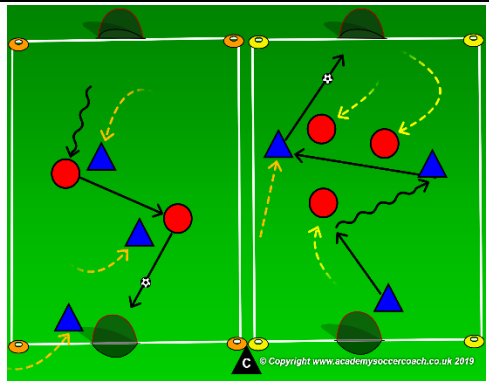




<b>GOAL:</b>	Prevent build up in the opponent's half		<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Protect the goal, Steal the ball		<b>U7/ 8U</b>
<b>KEY QUALITIES</b>	Read and understand the game, Focus		
<b>MOMENT</b>	Defending	<b>DURATION</b>	<b>60 Minutes</b>
			<b>4v4</b>

### 1<sup>st</sup> PLAY PHASE (intentional Free Play)

18 Min. - Play multiple 3-4 minute games



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

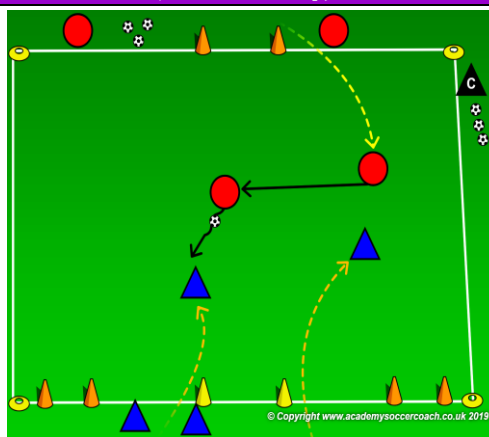
**Key Words:** block your goal, get back

**Guided Questions:** What should you do if you see an opening to your goal? Where should you go if the ball is closer to your goal than you are?

**Answers:** Move to block your goal. Get back so you are closer to your goal than the ball is.

### PRACTICE (Core Activity): 2v2 Defend 3 – Counter to 1

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



**Organization:** In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 2v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 2 players from the attacking team enter the field with 1 ball. As soon as they enter the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. **Rules:** defending team cannot enter the field until the attacking team takes their 1<sup>st</sup> touch on the soccer ball. Game lasts for 1 minute. Coach can serve balls onto the field if the original is scored or leaves the field. Multiple goals can be scored within the minute game time.

**Key Words:** attack the ball, help each other, win the ball

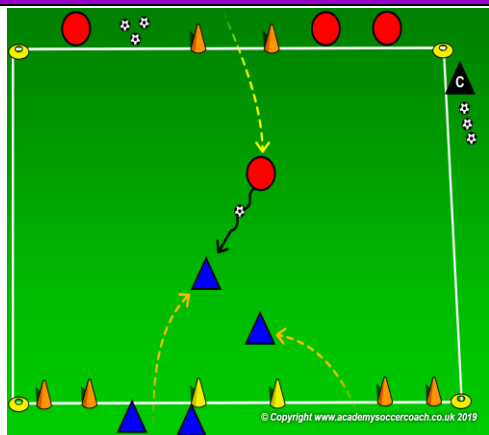
**Guided Questions:** Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

**Answers:** The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

**Notes:** after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.

### PRACTICE (Less Challenging): 2v2 Defend 3 – Counter to 1

18 Minutes-18 intervals-30 sec. play-30 sec. rest



**Organization:** In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 2v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 1 player from the attacking team enters the field with 1 soccer ball. As soon as he/she enters the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. Once the ball is scored or leaves the field, all players also leave the field so the next round can begin. (set up multiple fields if needed) **Rules:** defending team cannot enter the field until the attacking team takes their 1<sup>st</sup> touch on the soccer ball.

**Key Words:** attack the ball, help each other, win the ball

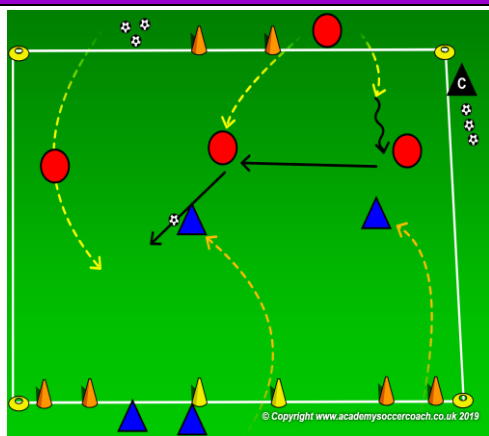
**Guided Questions:** Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

**Answers:** The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

**Notes:** after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.

### PRACTICE (More Challenging): 3v2 Defend 3 Goals - Counter to 1

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



**Organization:** In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 3v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 3 players from the attacking team enter the field with 1 soccer ball. As soon as they enter the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. **Rules:** defending team cannot enter the field until the attacking team takes their 1<sup>st</sup> touch on the soccer ball. Game lasts for 2 minutes. Coach can serve balls onto the field if the original is scored or leaves the field. Multiple goals can be scored within the game time.

**Key Words:** attack the ball, help each other, win the ball

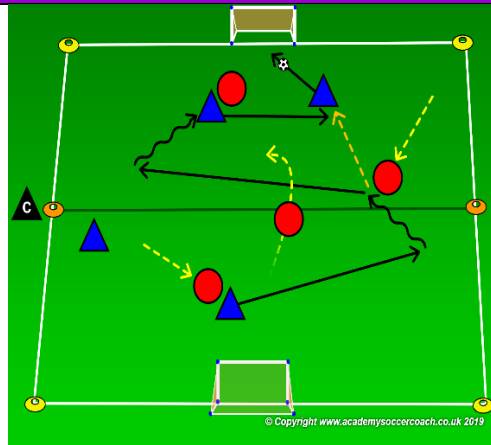
**Guided Questions:** Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

**Answers:** The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

**Notes:** after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.

**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:** turn, get the ball, score goals

**Guided Questions:** Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

**Answers:** The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

**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?**