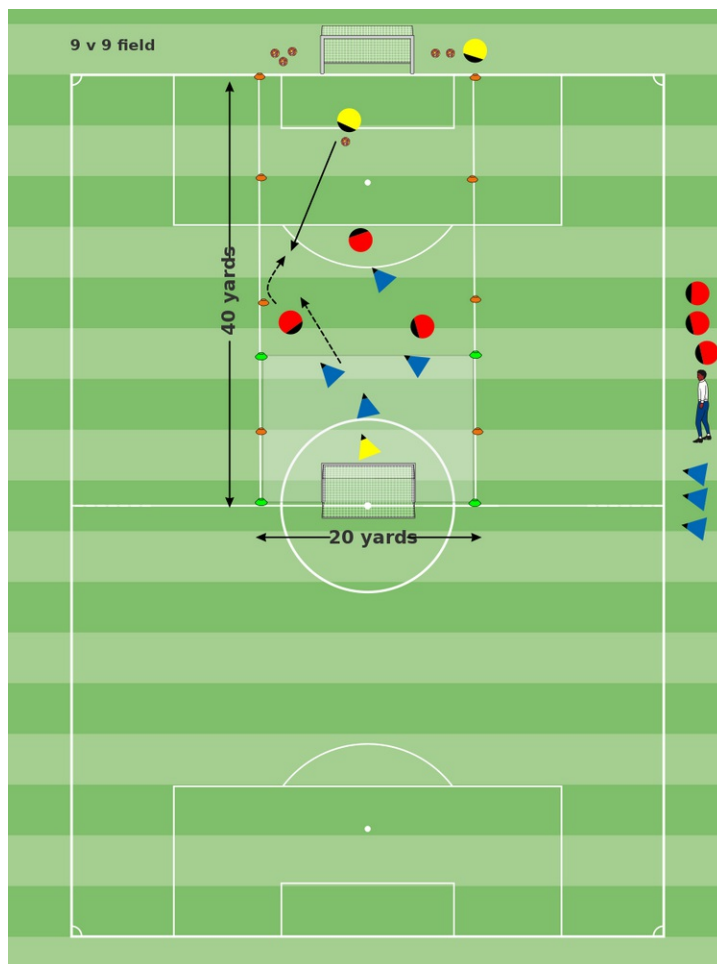
DURATION:
30:0 min

PRACTICE (Less Challenging): 5 v 4 To Two Large Goals

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

PLAYER ACTIONS: Protect goal, Steal, Get compact

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



ORGANIZATION:

Same as Core Activity, except Blue adds a midfielder. Option to add another goalkeeper for Red to rotate.

KEY WORDS:

Block the pass, steal the ball, get tight

GUIDED QUESTIONS:

1) How should the first defender react to the opening pass? 2) What are the other cues to steal the ball? 3) Where should the other two defenders look? 4) How can the other three defenders help? 5) What are some specific communications that you can use to help?

ANSWERS:

1) Close the openings by sprinting towards the attacker with long steps and then short ones as I get close. 2) Bad pass/touch, or when his/her head is down. 3) At both the ball and the open players. 4) Block the passing lanes and provide specific communication. 5) "Force to the middle" or "shift."

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 with two-three breaks. Refer to the Training Session Manual.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
5 vs 4

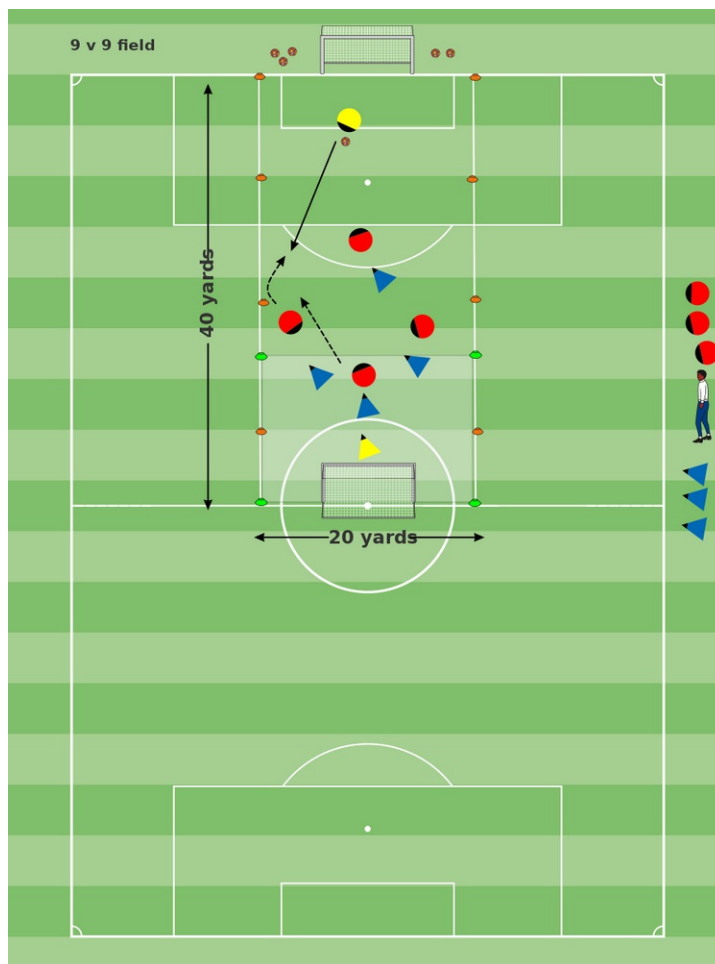
DURATION:
30:0 min

PRACTICE (More Challenging): 5 v 5 to Two Large Goals

OBJECTIVE: To prevent the opponent's buildup in the middle channel, regain the ball and score

PLAYER ACTIONS: Protect goal, Steal, Get compact

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



ORGANIZATION:

Same as Core Activity, except both teams add a midfielder.

KEY WORDS:

Block the pass, steal the ball, get tight

GUIDED QUESTIONS:

1) How should the first defender react to the opening pass? 2) What are the other cues to steal the ball? 3) Where should the other two defenders look? 4) How can the other three defenders help? 5) What are some specific communications that you can use to help?

ANSWERS:

1) Close the openings by sprinting towards the attacker with long steps and then short ones as I get close. 2) Bad pass/touch, or when his/her head is down. 3) At both the ball and the open players. 4) Block the passing lanes and provide specific communication. 5) "Force to the middle" or "shift"

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 with two-three breaks. Refer to the Training Session Manual.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
5 vs 5

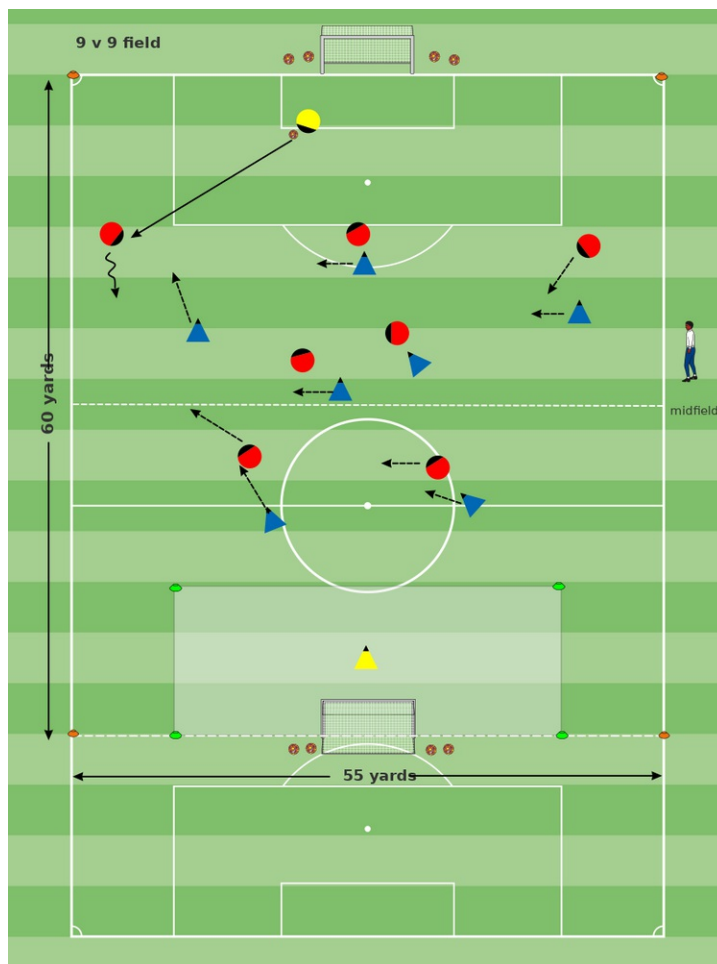
DURATION:
30:0 min

2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Protect goal, Steal, Get compact

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 plays in a 1-3-2-2 formation and Blue plays 1-2-2-3. Each team tries to disrupt the other's buildup as quickly as possible. 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:

Block the pass, steal the ball, get tight

GUIDED QUESTIONS:

1) How can we close the openings? 2) What are the other cues to steal the ball? 3) Who should steal the ball? 4) How can the other defenders help? 5) What are some specific communications that you can use to help?

ANSWERS:

1) Form a compact unit and block forward passing lanes. 2) Bad pass/touch, or when his/her head is down. 3) The defender closest to the ball. 4) Block the passing lanes and provide specific communication. 5) "Force to the middle" or "shift".

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

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

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

PLAYER ACTIONS: Protect goal, Steal, Get compact

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

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:

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

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



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

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 4 v 4 to Two Large Goals

PRACTICE (Less Challenging): 5 v 4 To Two Large Goals

PRACTICE (More Challenging): 5 v 5 Large Goal to Endzone

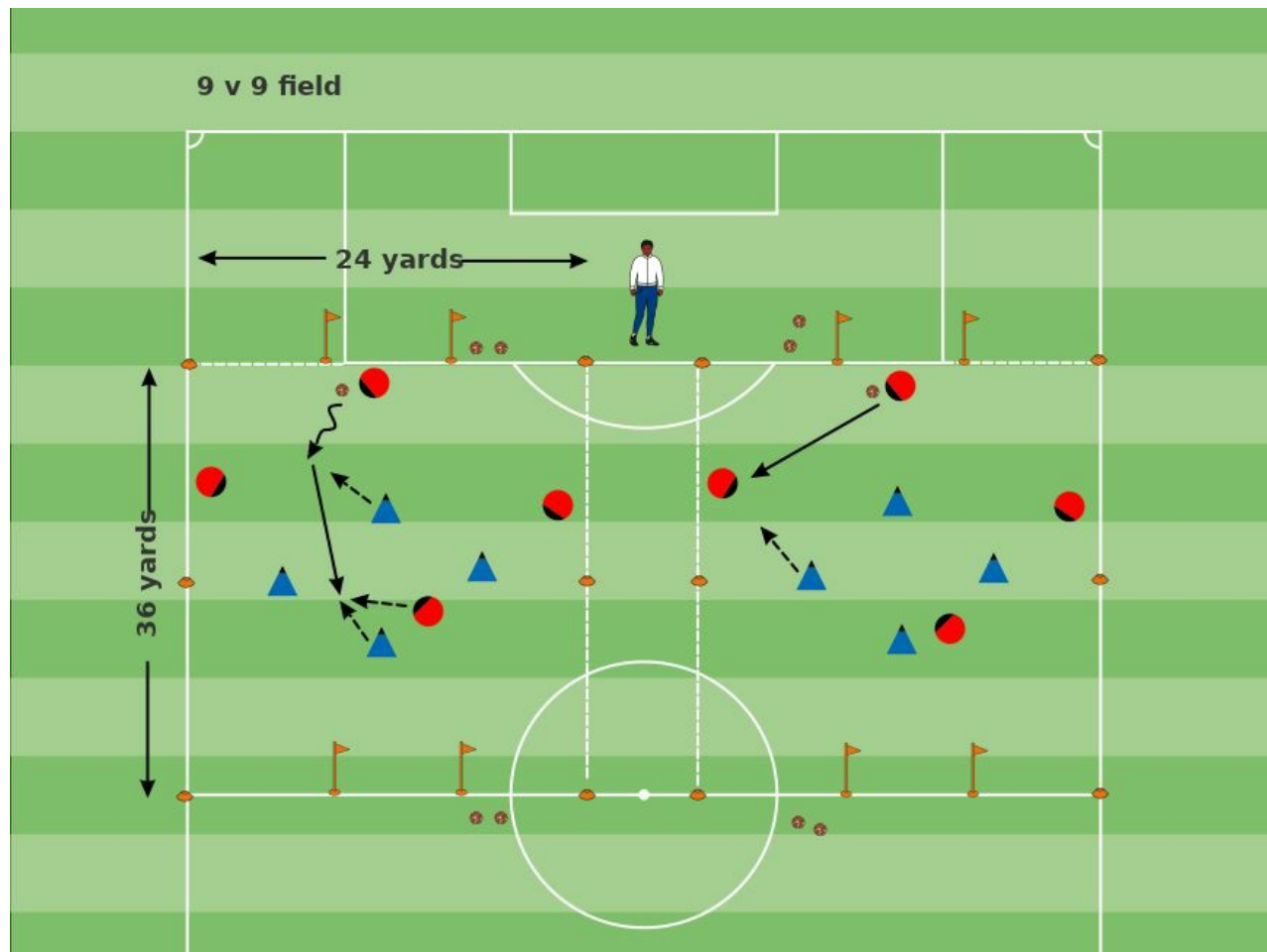
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Steal, Get compact, Stay compact

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:

Step to the ball, work together, stay close to each other,

GUIDED QUESTIONS:

1) How do we work together to close the openings? 2) What do we do if they change the point of attack? 3) Who should try to steal the ball? 4) What are some cues to steal the ball?

ANSWERS:

1) Form a compact unit and block forward passing lanes. 2) Move together with the ball. 3) The closest defender to the ball. 4) Attacker's head is down or he/she takes a bad touch.

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

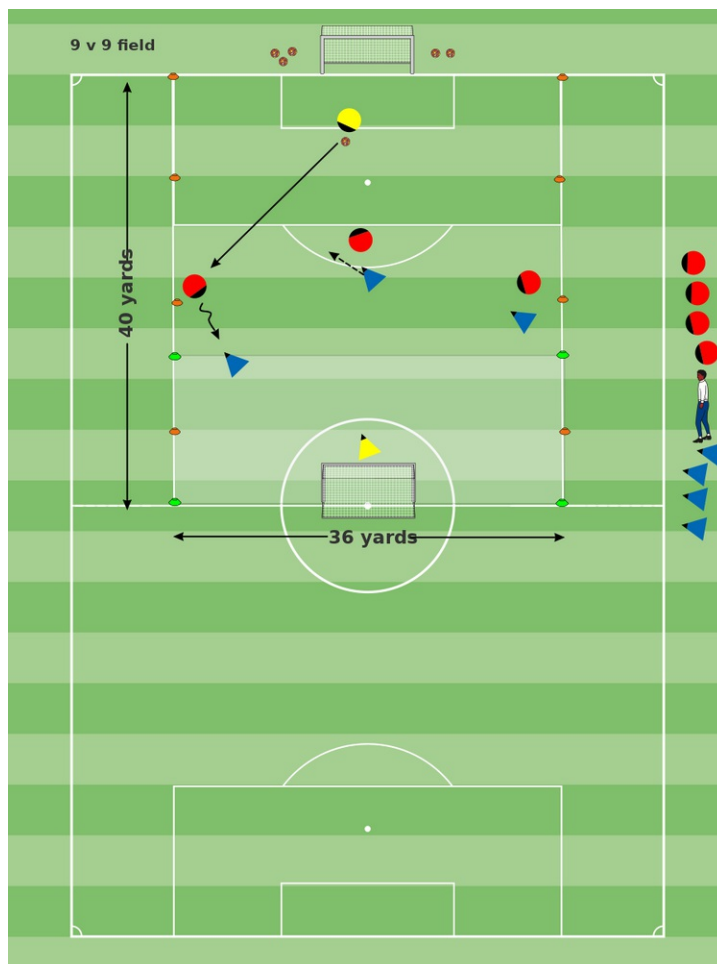
DURATION:
30:0 min

PRACTICE (Core Activity): 4 v 4 to Two Large Goals

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

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out a 40 x 36-yard field to play 4v4. Red (1-3) plays with three defenders and Blue (1-3) plays with three forwards. Red should start outside of the box. Play begins with Red goalkeeper's feet or hands. Rotate players every 2-3 repetitions and between teams. Coach's choice to set-up a 2nd field for the additional 8 players.

KEY WORDS:

Step to the ball, work together, stay close to each other

GUIDED QUESTIONS:

1) How should the first defender react to the opening pass? 2) What are the other cues to steal the ball? 3) How can the other two defenders help? 4) What are some specific communications that you can use to help?

ANSWERS:

1) Close the openings by sprinting towards the attacker with long steps and then short ones as I get close. 2) Bad pass/touch, or when his/her head is down. 3) Block the passing lanes and provide specific communication. 4) "Pressure the ball" "Force to the middle" or "shift".

NOTES:

Start here at the Core Activity and determine the level of challenge. If it's too easy, move to the More Challenging Activity. If it's too difficult, move to the Less Challenging Activity. Spend a total of 30 minutes in the Practice phase with two-three breaks. Refer to the Training Session Manual.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
4 vs 4

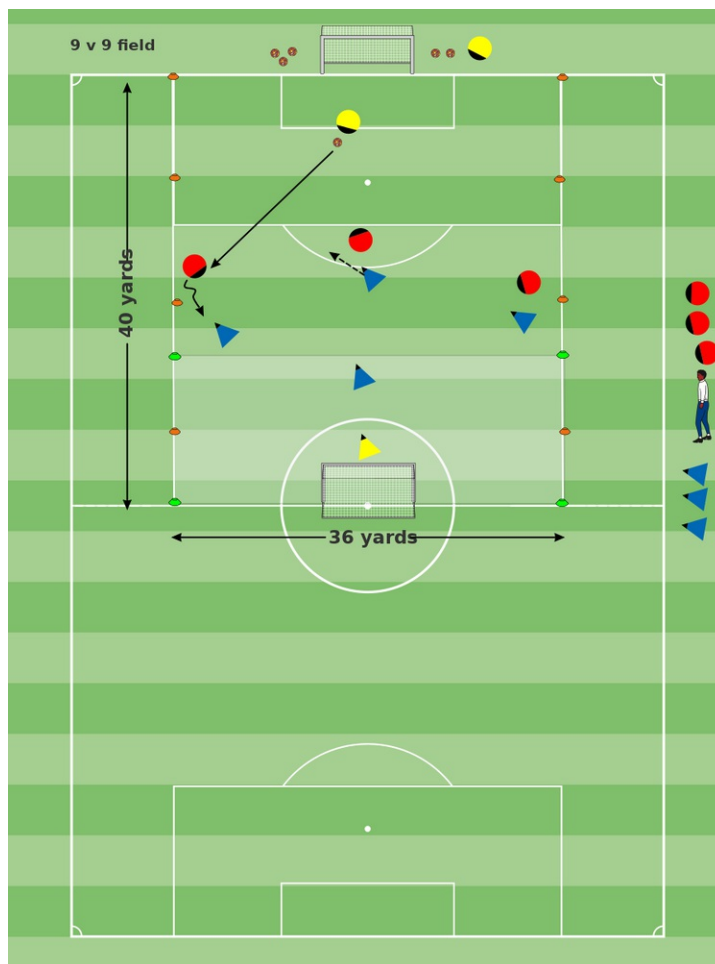
DURATION:
30:0 min

PRACTICE (Less Challenging): 5 v 4 To Two Large Goals

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

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except Blue adds a midfielder. Option to add another goalkeeper for Red to rotate.

KEY WORDS:

Step to the ball, work together, stay close to each other

GUIDED QUESTIONS:

1) How should the first defender react to the opening pass? 2) What are the other cues to steal the ball? 3) How can the other three defenders help? 4) What are some specific communications that you can use to help?

ANSWERS:

1) Close the openings by sprinting towards the attacker with long steps and then short ones as I get close. 2) Bad pass/touch, or when his/her head is down. 3) Block the passing lanes and provide specific communication. 4) "Pressure the ball" "Force to the middle" or "shift".

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 with two-three breaks. Refer to the Training Session Manual.

 **MOMENT:**
Defending

 **AGE:**
U11-U12 / 9v9

 **PLAYERS:**
5 vs 4

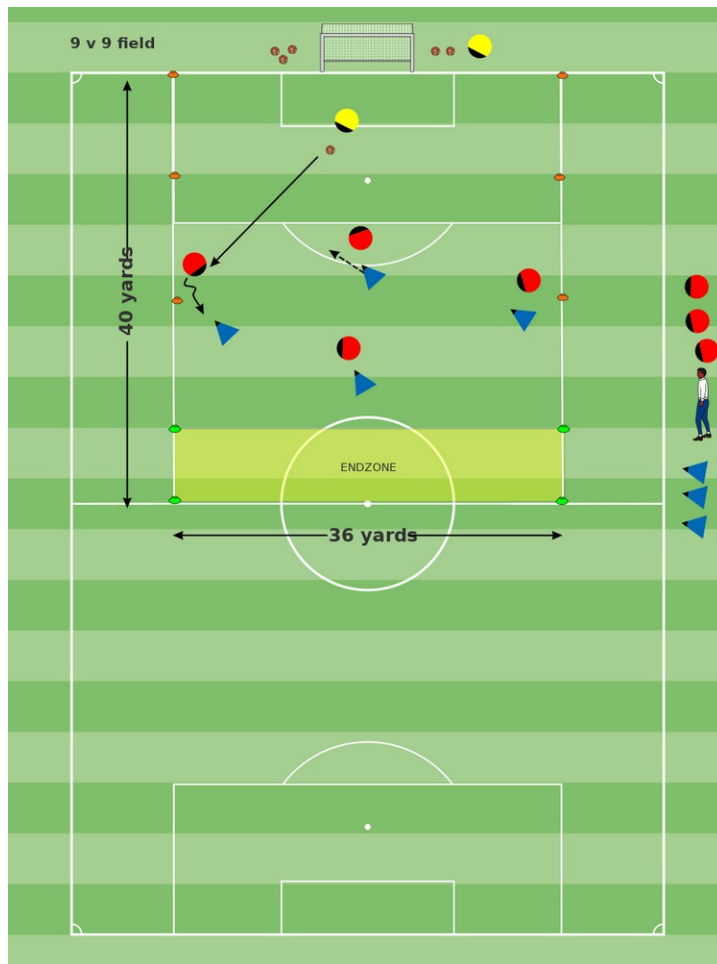
 **DURATION:**
30:0 min

PRACTICE (More Challenging): 5 v 5 Large Goal to Endzone

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

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except both teams add a midfielder and Red now scores by dribbling or passing into an endzone.

KEY WORDS:

Step to the ball, work together, stay close to each other

GUIDED QUESTIONS:

1) How should the first defender react to the opening pass? 2) What are the other cues to steal the ball? 3) How can the other three defenders help? 4) What are some specific communications that you can use to help?

ANSWERS:

1) Close the openings by sprinting towards the attacker with long steps and then short ones as I get close. 2) Bad pass/touch, or when his/her head is down. 3) Block the passing lanes and provide specific communication. 4) "Pressure the ball" "Force to the middle" or "shift".

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 with two-three breaks. Refer to the Training Session Manual.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
5 vs 5

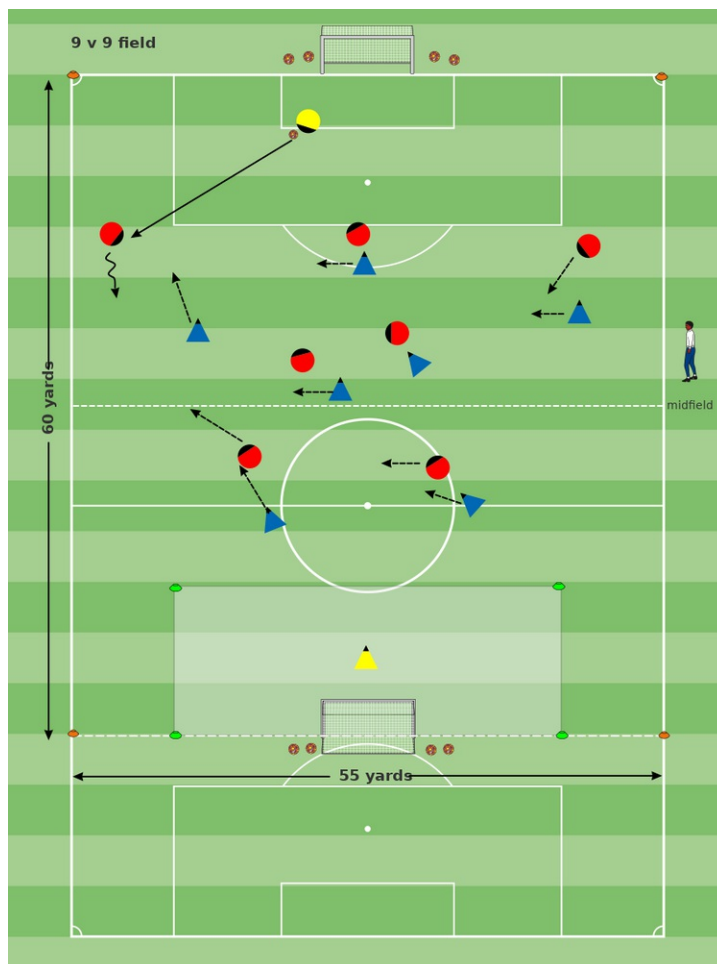
DURATION:
30:0 min

2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



Red 1-3-2-2 Blue 1-2-2-3

ORGANIZATION:

Mark out a 60 x 55-yard field. Play 8v8. Red plays in a 1-3-2-2 formation and Blue plays 1-2-2-3. Each team tries to disrupt the other's buildup as quickly as possible. 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:

Step to the ball, work together, stay close to each other

GUIDED QUESTIONS:

1) How can we close the openings? 2) What are the other cues to steal the ball? 3) How can the other defenders help? 4) What are some specific communications that you can use to help?

ANSWERS:

1) Form a compact unit and block forward passing lanes. 2) Bad pass/touch, or when his/her head is down. 3) Block the passing lanes and provide specific communication. 4) "Pressure the ball" "Force to the middle" or "shift".

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

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

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

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

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:

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

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



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

PLAYER ACTIONS: Get compact, Stay compact, Pressure/cover/balance

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

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 5 v 6 Large Goal to Three Small Goals

PRACTICE (Less Challenging): 5 v 5 Large Goal to Three Small Goals

PRACTICE (More Challenging): 6 v 7 Large Goal to Endzone

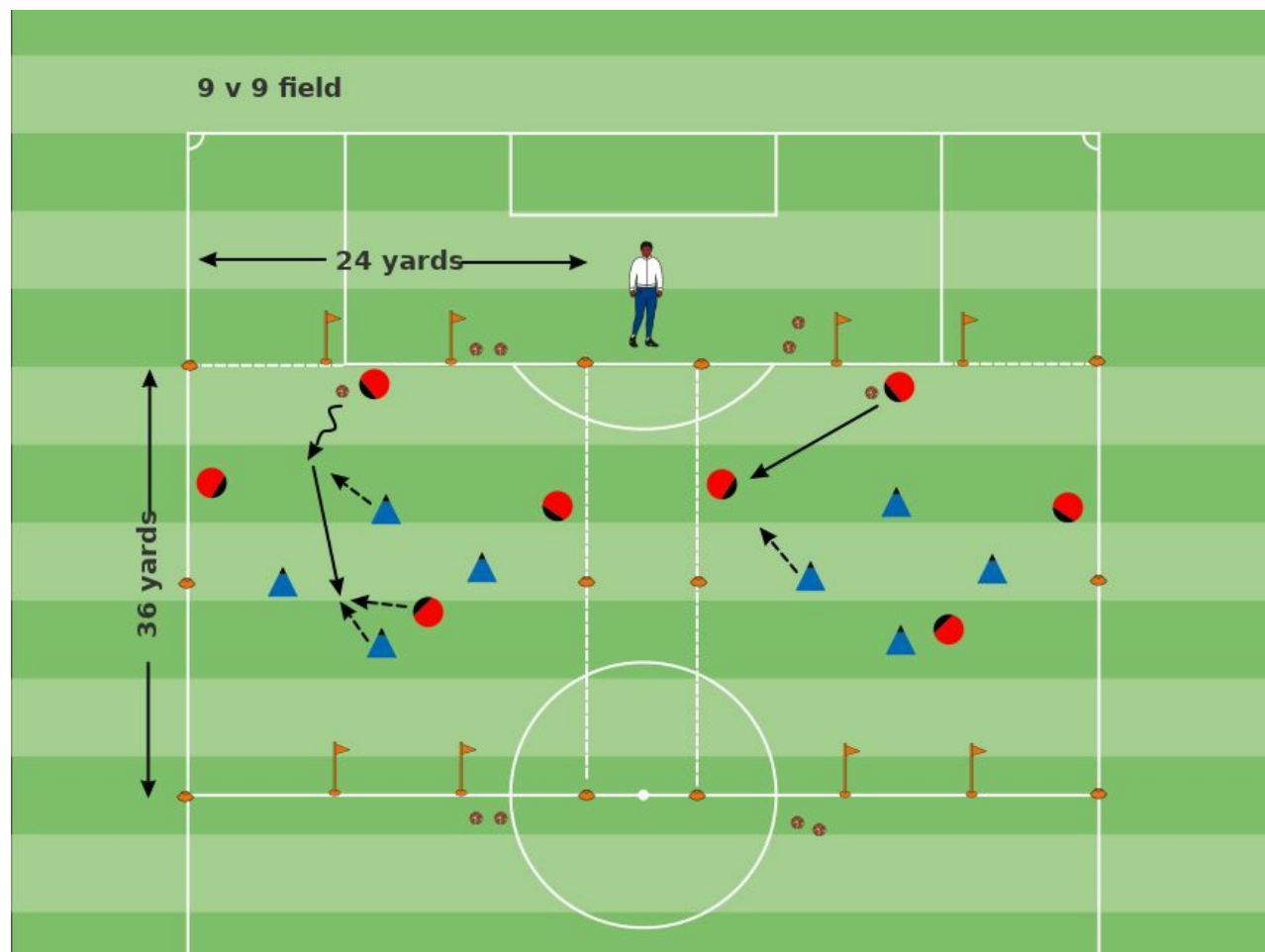
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Get compact, Stay compact, Pressure/cover/balance

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 breaks.

KEY WORDS:

work together, stay close, move with the ball

GUIDED QUESTIONS:

1) How do we work together to close the openings? 2) How do we communicate that? 3) What do we do when they play square passes or change the point of attack? 4) Where do we want to force them?

ANSWERS:

1) Form a compact unit and block forward passing lanes. 2) By encouraging our teammates to challenge the opponent with specific instructions like "move left" or "pressure the ball". 3) Move together with the ball. 4) Towards a covering teammate or backwards to their goal.

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

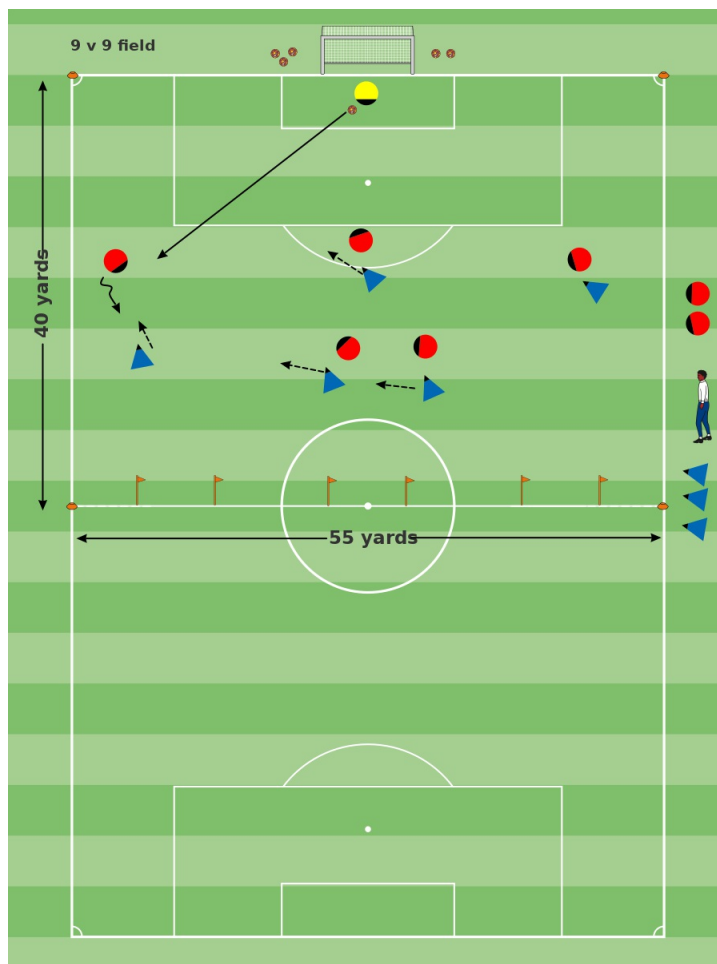
DURATION:
30:0 min

PRACTICE (Core Activity): 5 v 6 Large Goal to Three Small Goals

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

PLAYER ACTIONS: Get compact, Stay compact, Pressure/cover/balance

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



ORGANIZATION:

Mark out a 40 x 55-yard field to play 5v6. Red (1-3-2) scores by passing to three small goals and Blue (2-3) plays to a large goal. Free play with regular restarts until a goal is scored, then return to starting position and Red's goalkeeper begins a new play. Rotate players every 2-3 repetitions and between teams.

KEY WORDS:

work together, stay close, move with the ball

GUIDED QUESTIONS:

1) What are your signals to start pressing? 2) How do we work together to close the openings? 3) How do we communicate that? 4) What do we do when they play square passes or change the point of attack? 5) What do we do if they play a backwards pass to their goal?

ANSWERS:

1) Bad pass/touch, or when his/her head is down. 2) Form a compact unit to block forward passing lanes. 3) Encourage our teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball". 4) Move together with the ball. 5) Step forward together, and pay attention to players running into space behind us.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
5 vs 6

DURATION:
30:0 min

NOTES:

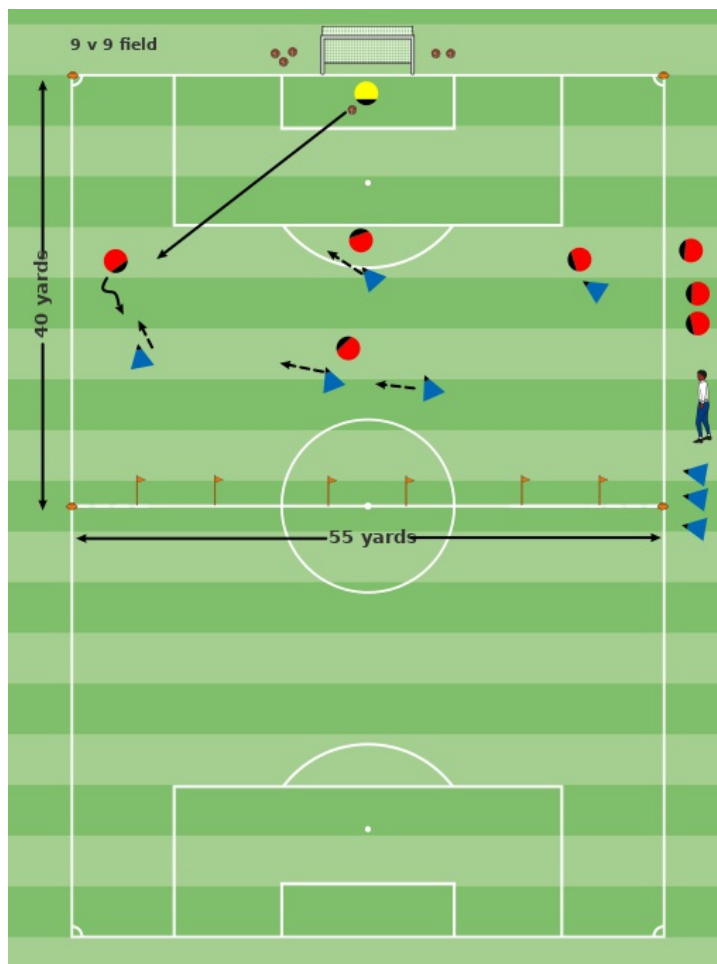
Start here at the Core Activity and determine the level of challenge. If it's too easy, move to the More Challenging Activity. If it's too difficult, move to the Less Challenging Activity. Spend a total of 30 minutes in the Practice phase. Refer to the Training Session Manual.

PRACTICE (Less Challenging): 5 v 5 Large Goal to Three Small Goals

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

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except Red only has one midfielder.

KEY WORDS:

work together, stay close, move with the ball

GUIDED QUESTIONS:

1) What are your signals to start pressing? 2) How do we work together to close the openings? 3) How do we communicate that? 4) What do we do when they play square passes or change the point of attack? 5) What do we do if they play a backwards pass to their goal?

ANSWERS:

1) Bad pass/touch, or when his/her head is down. 2) Form a compact unit to block forward passing lanes. 3) Encourage our teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball". 4) Move together with the ball. 5) Step forward together, and pay attention to players running into space behind us.

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 with two-three breaks. Refer to the Training Session Manual.

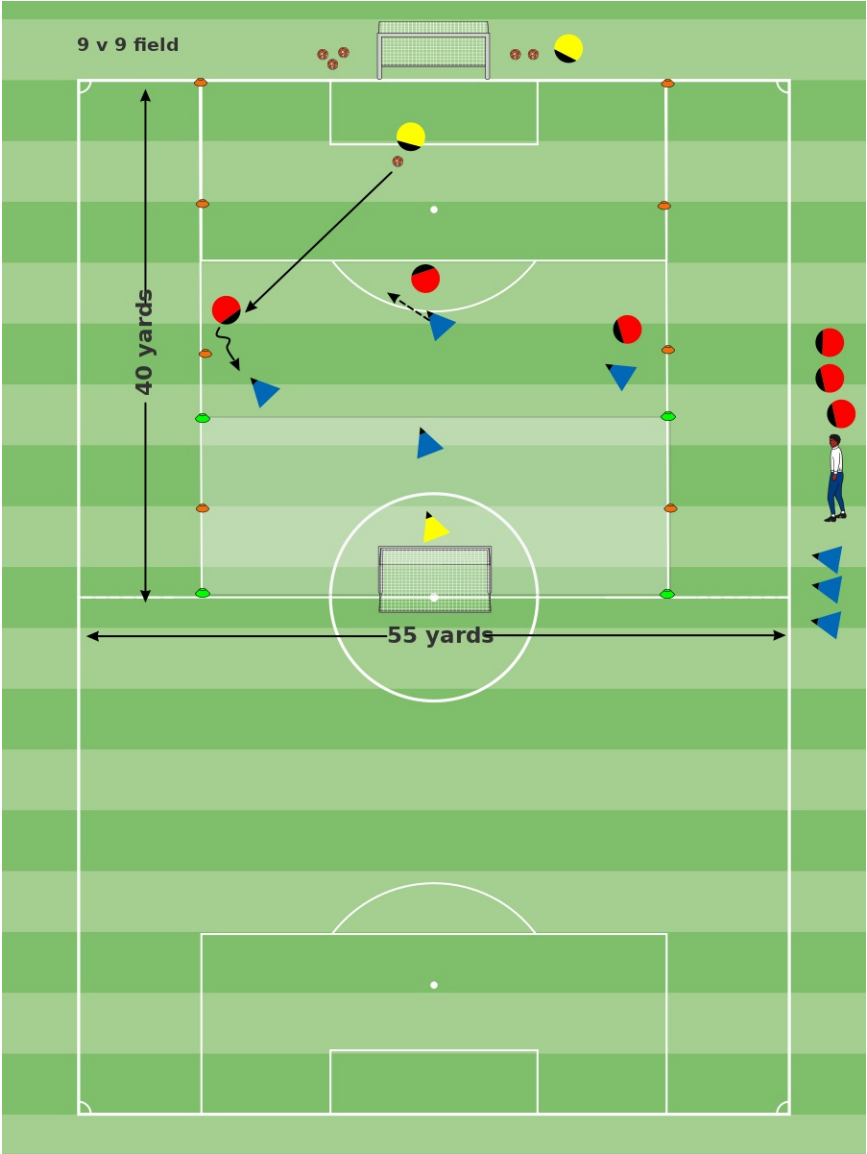
MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
5 vs 5

DURATION:
30:0 min

PRACTICE (Less Challenging): 5 v 5 Large Goal to Three Small Goals
OBJECTIVE: To prevent the opponent from building up, win the ball and score.

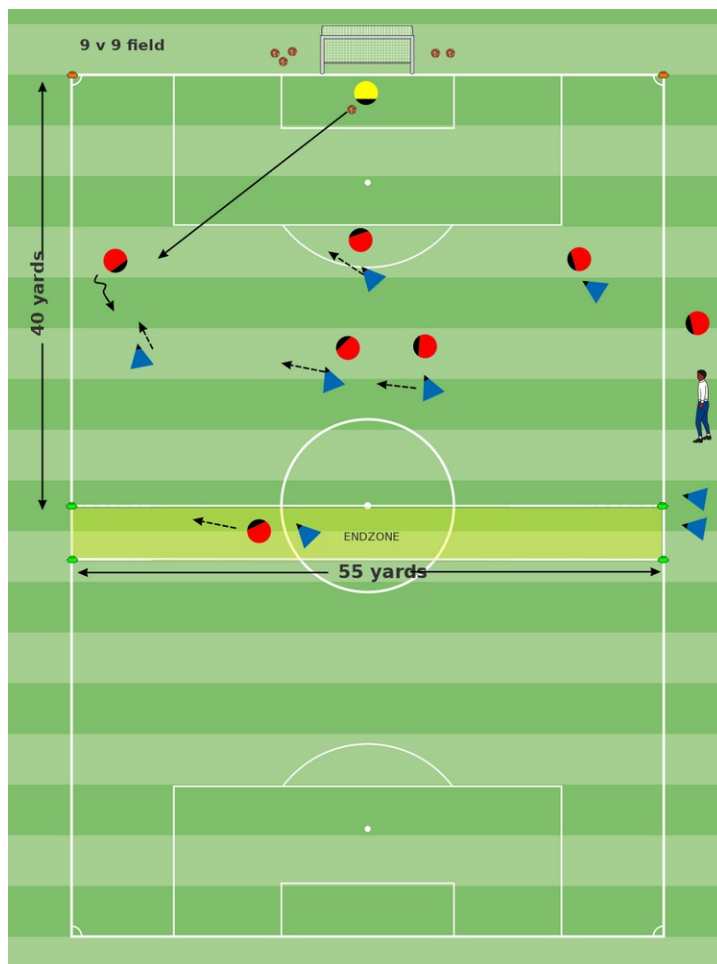


PRACTICE (More Challenging): 6 v 7 Large Goal to Endzone

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

PLAYER ACTIONS: Get compact, Stay compact, Pressure/cover/balance

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



ORGANIZATION:

Same as Core Activity, except Red has 6 players on the field and one target player in the endzone. Blue has 5 players on the field and one defender in the endzone. Both endzone players can move anywhere inside of the endzone. Red can score by either passing (to the target or any other player) or dribbling into the endzone.

KEY WORDS:

work together, stay close, move with the ball

GUIDED QUESTIONS:

1) What are your signals to start pressing? 2) How do we work together to close the openings? 3) How do we communicate that? 4) What do we do when they play square passes or change the point of attack? 5) What do we do if they play a backwards pass to their goal?

ANSWERS:

1) Bad pass/touch, or when his/her head is down. 2) Form a compact unit to block forward passing lanes. 3) Encourage our teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball". 4) Move together with the ball. 5) Step forward together, keep the openings closed, and pay attention to space behind us.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
6 vs 7

DURATION:
30:0 min

NOTES:

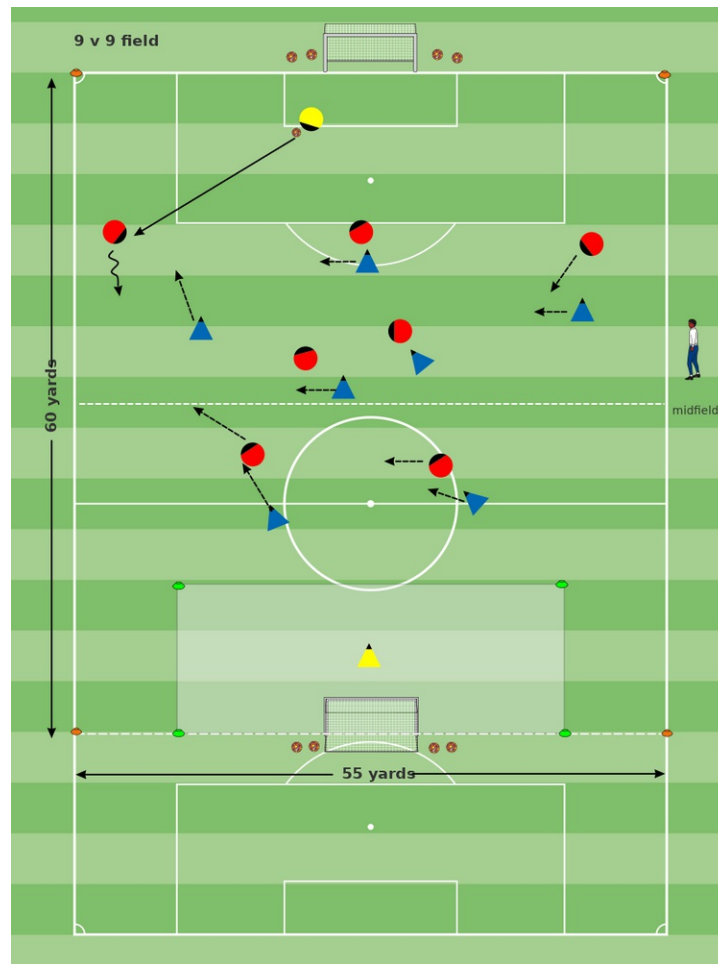
Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Get compact, Stay compact, Pressure/cover/balance

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 plays in a 1-3-2-2 formation and Blue plays 1-2-2-3. Each team tries to disrupt the other's buildup as quickly as possible. 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:

work together, stay close, move with the ball

GUIDED QUESTIONS:

1) Why is it good to win the ball in the opponent's half? 2) How do we work together to close the openings? 3) How do we communicate that? 4) What do we do when they play square passes or change the point of attack? 5) What do we do if they play a backwards pass to their goal?

ANSWERS:

1) We're close to their goal. 2) Form a compact unit to block forward passing lanes. 3) Encourage our teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball". 4) Move together with the ball. 5) Step forward together, and pay attention to players running into the space behind us.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

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

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

PLAYER ACTIONS: Get compact, Stay compact, Pressure/cover/balance

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

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:

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

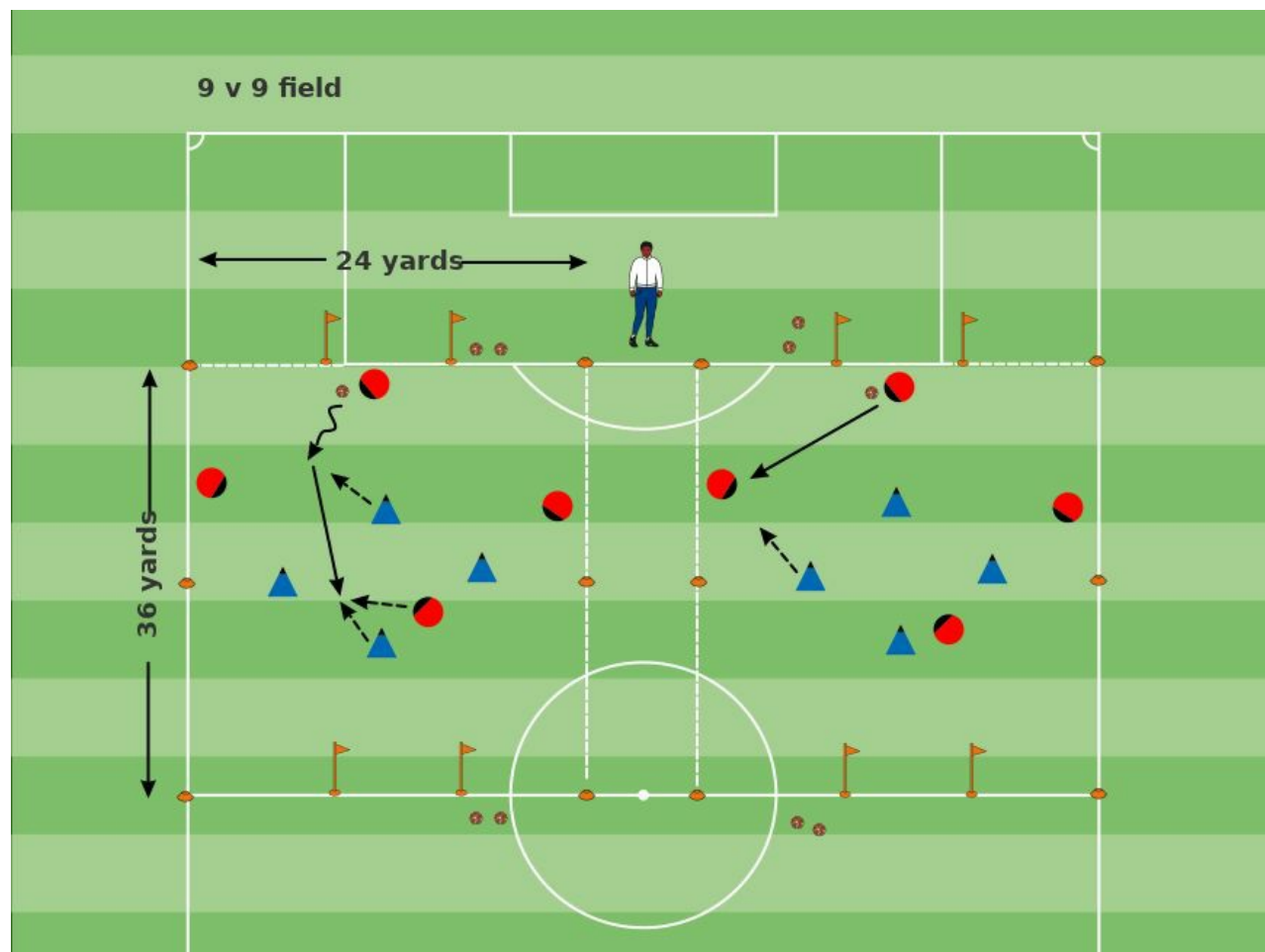
2ND PLAY PHASE: The Game

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

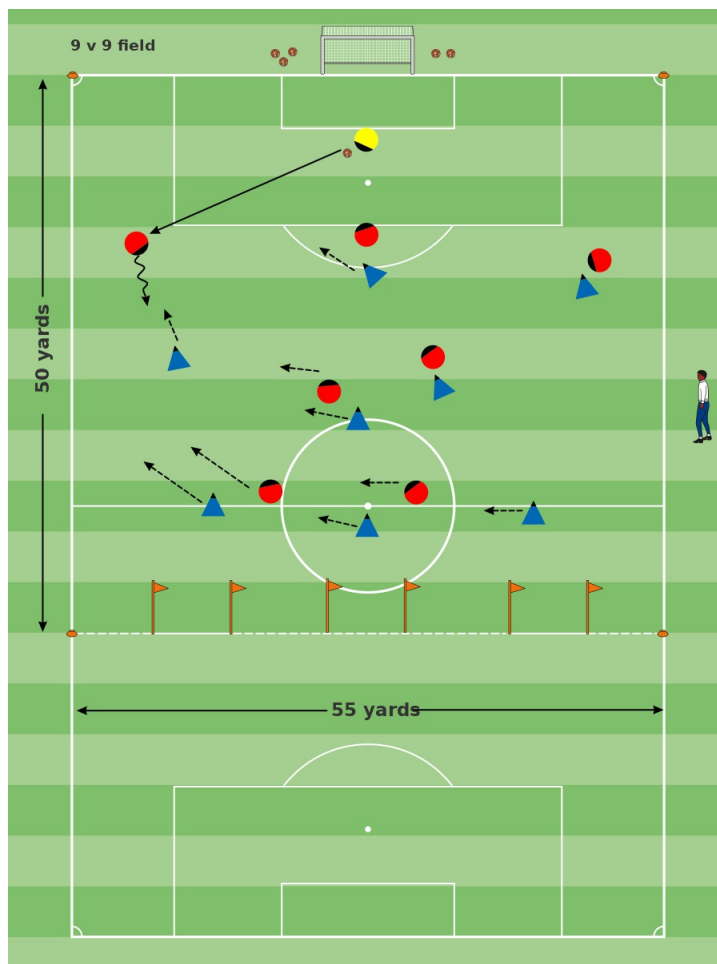
DURATION:
30:0 min

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

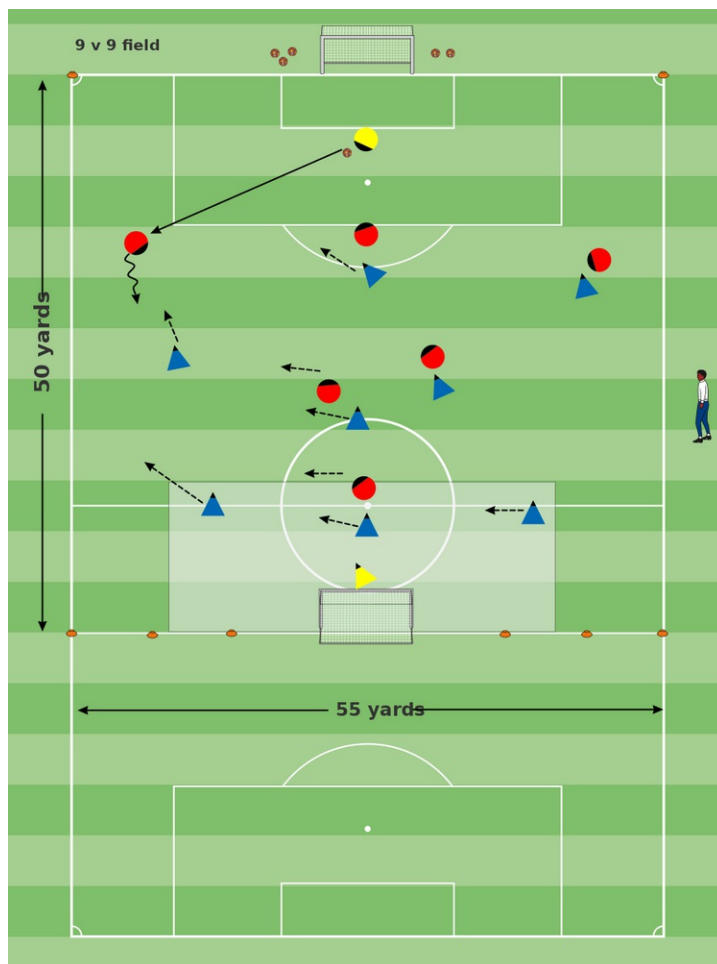
DURATION:
30:0 min

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

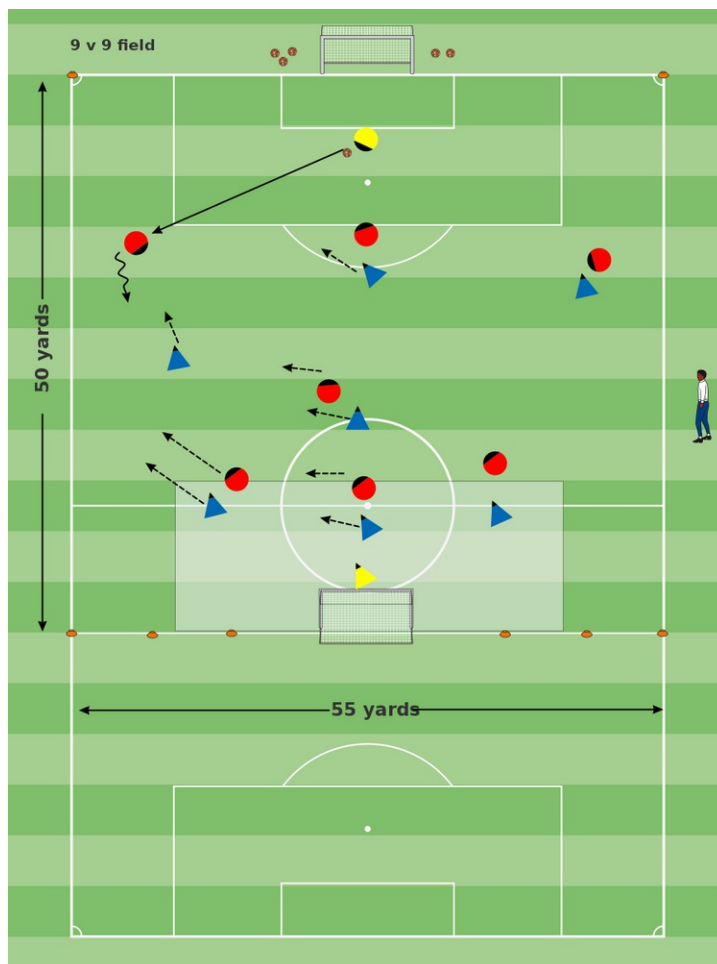
DURATION:
30:0 min

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:

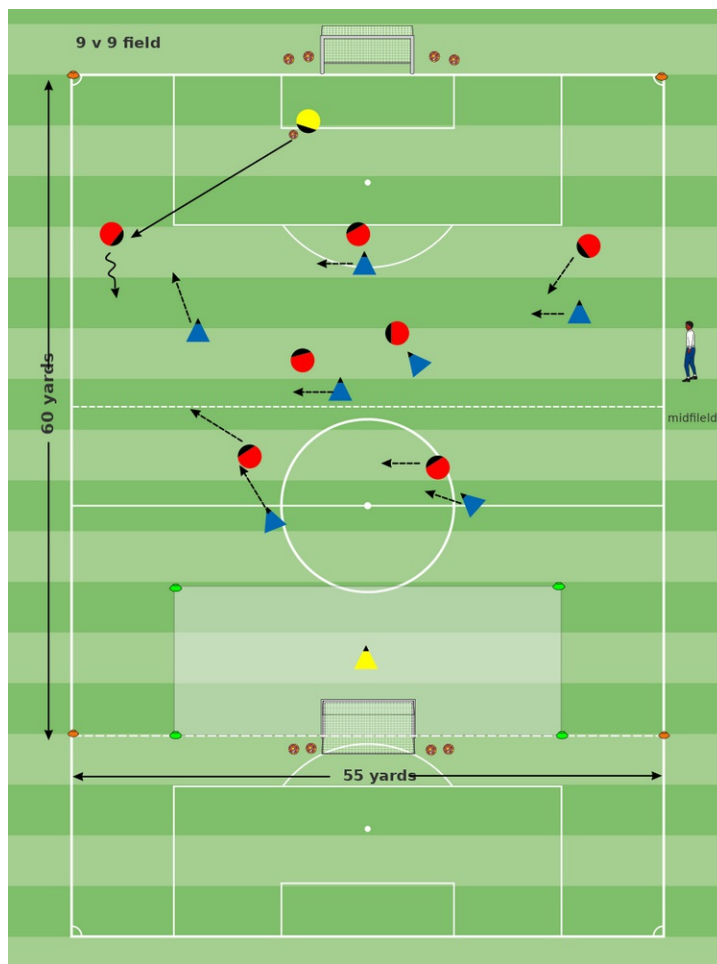
30:0 min

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

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

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

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:

9v9 Improve Preventing Opponent from Building Up in Our Half- (A)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 2 v 2 on End Zones

PRACTICE (Less Challenging): 2 v 2 on End Zones

PRACTICE (More Challenging): 2 v 2 on End Zones

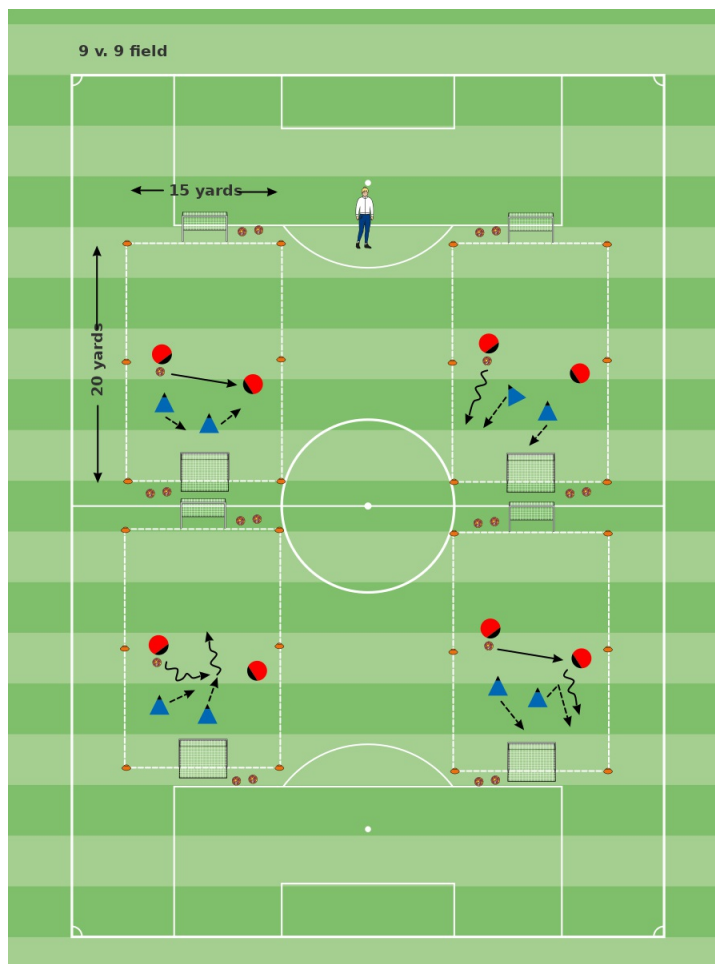
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To stop the opponent's attack, win the ball and score

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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



ORGANIZATION:

Mark out four 20 x 15-yard fields, each with two mini goals. Free play: Players are divided into pairs and take turns playing 2 v 2. Play for 30 minutes with two breaks. Rotate players/teams as needed according to the Five Elements

KEY WORDS:

Pressure, cover, move with the ball, attack the ball

GUIDED QUESTIONS:

1) How do you keep opponents from moving forward? 2) How should you position yourselves to do that? 3) How far away should you be when providing cover?

ANSWERS:

1) Apply pressure on the ball carrier. 2) Cover the pressuring defender if he/she gets beat off the dribble, but also cover the passing lane. 3) Close enough to apply pressure if the other defender gets beat, but not too close that we could get beat with one move.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
2 vs 2

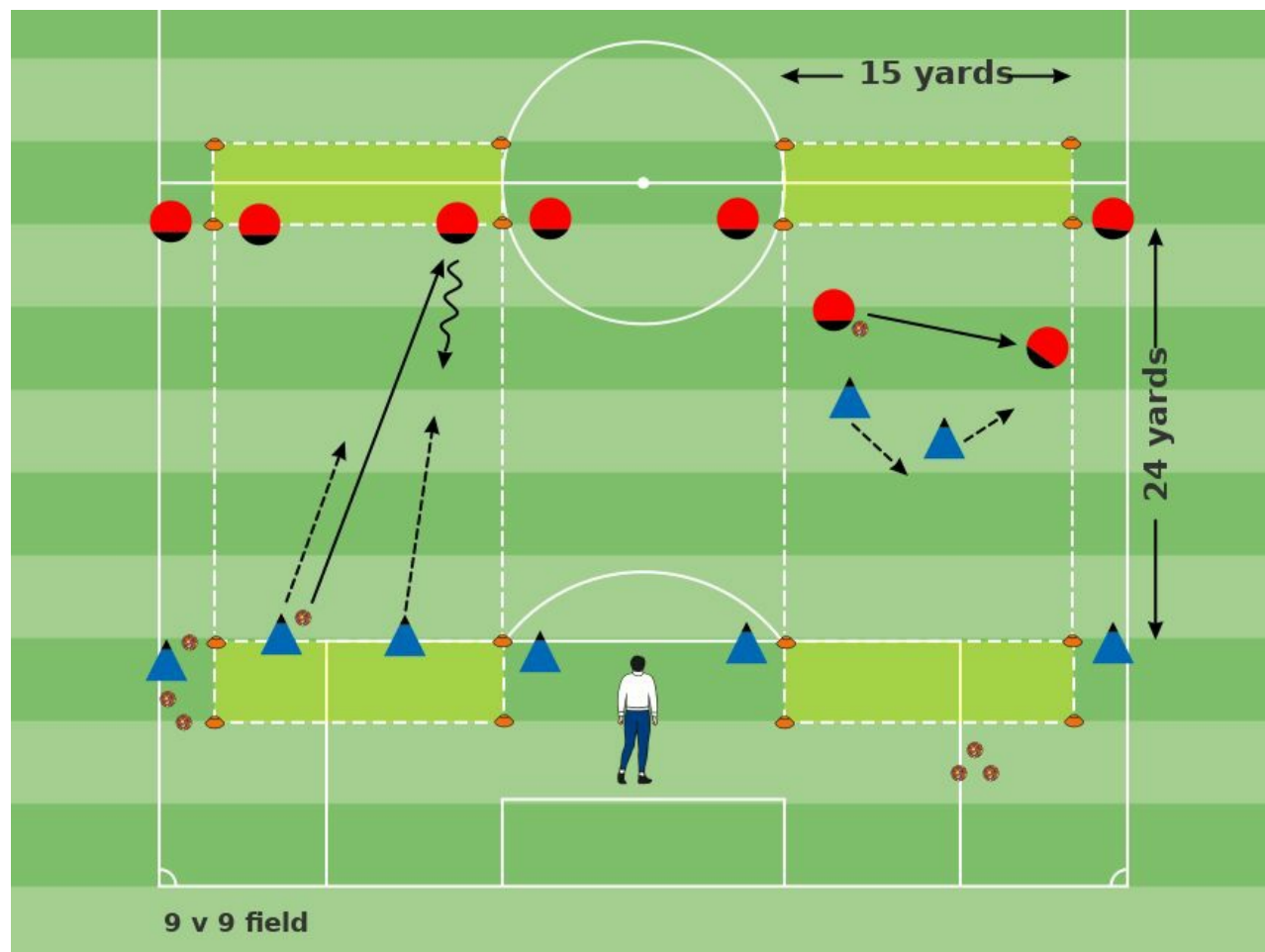
DURATION:
30:0 min

PRACTICE (Core Activity): 2 v 2 on End Zones

OBJECTIVE: To stop the opponent's attack.

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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



ORGANIZATION:

Mark out two 24 x 15-yard fields, each with two end zones. Divide players into two teams and have them line up in pairs by the end zones. The defenders pass the ball to the attackers, and then they play 2 v 2. Players attack on the end zones (dribble or pass into teammate's path to score). The offside rule goes into effect at the centerline. Play for 30 minutes with two breaks.

KEY WORDS:

Push up, pressure, cover, move with the ball, attack the ball

GUIDED QUESTIONS:

1) Why should you run forward after the opening pass? 2) What's your job when you're the one closer to the ball? 3) What about the other defender? 4) How far away should you be when providing cover? 5) How else do you help each other?

ANSWERS:

1) To apply pressure as quickly as possible. 2) To stop the ball carrier, force his/her head down or to take a bad touch. 3) Provide cover. 4) Close enough to apply pressure if the other defender gets beat, but not too close that we could get beat with one move. 5) By calling out who has pressure, and who has cover.



MOMENT:

Defending



AGE:

U11-U12 / 9v9



PLAYERS:

2 vs 2



DURATION:

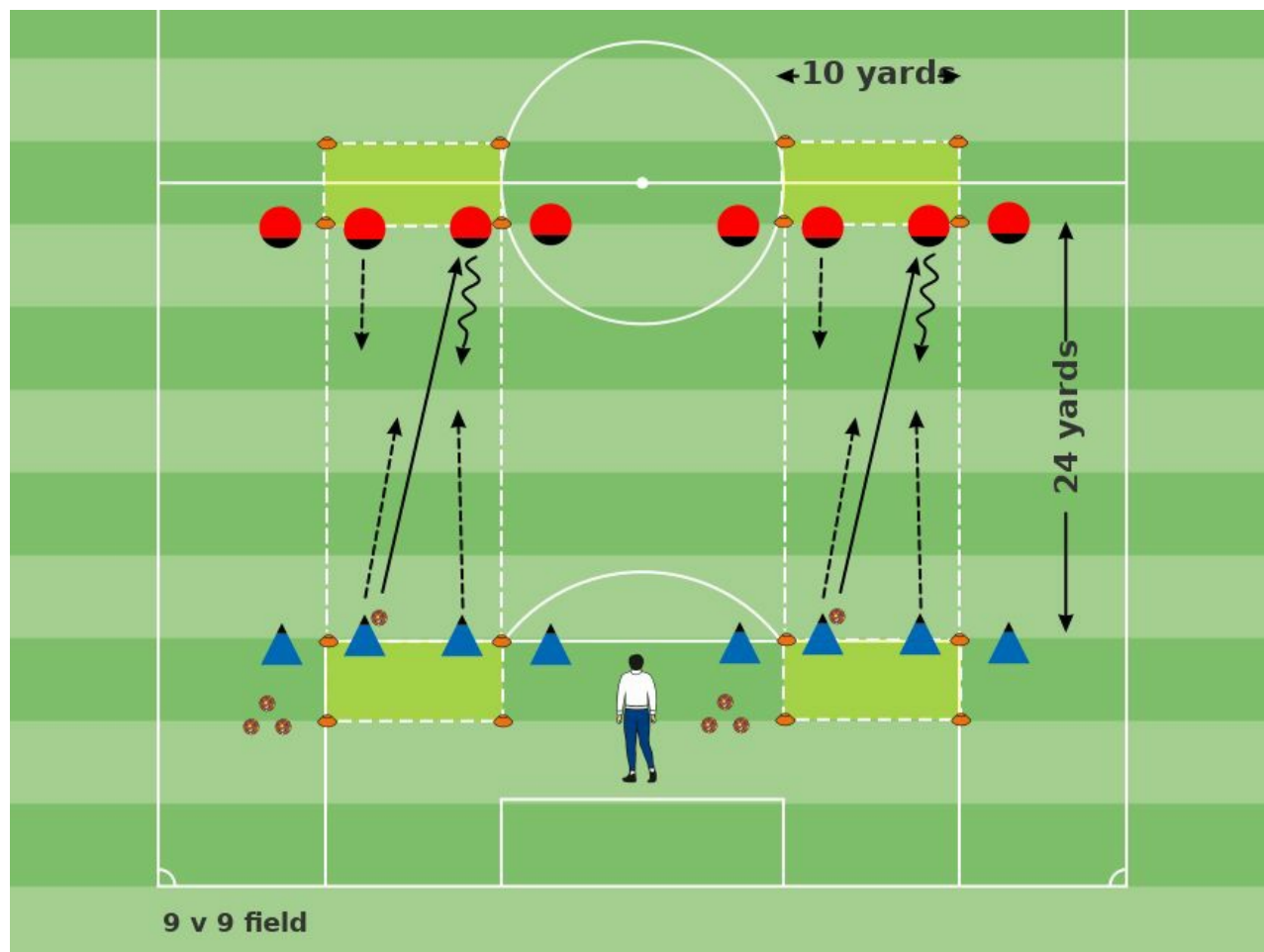
30:0 min

PRACTICE (Less Challenging): 2 v 2 on End Zones

OBJECTIVE: To stop the opponent's attack

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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



ORGANIZATION:

Same as Core Activity, except the fields are only 10 yards wide.

KEY WORDS:

Push up, pressure, cover, move with the ball, attack the ball

GUIDED QUESTIONS:

1) Why should you run forward after the opening pass? 2) What's your job when you're the one closer to the ball? 3) What about the other defender? 4) How far away should you be when providing cover? 5) How else do you help each other?

ANSWERS:

1) To apply pressure as quickly as possible. 2) To stop the ball carrier, force his/her head down or to take a bad touch. 3) Provide cover. 4) Close enough to apply pressure if the other defender gets beat, but not too close that we could get beat with one move. 5) By calling out who has pressure, and who has cover.

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

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
2 vs 2

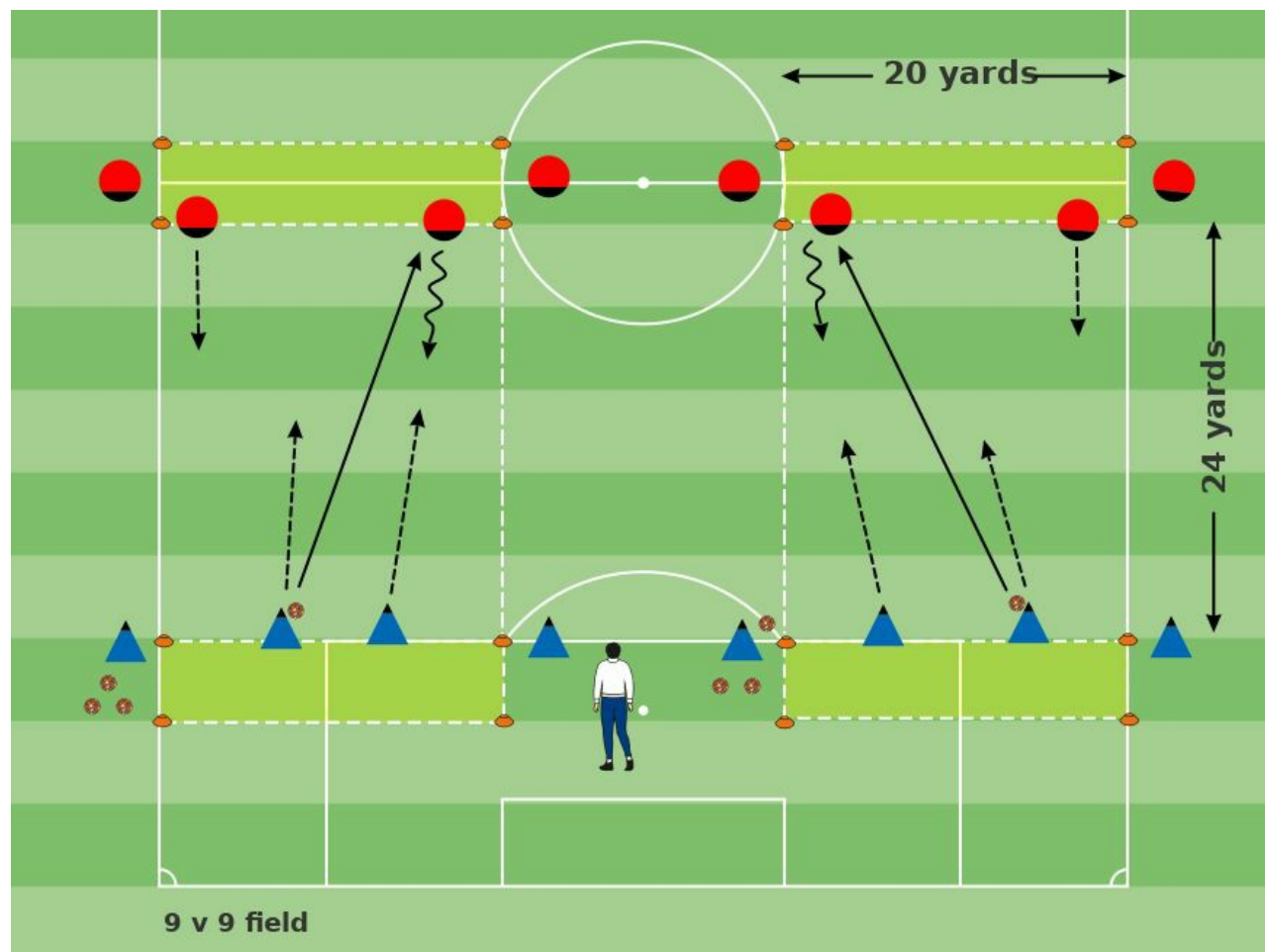
DURATION:
30:0 min

PRACTICE (More Challenging): 2 v 2 on End Zones

OBJECTIVE: To stop the opponent's attack

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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



ORGANIZATION:

Same as Core Activity, except the fields are 20 yards wide

KEY WORDS:

Push up, pressure, cover, move with the ball, attack the ball

GUIDED QUESTIONS:

1) Why should you run forward after the opening pass? 2) What's your job when you're the one closer to the ball? 3) What about the other defender? 4) How far away should you be when providing cover? 5) How else do you help each other?

ANSWERS:

1) To apply pressure as quickly as possible. 2) To stop the ball carrier, force his/her head down or to take a bad touch. 3) Provide cover. 4) Close enough to apply pressure if the other defender gets beat, but not too close that we could get beat with one move. 5) By calling out who has pressure, and who has cover.

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.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
2 vs 2

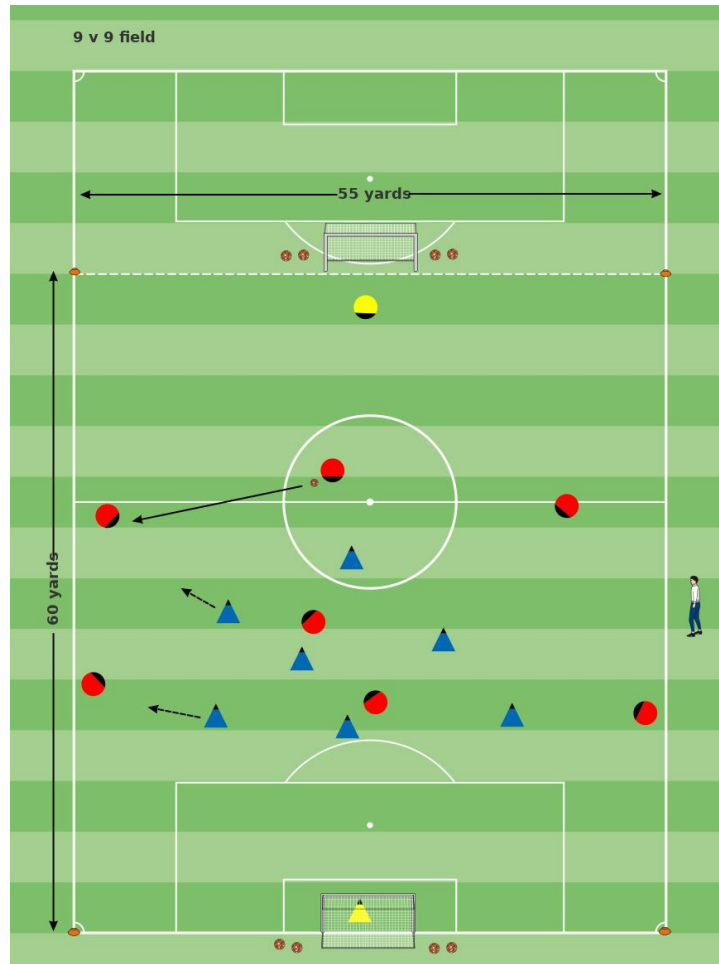
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To stop the opponent's attack, win the ball and score.

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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



ORGANIZATION:

Mark out a 60 x 55-yard field. Teams play 8v8 in a 1-3-1-3 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:

Pressure, cover, balance, move with the ball, attack the ball

GUIDED QUESTIONS:

1) How can you keep opponents from moving forward? 2) What's your job when you're the defender closest to the ball? 3) What about the other defender? 4) How else do you help each other? 5) What about the defenders farther away from the ball?

ANSWERS:

1) Put pressure on the ball carrier, cover each other and move with the ball. 2) To stop the ball carrier, force his/her head down or to take a bad touch. 3) Provide cover. 4) By calling out who has pressure, and who has cover. 5) Follow the ball, stay compact and defend against switches of play.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Preventing Opponent from Building Up in Our Half- (A)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Steal

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

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:

9v9 Improve Preventing Opponent from Building Up in Our Half- (B)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 8 v 8 on End Zones

PRACTICE (Less Challenging): 8 v 8 on End Zones

PRACTICE (More Challenging): 9 v 6 on End Zones

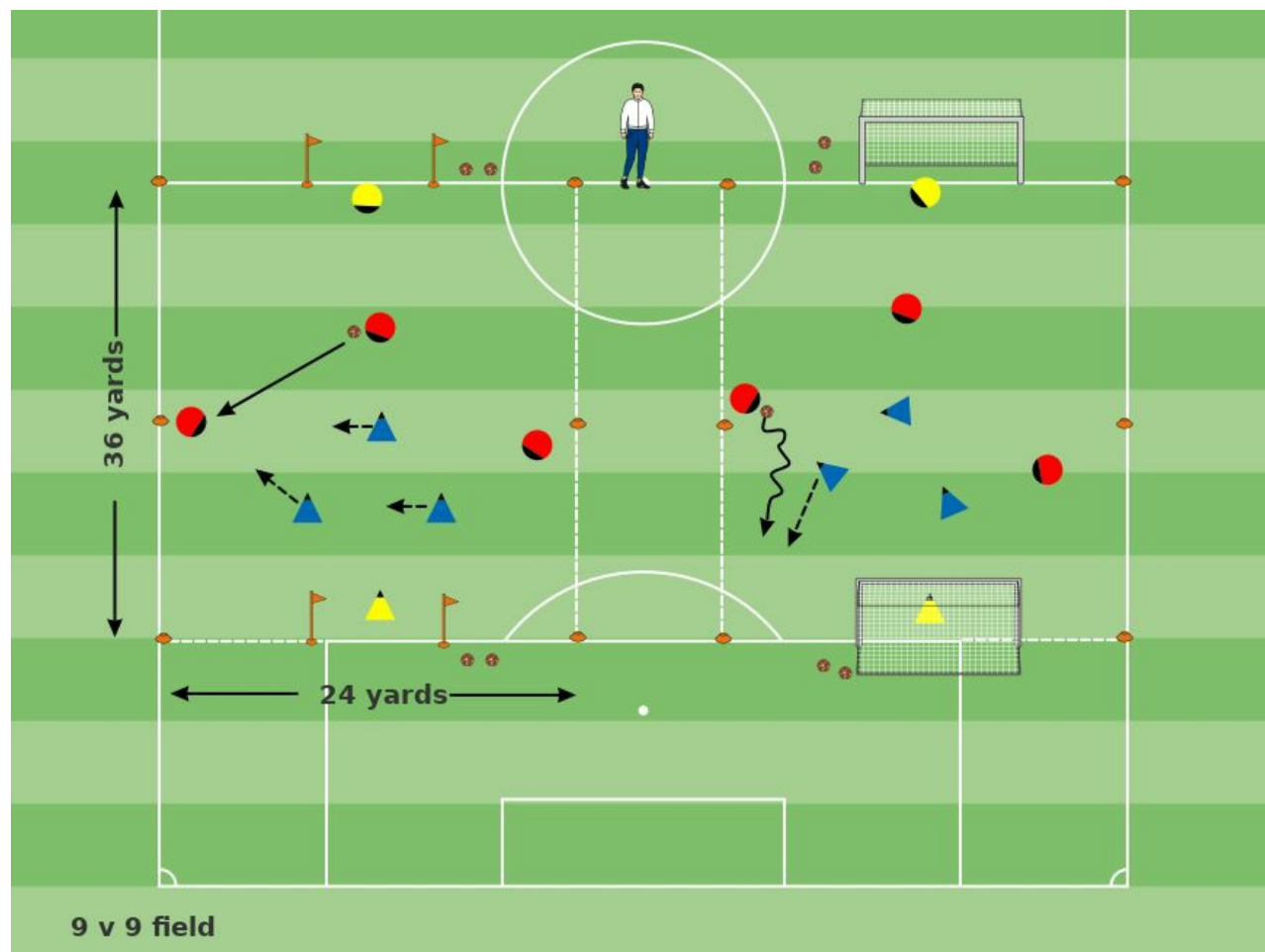
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To stop the opponent's attack, win the ball and score

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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



ORGANIZATION:

Mark out two 36 x 24-yard fields. Divide players into four teams of four. Teams play 4 v 4 on goals with permanent goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS:

Defend together, move with the ball, pressure, cover, balance

GUIDED QUESTIONS:

1) As a group, what do you need to do to keep opponents away from your goal? 2) What's your job if you're the defender closest to the ball? 3) Which path should you always block? 4) So where do you want the attacker to go?

ANSWERS:

1) Form a compact block, move with the ball. 2) Put pressure on the ball ; block forward passes and dribbling runs. 3) The direct path to the goal. 4) Outside or away from the goal.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
4 vs 4

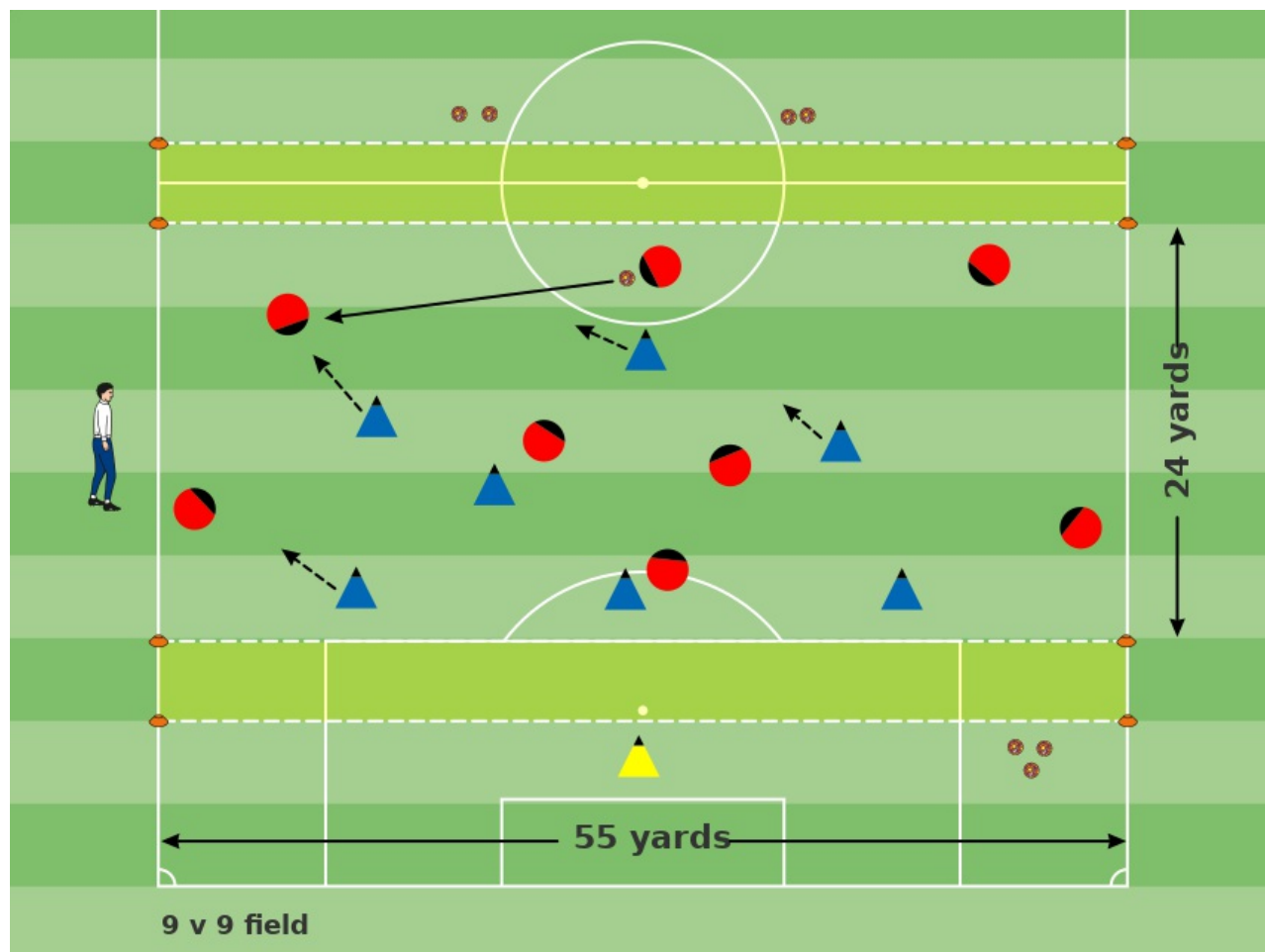
DURATION:
30:0 min

PRACTICE (Core Activity): 8 v 8 on End Zones

OBJECTIVE: To stop the opponent's attack.

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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



ORGANIZATION:

Between the centerline and the penalty box, mark out a 55 x 24-yard field with 5-yard-deep end zones. Teams play 8 v 7 + GK (Red v Blue). Red attacks in a 3-2-3 formation. To score, they must either dribble or successfully pass into the end zone. Blue defends in a 1-3-3-1 formation. If they win the ball, they can score by dribbling into the end zone. Blue's goalkeeper helps build the attack and remains actively involved but always stays behind the end zone and is only active in defending by communicating and organizing the blue players.

KEY WORDS:

Defend together, move with the ball, pressure, cover, balance

GUIDED QUESTIONS:

1) As a group, what do you need to do to keep opponents away from your goal (or end zone, in this case)? 2) What should you do as the defender closes to the ball? 3) Which passing options do you need to cut off? 4) What kinds of passes do you want to force them to play instead? 5) How can the GK help in defense?

ANSWERS:

1) Form a compact block and move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball. 3) Forward passes. 4) Back passes or square passes. 5) By organizing the players in front of him/her.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

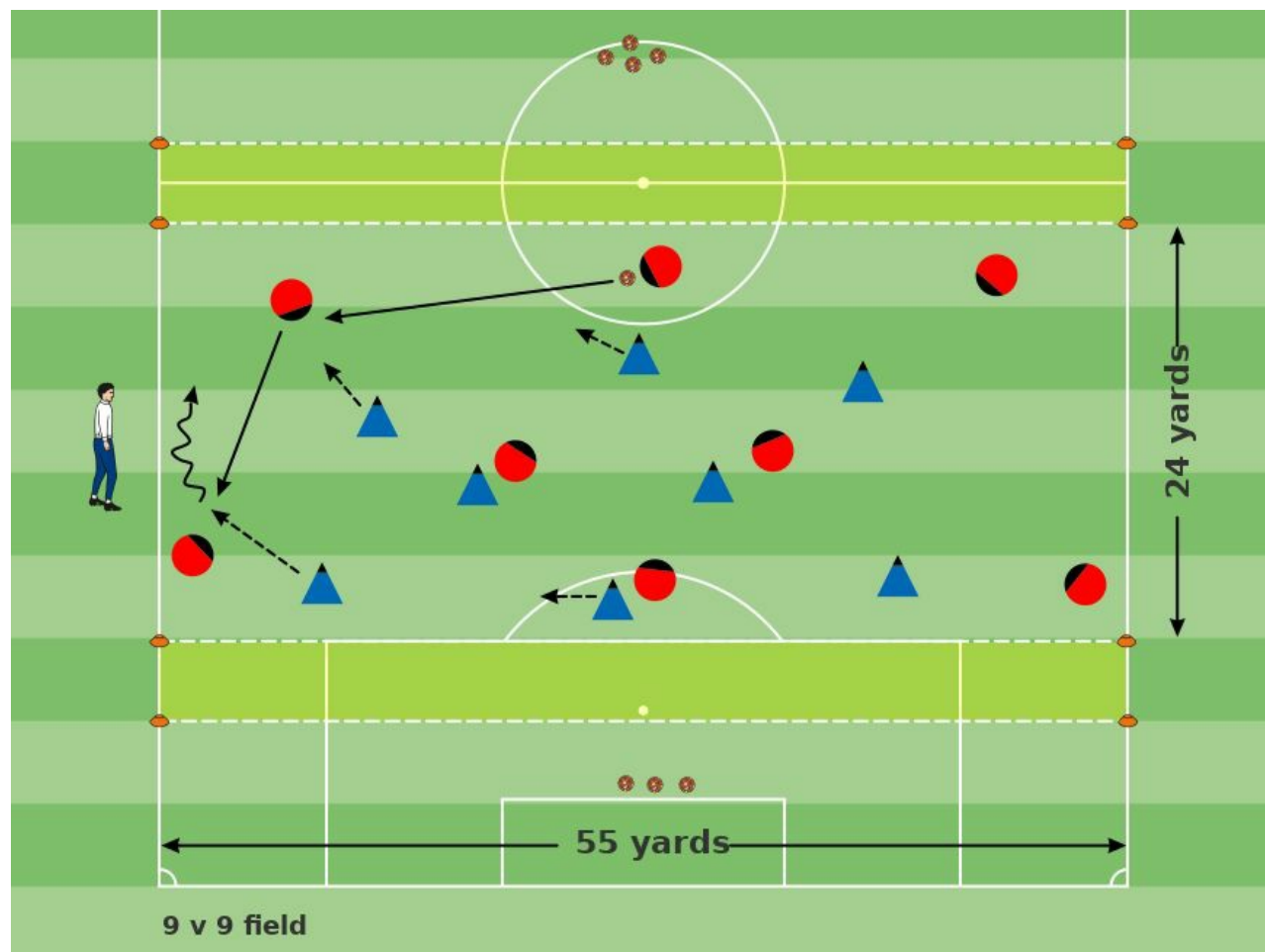
DURATION:
30:0 min

PRACTICE (Less Challenging): 8 v 8 on End Zones

OBJECTIVE: To stop the opponent's attack.

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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



ORGANIZATION:

Same as Core Activity, except teams play 8 v 8 on two end zones. Both teams play 3-2-3 formations

KEY WORDS:

Get compact, stay compact, move with the ball, pressure, cover, balance

GUIDED QUESTIONS:

1) As a group, what do you need to do to keep opponents away from your goal (or end zone, in this case)? 2) What should you do as the defender closest to the ball? 3) Which passing options do you need to cut off? 4) What kinds of passes do you want to force them to play instead?

ANSWERS:

1) Form a compact block and move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball. 3) Forward passes. 4) Back passes or square passes.

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



MOMENT:

Defending



AGE:

U11-U12 / 9v9



PLAYERS:

8 vs 8



DURATION:

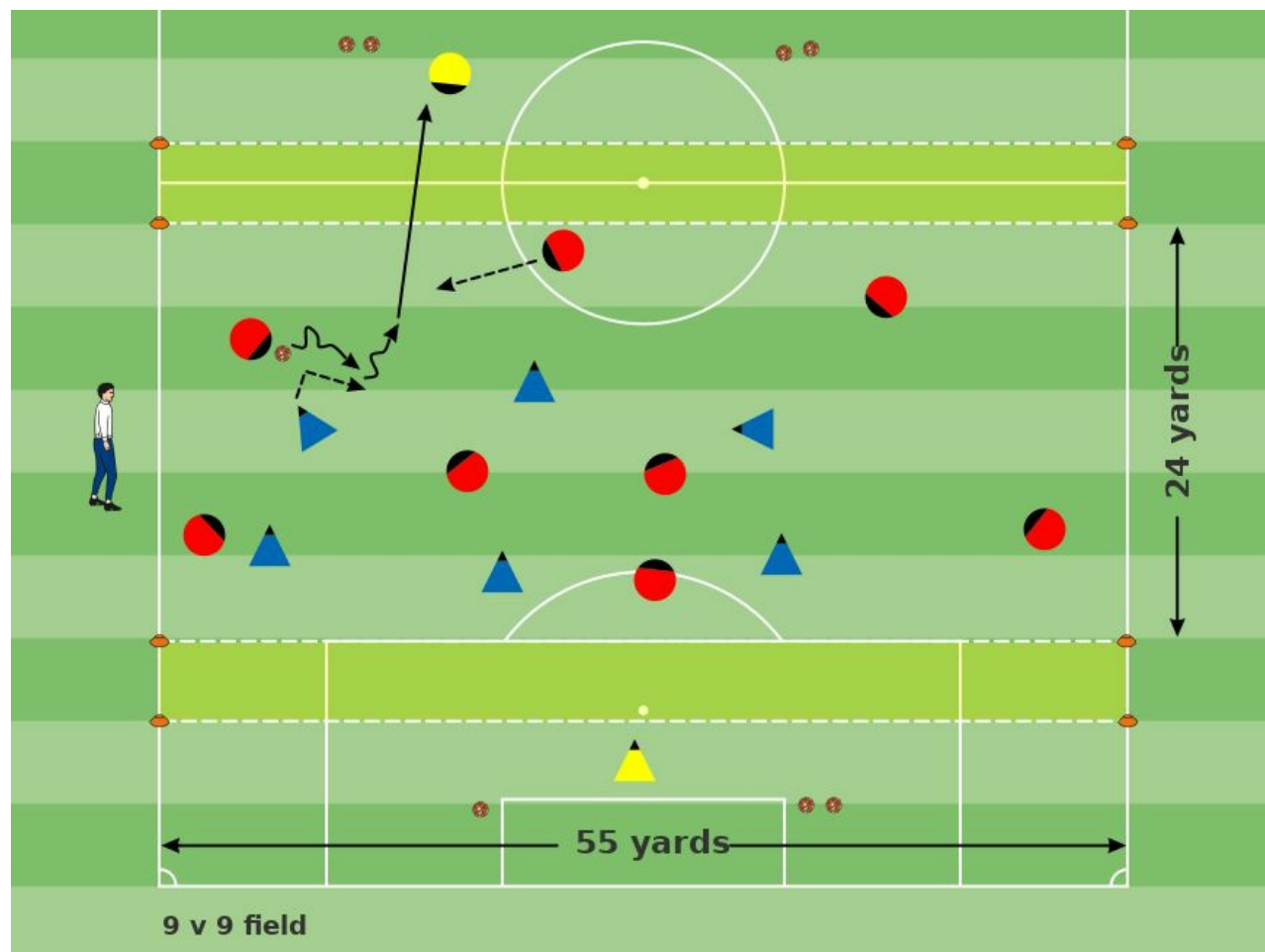
30:0 min

PRACTICE (More Challenging): 9 v 6 on End Zones

OBJECTIVE: To stop the opponent's attack

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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



ORGANIZATION:

Same as Core Activity, except teams play 9 v 6. Blue can score by dribbling into the end zone or passing to either goalkeeper.

KEY WORDS:

Get compact, stay compact, move with the ball, pressure, cover, balance

GUIDED QUESTIONS:

1) As a group, what do you need to do to keep opponents away from your goal (or end zone, in this case)? 2) What should you do as the defender closest to the ball? 3) Which passing options do you need to cut off? 4) What kinds of passes do you want to force them to play instead? 5) How can the GK help?

ANSWERS:

1) Form a compact block and move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball. 3) Forward passes. 4) Back passes or square passes. 5) By organizing the players in front of him/her.

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.



MOMENT:

Defending



AGE:

U11-U12 / 9v9



PLAYERS:

9 vs 6



DURATION:

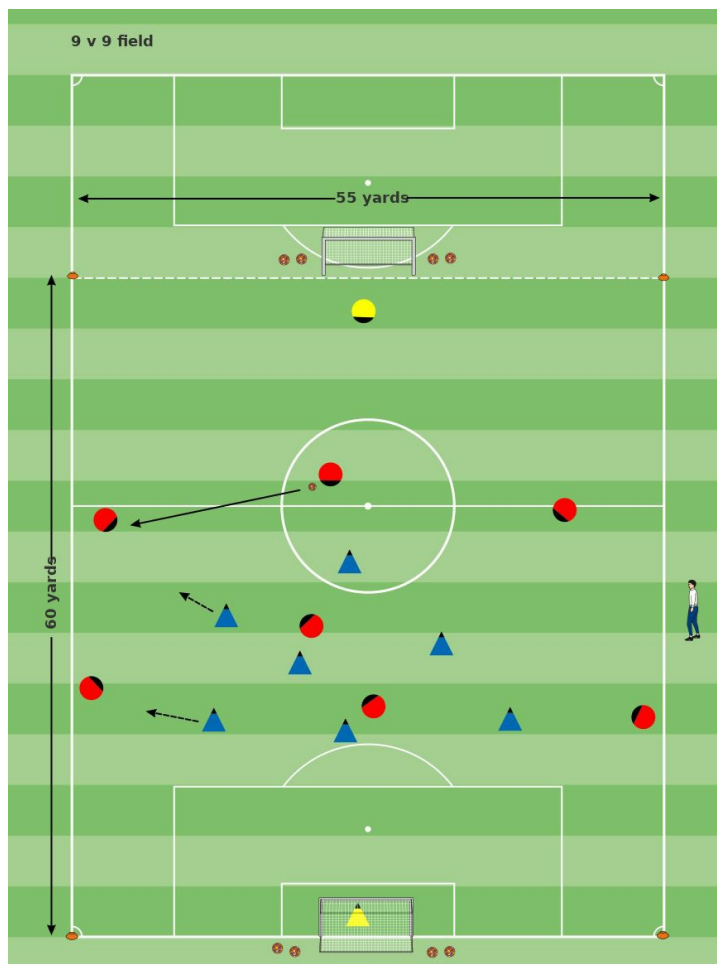
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To stop the opponent's attack, win the ball and score

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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



ORGANIZATION:

Mark out a 60 x 55-yard field. Teams play 8v8 in a 1-3-1-3 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:

Defend together, move with the ball, pressure, cover, balance

GUIDED QUESTIONS:

1) As a group, what do you need to do to keep opponents away from your goal (or end zone, in this case)? 2) What should you do as the defender closest to the ball? 3) Which passing options do you need to cut off? 4) What kinds of passes do you want to force them to play instead? 5) How can the GK help?

ANSWERS:

1) Form a compact block and move with the ball. 2) Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball. 3) Forward passes. 4) Back passes or square passes. 5) By organizing the players in front of him/her.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Preventing Opponent from Building Up in Our Half- (B)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Get compact, Pressure/cover/balance, Stay involved

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

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:

9v9 Improve Preventing Scoring- (A)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Protect goal, Steal

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

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 1 v 1 on One Goal with Goalkeeper and Two Goal Line

PRACTICE (Less Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Lines

PRACTICE (More Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Lines

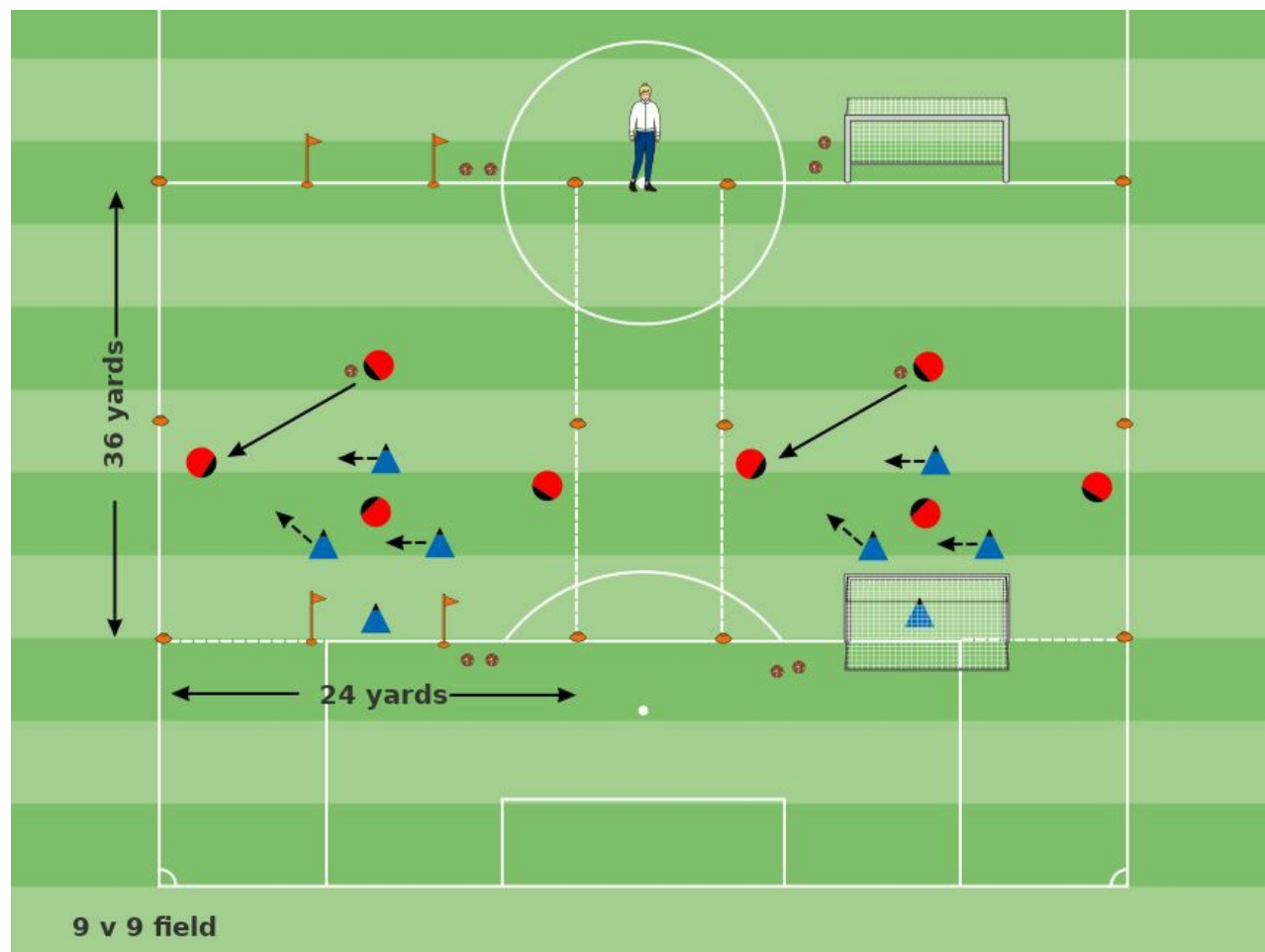
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Protect goal, Steal

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



ORGANIZATION:

Mark out two 36 x 24-yard fields. Teams play 4 v 4 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks

KEY WORDS:

Stay compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) Defenders, where should you steer the attackers to protect the goal? 2) Who should pressure the ball? 3) How do you apply pressure? 4) What type of stance should you use while defending 1v1?

ANSWERS:

1) Away from the goal, onto the wing. 2) The defender closest to the ball. 3) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; 4) A staggered stance with one foot in front of the other.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



MOMENT:
Defending



AGE:
U11-U12 / 9v9



PLAYERS:
4 vs 4



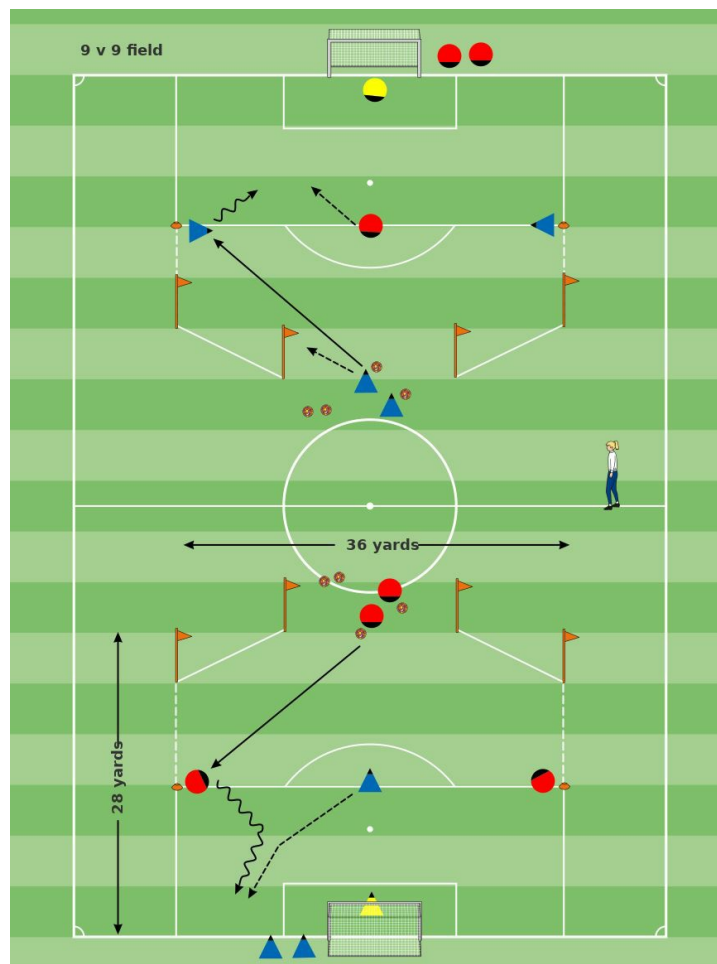
DURATION:
30:0 min

PRACTICE (Core Activity): 1 v 1 on One Goal with Goalkeeper and Two Goal Line

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Protect goal, Steal

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



ORGANIZATION:

Mark out two 28 x 36-yard fields, each with one goal and two goal lines. Position four attackers, three defenders and one goalkeeper on each field as shown. The central attacker starts the 1 v 1 with a pass to either teammate, then runs to that player's position. The defender reacts by running forward and trying to stop the receiver from scoring. Defender dribbles across goal lines to score. Play for 30 minutes with two breaks.

KEY WORDS:

Defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why? 5) How do you apply pressure?

ANSWERS:

1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker away from the goal. 3) The inside. 4) Because he/she has a better angle to shoot. 5) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; keep a staggered stance with one foot in front of the other.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
1 vs 1

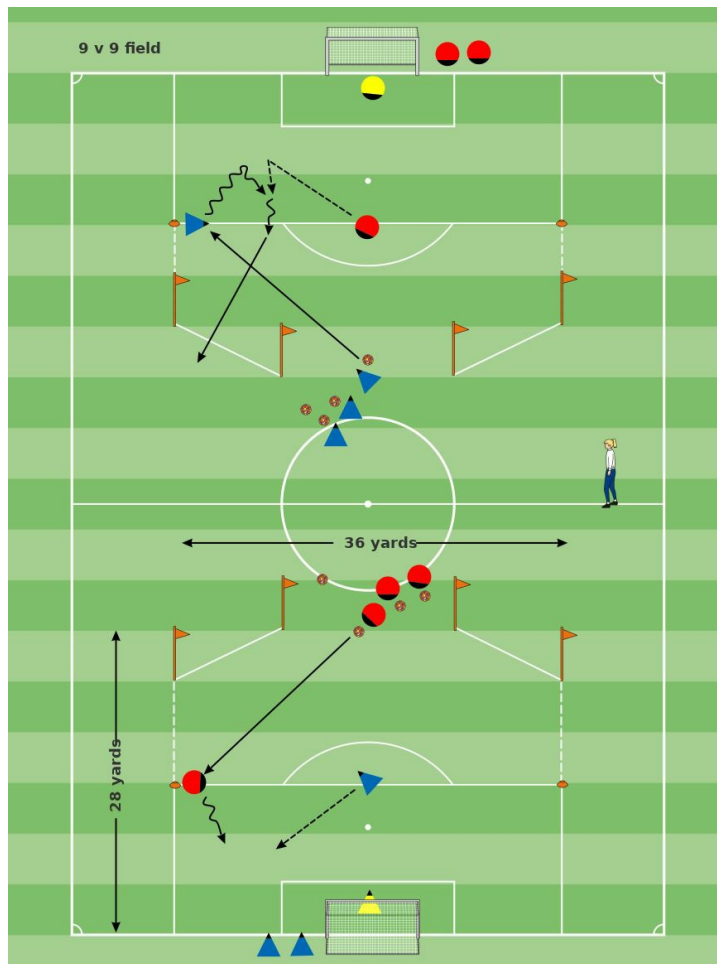
DURATION:
30:0 min

PRACTICE (Less Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Lines

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Protect goal, Steal

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



ORGANIZATION:

Same as Core Activity, except there is only one wing attacker. Make sure players stay in their assigned positions.

KEY WORDS:

Defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why? 5) How do you apply pressure?

ANSWERS:

1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker away from the goal. 3) The inside. 4) Because he/she has a better angle to shoot. 5) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; keep a staggered stance with one foot in front of the other.

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.



MOMENT:

Defending



AGE:

U11-U12 / 9v9



PLAYERS:

1 vs 1



DURATION:

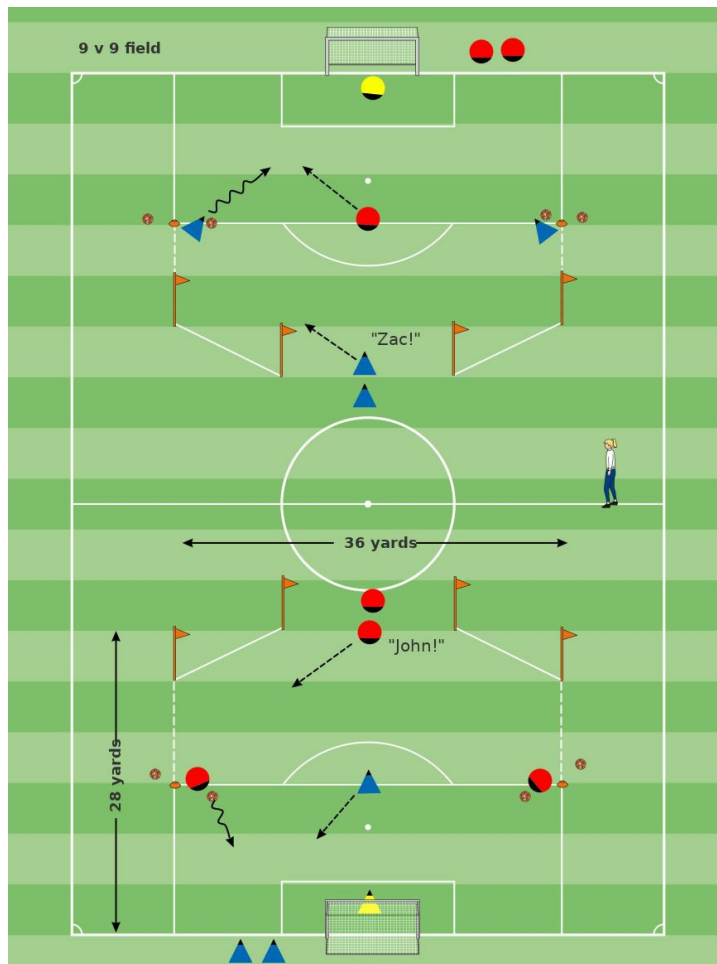
30:0 min

PRACTICE (More Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Lines

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Protect goal, Steal

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



ORGANIZATION:

Same as Core Activity, except the central attacker chooses a wing attacker (by calling the name), who dribbles onto the field for the 1 v 1.

KEY WORDS:

Defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why? 5) How do you apply pressure?

ANSWERS:

1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker away from the goal. 3) The inside. 4) Because he/she has a better angle to shoot. 5) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; keep a staggered stance with one foot in front of the other.

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.



MOMENT:

Defending



AGE:

U11-U12 / 9v9



PLAYERS:

1 vs 1



DURATION:

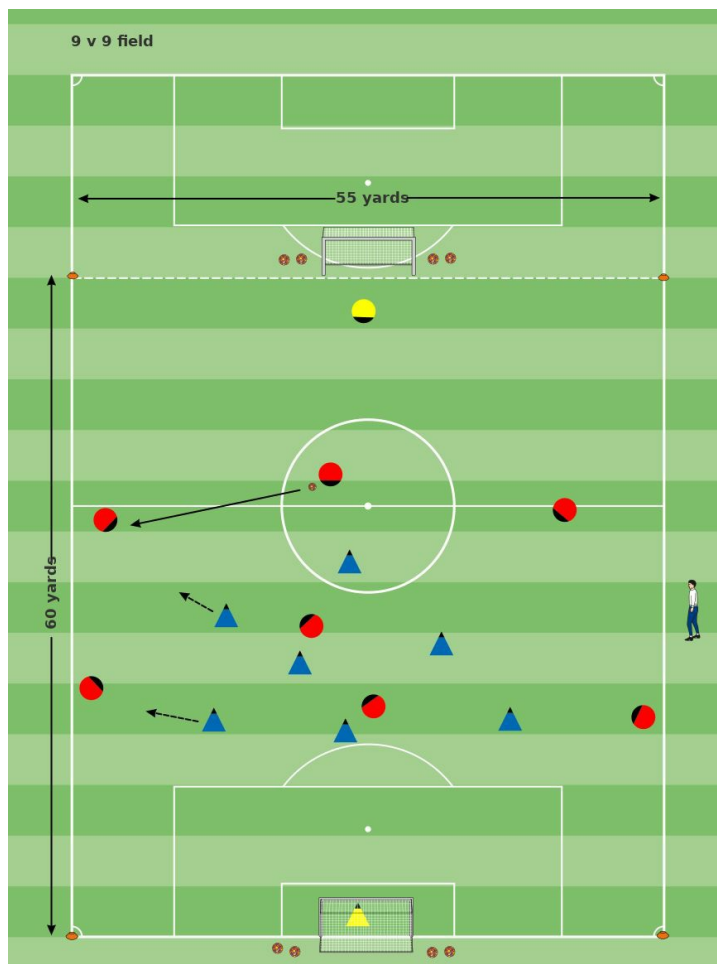
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Protect goal, Steal

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



ORGANIZATION:

Mark out a 60 x 55-yard field. Teams play 8v8 in a 1-3-1-3 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 compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) How can you keep the opponent from scoring? 2) What should you do when you're the defender in a face-to-face 1 v 1 on the wing? 3) Which side do you not want the attacker to break through on? 4) Why?

ANSWERS:

1) Defend as a compact unit; apply pressure to the ball carrier; force the opponent to the sidelines; move with the ball; block shots. 2) Confront your opponent; if they dribble toward you, match their speed and try to force them toward the sideline; block them from shooting or crossing. 3) The inside. 4) Because that would put them in a much better position to shoot.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Preventing Scoring- (A)

GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Protect goal, Steal

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

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:

9v9 Improve Preventing Scoring- (B)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 5 v 5 +2 on One Standard Goal and Two Mini Goals

PRACTICE (Less Challenging): 6 v 5 + 2 on One Standard Goal and Two Mini Goals

PRACTICE (More Challenging): 7 v 5 on One Standard Goal and Two Mini Goals

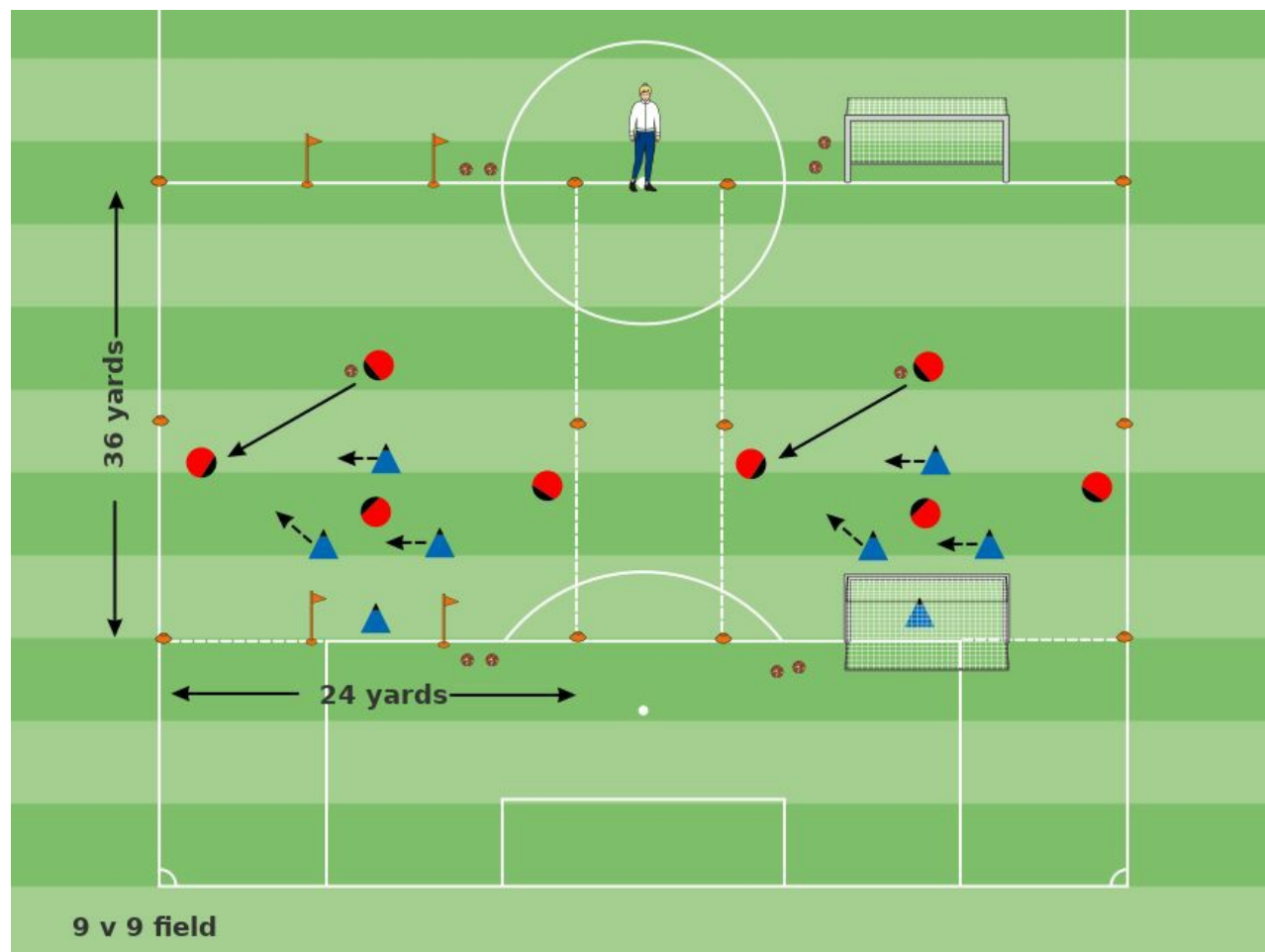
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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



ORGANIZATION:

Mark out two 36 x 24-yard fields. Teams play 4 v 4 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks

KEY WORDS:

Stay compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) Defenders, where should you force the attackers to protect the goal? 2) As one player steps to apply pressure, what should the other defenders do? 3) What should you do when you're the defender in a face-to-face 1 v 1 on the wing?

ANSWERS:

1) Away from the goal, onto the wing. 2) Slide over to cover the openings. 3) Pressure the opponent; if they dribble toward you, match their speed and try to force them toward the sideline; block them from shooting or crossing.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
4 vs 4

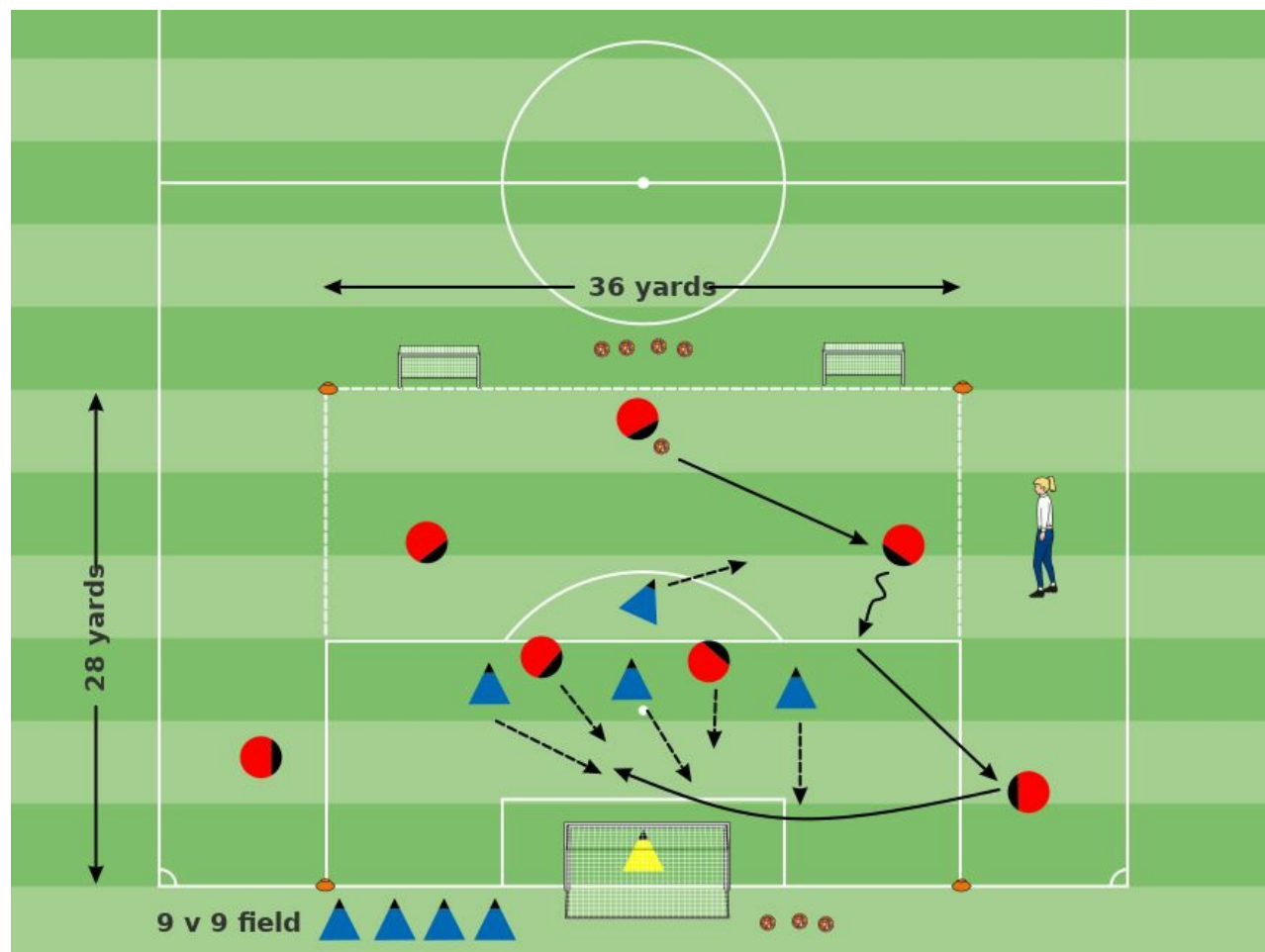
DURATION:
30:0 min

PRACTICE (Core Activity): 5 v 5 +2 on One Standard Goal and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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



ORGANIZATION:

Mark out a 28 x 36-yard field. Choose seven attackers (Red), eight defenders (Blue) and one goalkeeper. Divide the defenders into two groups of four. Teams play 5 + 2 v 5 on one standard goal and two small goals. Outside players are not allowed to dribble into the box. Red always starts with the ball. Play four-minute rounds. Switch defenders after each round. Play for 30 minutes with two breaks

KEY WORDS:

Stay compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority when the ball is this close to our goal? 2) How do you do that? 3) What should you do when the attackers pass to one of the outside players?

ANSWERS:

1) We have to protect the goal. 2) Defend as a compact unit; actively pressure the ball carrier; move with the ball; block shots. 3) Drop back toward the goal; stay compact in the middle; mark opposing forwards tightly by staying with runners

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
5 vs 5

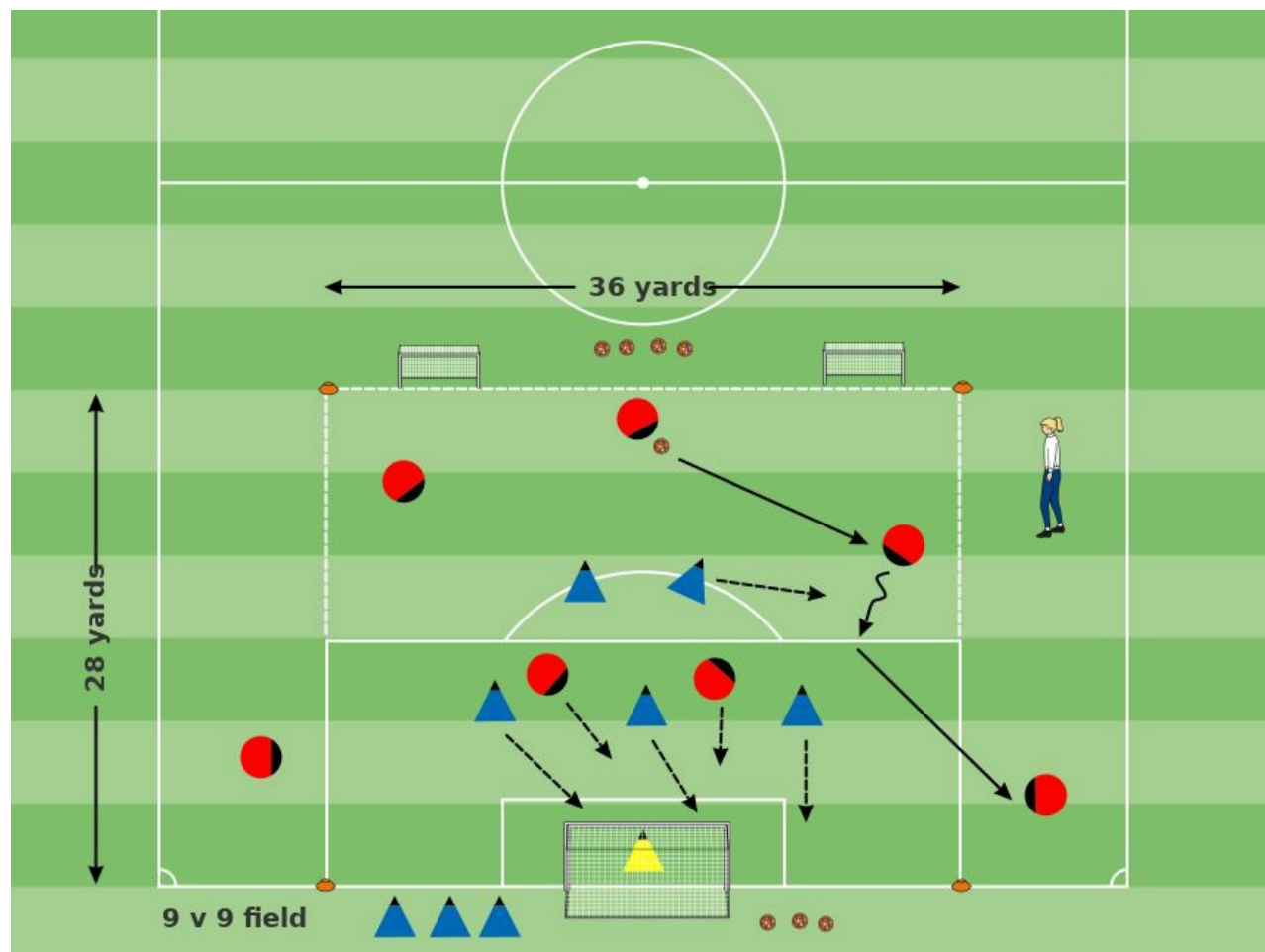
DURATION:
30:0 min

PRACTICE (Less Challenging): 6 v 5 + 2 on One Standard Goal and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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



ORGANIZATION:

Same as Core Activity, except teams play 5 + 2 v 6. Switch out three defenders after each round

KEY WORDS:

Stay compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority when the ball is this close to our goal? 2) How do you do that? 3) What should you do when the attackers pass to one of the outside players?

ANSWERS:

1) We have to protect the goal. 2) Defend as a compact unit; actively pressure the ball carrier; move with the ball; block shots. 3) Drop back toward the goal; stay compact in the middle; mark opposing forwards tightly by staying with runners.

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.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
6 vs 5

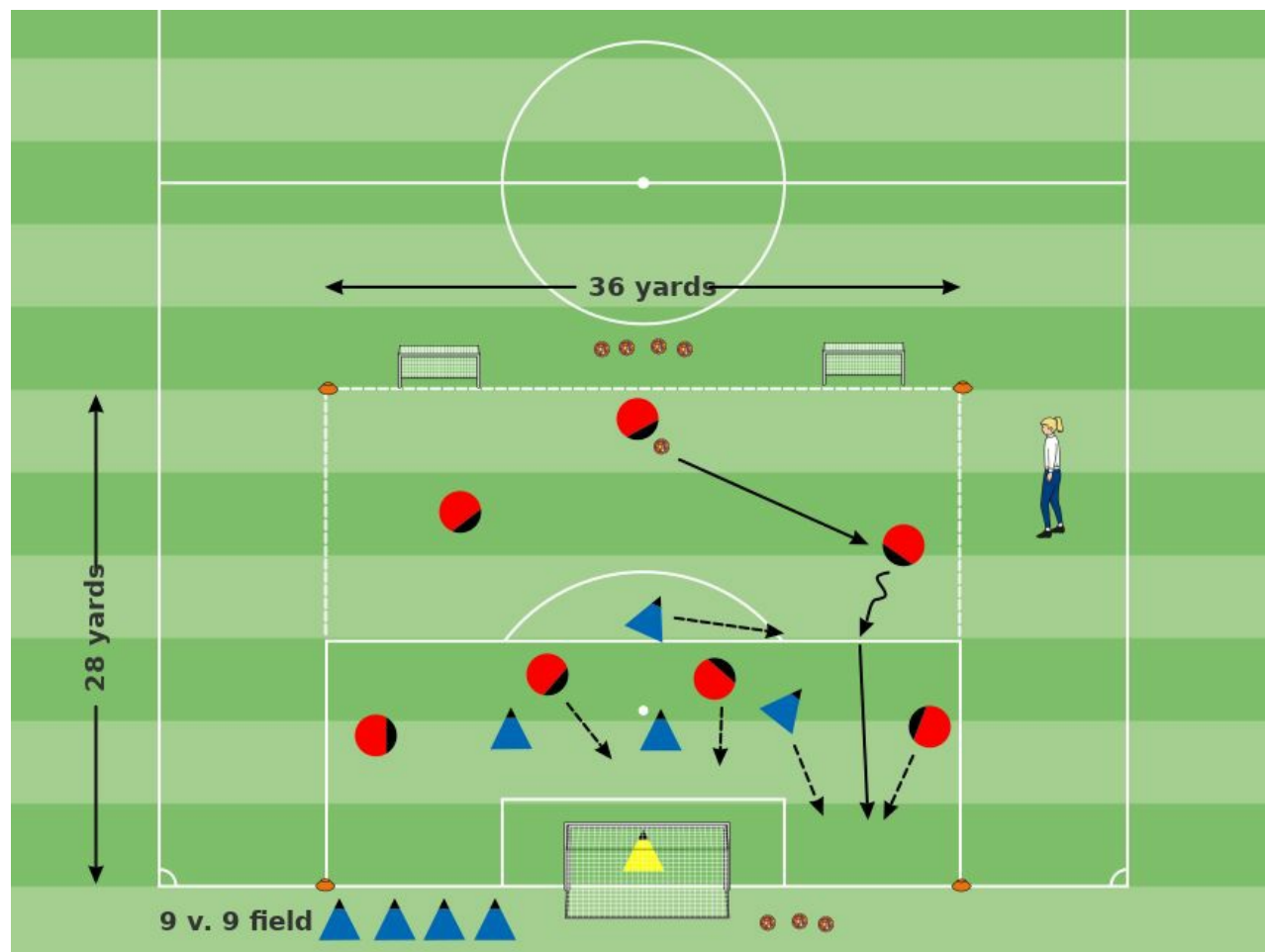
DURATION:
30:0 min

PRACTICE (More Challenging): 7 v 5 on One Standard Goal and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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



ORGANIZATION:

Same as Core Activity, except teams play 7 v 5. The field is also 10 yards wider, and the outside players are now inside the field.

KEY WORDS:

Stay compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority when the ball is this close to our goal? 2) How do you do that? 3) What should you do when the attackers pass to one of the outside players?

ANSWERS:

1) We have to protect the goal. 2) Defend as a compact unit; actively pressure the ball carrier; move with the ball; block shots. 3) If we can't pressure the ball, then drop back toward the goal; stay compact in the middle and mark the opposing forwards tightly by staying with runners.

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.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
7 vs 5

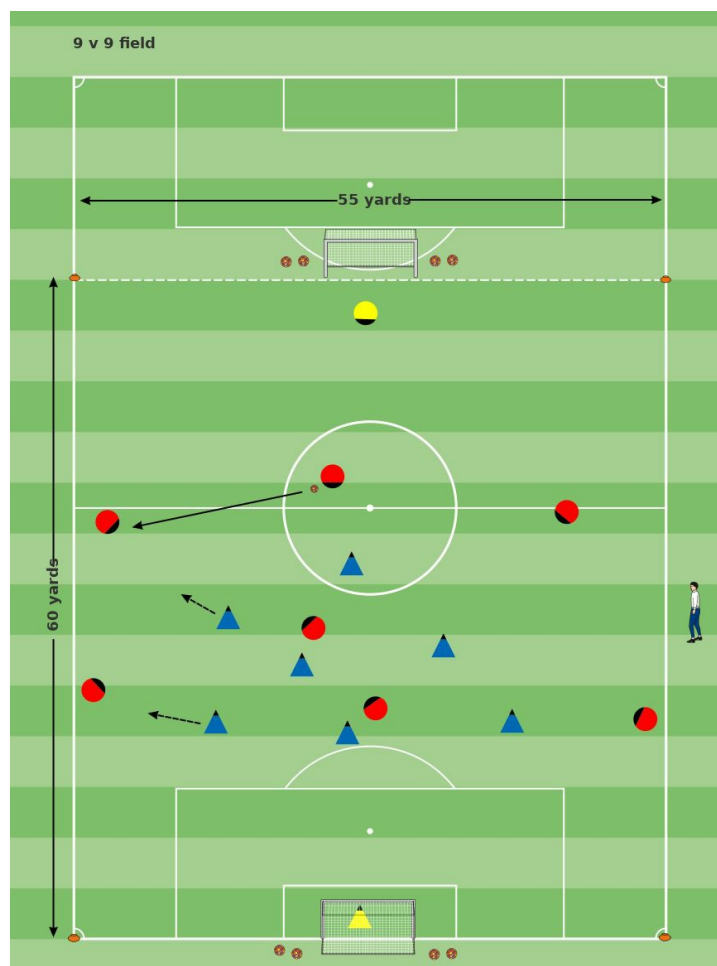
DURATION:
30:0 min

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OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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



ORGANIZATION:

Mark out a 60 x 55-yard field. Play 8v8 with teams in a 1-3-1-3 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 compact, defend the player, defend the goal

GUIDED QUESTIONS:

1) How can you keep the opponent from scoring? 2) What's our top priority when the ball is close to our goal? 3) What should you do when you're the defender in 1 v 1 on the wing? 3)) What should you do when the attackers pass to one of the wing players? 3) What do the central defenders need to do?

ANSWERS:

1) Defend as a compact unit; actively pressure the ball carrier; force the opponent to the sidelines; move with the ball; block shots. 2) Protect the goal. 3) If we don't have pressure on the ball, then drop back toward the goal; stay compact in the middle and mark the opposing forwards tightly by staying with runners.

MOMENT:
Defending

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Preventing Scoring- (B)

GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Mark player/area, Get compact, Protect goal

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

AGE: U11-U12 / 9v9 / 16 players

Defending

DURATION: 90 min



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2. What went well?
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NOTES: