

11v11 Defending- Improve Preventing Opponent from Scoring- (A)

GOAL: Improve preventing the opponent from scoring

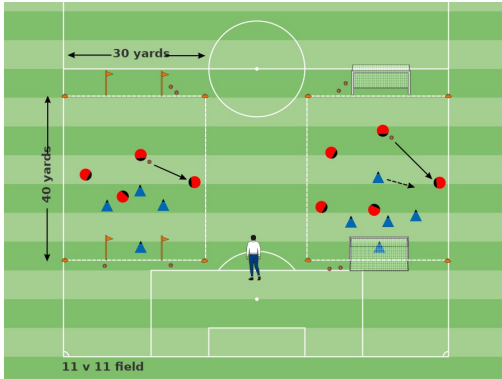
PLAYER ACTIONS: Outnumber, Stay involved, Steal

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

AGE: U13+ / 11v11 / 18 players

MOMENT: Defending

DURATION: 90 min



1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To deny chances, win the ball back and score

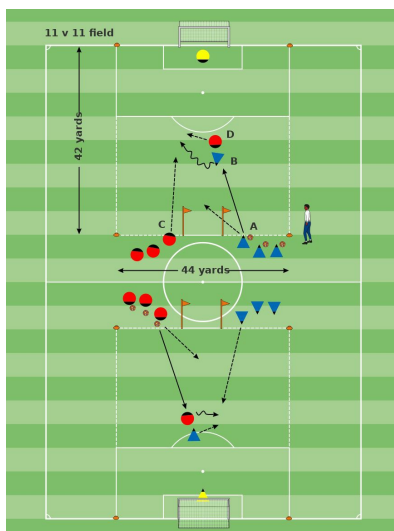
ORGANIZATION: Mark out two 40 x 30-yard fields. Free play: Teams play 4 v 4 on goal lines or 5 v 5 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Protect the goal, stay compact, move with the ball

GUIDED QUESTIONS: 1) What's your top priority when you're outnumbered? 2) How can you keep the opponent away from the goal even though you're outnumbered? 3) How can you help each other?

ANSWERS: 1) To protect the goal. 2) Form a compact unit, and block the direct path to the goal; steer attackers away from the goal. 3) Cover each other and communicate.

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): From 1 v 2 to 2 v 2

OBJECTIVE: To prevent the opponent from scoring

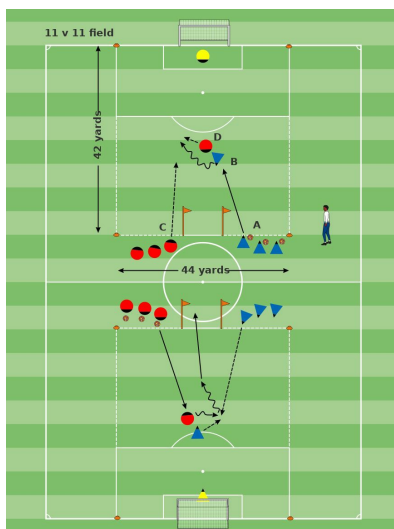
ORGANIZATION: Mark out two 42 x 44-yard fields. Divide players into two teams and position them as shown. Play begins with a pass from A to B. As soon as the pass is played, C runs in to help D. If the defenders win the ball, they counterattack on the goal line, Player A runs in to help B, and teams play 2 v 2 until a goal is scored. Afterward, A rotates to B's

KEY WORDS: Close opponents down, defend the goal, pressure the ball

GUIDED QUESTIONS: 1) What's the job of the defender behind the attacker? 2) What's the job of the other defender? 3) How do you close down the space? 4) When is it a good time to outnumber the opponent?

ANSWERS: 1) Steal the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Recover to help the first defender, pressure the attacker and win the ball. 3) Take long strides and then shorter steps to approach. 4) When the opponent's head is down, or he/she takes a bad touch.

NOTES:



PRACTICE (Less Challenging): 1 v 2 after Forward Pass

OBJECTIVE: To prevent the opponent from scoring

ORGANIZATION: Same as Core Activity, except teams play 1 v 2, and Player A stays out of the game after the opening pass, even if the defenders win the ball.

KEY WORDS: Close opponents down, defend the goal, pressure the ball

GUIDED QUESTIONS: 1) What's the job of the defender behind the attacker? 2) What's the job of the other defender? 3) How do you close down the space? 4) When is it a good time to outnumber the opponent?

ANSWERS: 1) Steal the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Recover to help the first defender, pressure the attacker and win the ball. 3) Take long strides and then shorter steps to approach. 4) When the opponent's head is down, or he/she takes a bad touch.

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.

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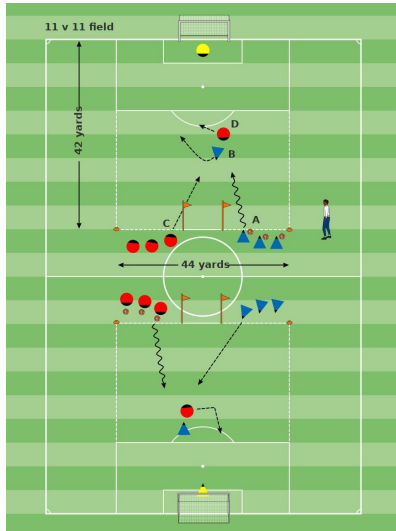
PLAYER ACTIONS: Outnumber, Stay involved, Steal

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

AGE: U13+ / 11v11 / 18 players

MOMENT: Defending

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PRACTICE (More Challenging): 2 v 2 in Middle

OBJECTIVE: To prevent the opponent from scoring

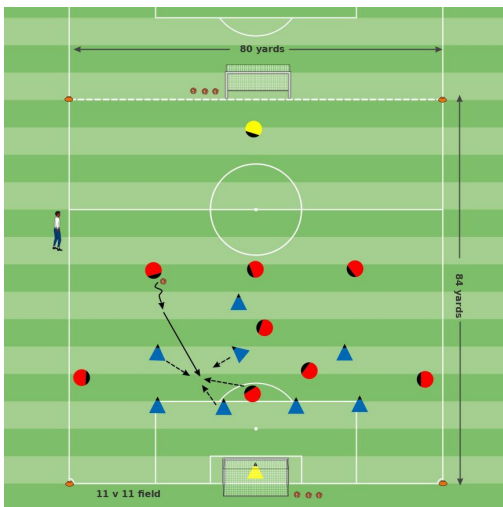
ORGANIZATION: Same as Core Activity, except teams play 2 v 2 (Player A dribbles onto the field). Play continues until a goal is scored by either team.

KEY WORDS: Close opponents down, defend the goal, pressure the ball

GUIDED QUESTIONS: 1) What's the job of the defender behind the attacker? 2) What's the job of the other defender? 3) How do you close down the space? 4) When is it a good time to outnumber the opponent?

ANSWERS: 1) Steal the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Recover to help the first defender, pressure the attacker and win the ball. 3) Take long strides and then shorter steps to approach. 4) When the opponent's head is down, or he/she takes a bad touch

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring

ORGANIZATION: Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays in a 1-4-3-1 formation. Play according to the Laws of the Game for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Close opponents down, protect the goal, maintain contact, pressure the ball

GUIDED QUESTIONS: 1) What's your top priority when you're outnumbered? 2) How can you keep the opponent away from the goal even though you're outnumbered? 3) How can you help each other? 4) How do you close down the space? 5) When is it a good time to outnumber the opponent?

ANSWERS: 1) To protect the goal. 2) Form a compact unit, and block the direct path to the goal; steer attackers away from the goal. 3) Cover each other and communicate. 4) Take long strides and then shorter steps to approach. 5) When the opponent's head is down, or he/she takes a bad touch.

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?