

4V4- Defending- Improve Preventing Building Up in Our Half (A)

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

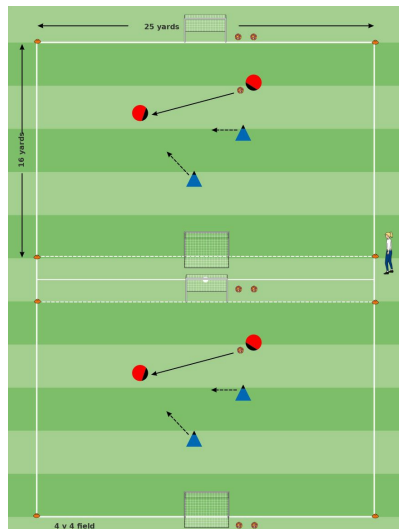
PLAYER ACTIONS: Steal, Protect goal

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

AGE: U7-U8 / 4v4 / 8 players

Defending

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To deny chances.

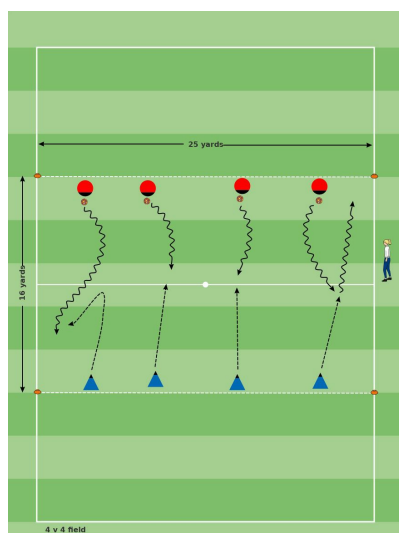
ORGANIZATION: Mark out two 16 x 25-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks. Rotate players between the fields.

KEY WORDS: Protect the goal, steal it!

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting?

ANSWERS: 1) In the middle. 2) The path to the middle.

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



PRACTICE (Core Activity): 4 x 1 v 1 on Endlines

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

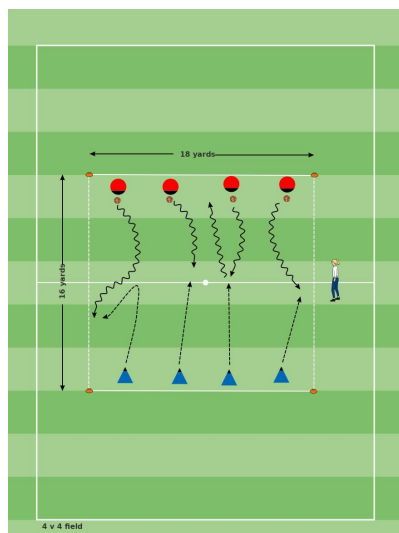
ORGANIZATION: Mark out a 16 x 25-yard field. Divide players into two teams. The attackers (Red) line up on one endline with a ball. The defenders (Blue) line up on the opposite endline. At the coach's signal, all the attackers dribble onto the field and try to dribble across Blue's endline. The defenders try to stop them, steal the ball and counterattack on the opposite endline.

KEY WORDS: Pressure the ball, steal it!

GUIDED QUESTIONS: 1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

ANSWERS: 1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside of the foot.

NOTES:



PRACTICE (Less Challenging): 4 x 1 v 1 on Endlines

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

ORGANIZATION: Same as Core Activity, except on a 16 x 18-yard field.

KEY WORDS: Pressure the ball, steal it!

GUIDED QUESTIONS: 1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

ANSWERS: 1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside of the foot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.

4v4- Defending- Improve Preventing Building Up in Our Half (A)

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

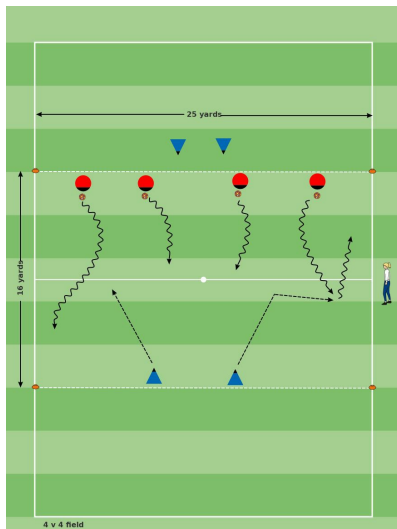
PLAYER ACTIONS: Steal, Protect goal

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

AGE: U7-U8 / 4v4 / 8 players

Defending

DURATION: 60 min



PRACTICE (More Challenging): 2 x 2 v 1 on Endlines

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

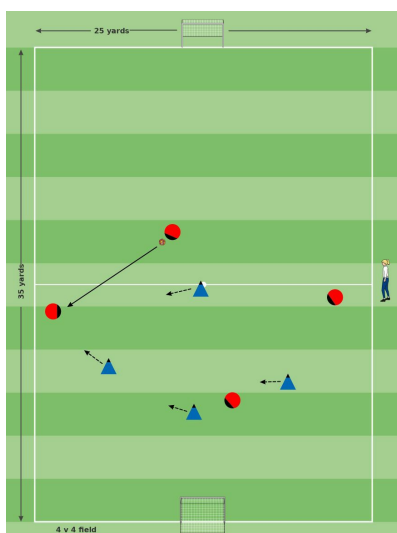
ORGANIZATION: Same as Core Activity, except with two defenders going at one time.

KEY WORDS: Pressure the ball, steal it!

GUIDED QUESTIONS: 1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

ANSWERS: 1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside of the foot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To stop the opponent's attack, deny chances and win the ball back.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 min.).

KEY WORDS: Protect the goal, Pressure the ball, steal it!

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) How do you steal the ball from an opponent who's dribbling? 4) What's a good moment to steal the ball? 5) What part of the foot should you use to tackle the ball?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) By tackling or knocking the ball away. 4) When the attacker lets the ball get too far away. When the ball is not protected. 5) Inside of the foot.

NOTES:

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity 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 effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?