

#### 4v4- Defending-Improve Preventing Scoring Goals (B)

GOAL: Improve preventing the opponent from scoring

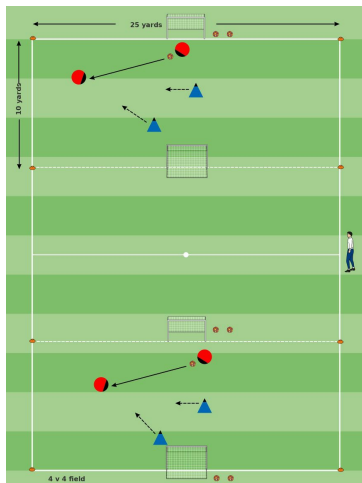
PLAYER ACTIONS: Stay compact, Protect goal

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 prevent the opponent from scoring.

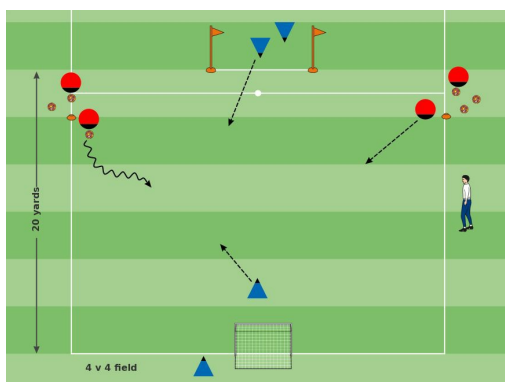
ORGANIZATION: Mark out two 10 x 25-yard fields, each with two small goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks. Rotate players between the fields.

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) Take a look at the field. What do you notice? 2) What does that mean for the attackers? 3) What do the defenders need to do to stop them?

ANSWERS: 1) It's a very short field. 2) They can immediately get to the goal and shoot. 3) Block the path to the goal and don't let them shoot.

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): 2 v 2 with Recovering Defender

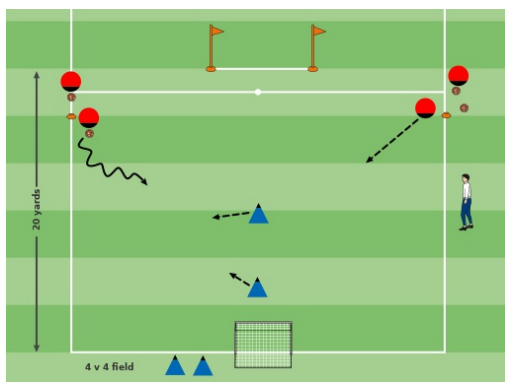
OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Set up a small goal and a goal line 20 yards apart and 25 yards wide. Assign attackers (Red) and defenders (Blue) to starting positions as shown. At the coach's signal, the attackers run onto the field to play 2 v 2. One defender is waiting for the attackers in front of the goal; the other runs in behind them. Blue scores on the goal line. Play continues.

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) What's the job of the defender in front of the goal? 2) What's the job of the other recovering defender?

ANSWERS: 1) Block the path to the goal, and keep the attackers from scoring. 2) Quickly run in, even the odds and make it compact. NOTES: Start here at the Core Activity after the first Play Phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice NOTES:



#### PRACTICE (Less Challenging): 2 v 2

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Same as Core Activity, except both defenders start out on the field (2 v 2).

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) When is a good moment to steal the ball?

ANSWERS: 1) Block the path to the goal, force the attacker away from the goal and steal the ball. 2) When the attacker lets the ball get too far away.

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 Scoring Goals (B)

GOAL: Improve preventing the opponent from scoring

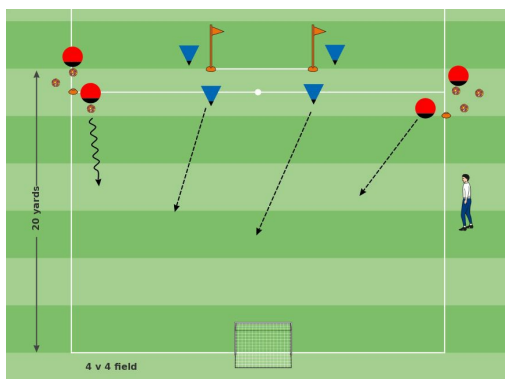
PLAYER ACTIONS: Stay compact, Protect goal

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

AGE: U7-U8 / 4v4 / 8 players

Defending

DURATION: 60 min



#### PRACTICE (More Challenging): 2 v 2 with Recovering Defenders

OBJECTIVE: To prevent the opponent from scoring.

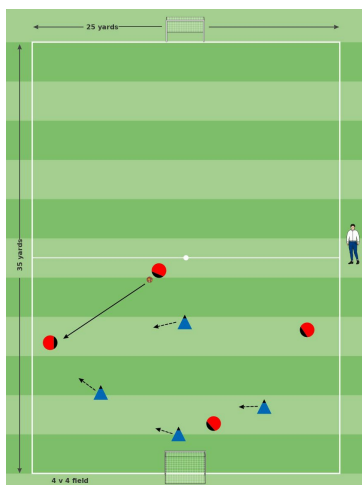
ORGANIZATION: Same as Core Activity, except both defenders start out on the endline with the attackers. The coach gives the signal for the 2 v 2 to begin.

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) What's a good moment to steal the ball?

ANSWERS: 1) Sprint back, block the attacker's path to the goal and force them away from the middle. 2) When the attacker lets it get too far away.

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 prevent the opponent from scoring.

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 minutes max).

KEY WORDS: Get compact, stay compact, protect the goal

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) What if they manage to get in front of the goal anyway?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to pressure them and make sure they can't shoot.

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?