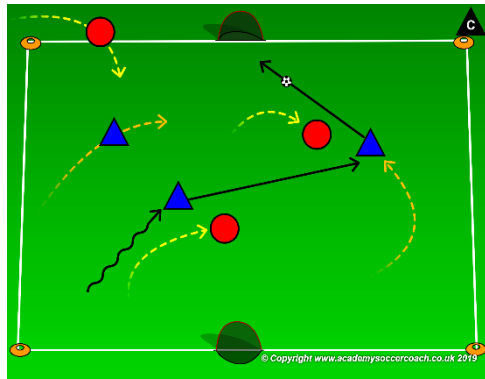




<b>GOAL:</b>	Prevent build up in your defending half		<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Pressure the ball, steal the ball, protect your goal		<b>8U</b>
<b>KEY QUALITIES</b>	Read and understand the game, Take initiative		
<b>MOMENT</b>	Defending	<b>DURATION</b>	<b>60 Minutes</b>
			<b>4v4</b>

## 1st PLAY PHASE (intentional Free Play)

18 Min.-Play multiple 3-4 minute games



**Objective:** to deny the opponent's ability to create scoring chances or scoring goals.

**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

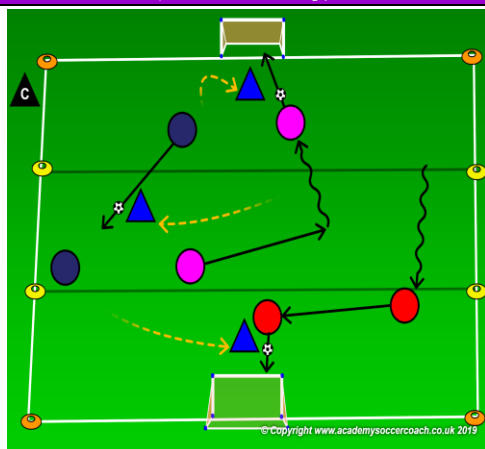
**Key Words:** block your goal, get back

**Guided Questions:** Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

**Answers:** By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

## PRACTICE (Core Activity): 2v1+1+1 – Defend Each Zone

18 Minutes-9 intervals-1 min. play-1 min. rest



**Organization:** In a 20Wx30L yard grid divided into 3rds & 2 goals on each end line. Coach will select 1 player to defend each 3<sup>rd</sup> of the field. Each defender must remain in their zone (3<sup>rd</sup>). The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in the goal at one end. Once they have scored, they get their ball and try to score at the other end. If they miss the goal or a defender in any 3<sup>rd</sup> steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. **Rules:** defenders cannot leave their zone. Attackers lose their points even if a defender only touches their soccer ball.

**Key Words:** force the attacker away from the goal, get it, win the ball

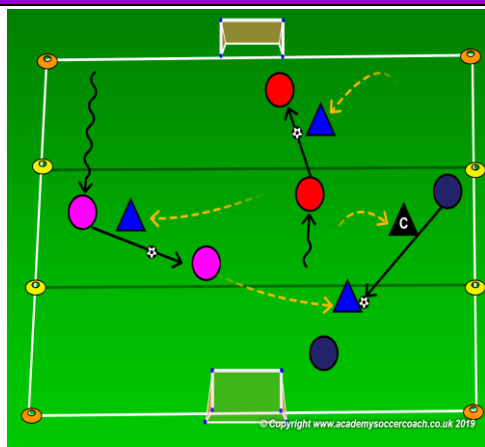
**Guided Questions:** Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

**Answers:** By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

**Notes:** Coaches can use cones for goals if goals are not available.

## PRACTICE (Less Challenging): 2v1 (or more) Defend the Zones

18 Minutes-9 intervals-1 min. play-1 min. rest



**Organization:** In a 20Wx30L yard grid divided into 3rds & 2 goals on each end line. Coach will select 1 player to defend each 3<sup>rd</sup> of the field. One or more of the zones can have a 2<sup>nd</sup> defender. The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in the goal at one end. Once they have scored, they get their ball and try to score at the other end. If they miss the goal or a defender in any 3<sup>rd</sup> steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. **Rules:** defenders cannot leave their zone. Attackers lose their points even if a defender only touches their soccer ball.

**Key Words:** force the attacker away from the goal, get it, win the ball

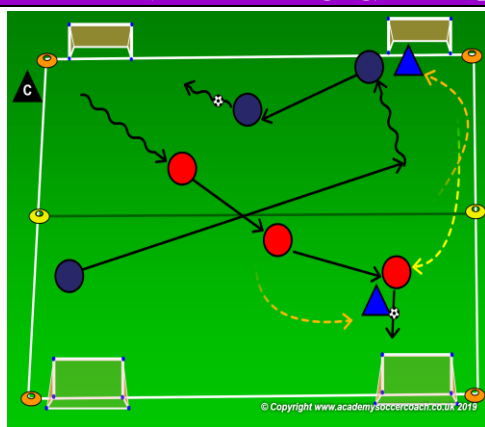
**Guided Questions:** Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

**Answers:** By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

**Notes:** Coaches should help the defenders to win the ball.

## PRACTICE (More Challenging): Multiple Teams of 3v2 Defenders

18 Minutes-6 intervals-2 min. play-1 min. rest



**Organization:** In a 20Wx30L yard grid & 2 goals on each end line. Coach will select 2 player to defend. The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in either goal at 1 end. Once they have scored, they get their ball and try to score at the other end. If they miss the goal or a defender in steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. **Rules:** Attackers lose their points even if a defender only touches their soccer ball.

**Key Words:** force the attacker away from the goal, get it, win the ball

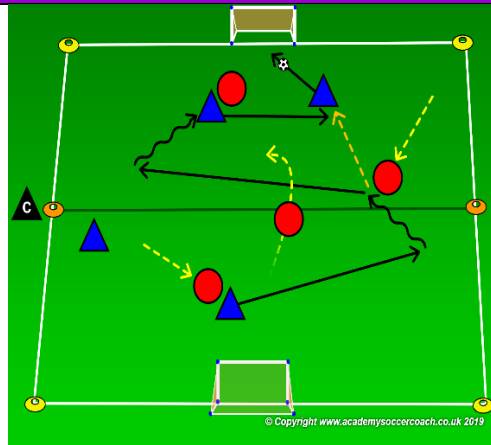
**Guided Questions:** Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

**Answers:** By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

**Notes:** Defenders can defend anywhere on the field.

**2<sup>nd</sup>. PLAY PHASE: The Game – 4v4 (no Goal Keepers)**

**24 Minutes-2 intervals-10 min. play-2 min. rest**



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

**Key Words:** move together, step to the ball, close the openings

**Guided Questions:** Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

**Answers:** The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

**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 training session?
- 4. Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there coaching based on the age and level of the players?

**Training Session Self-Reflection Questions**

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