7v7 Defending- Improve Preventing the Opponent from Scoring (B)
AGE: U9-U10 / 7v7 / 12 players
MOMENT:

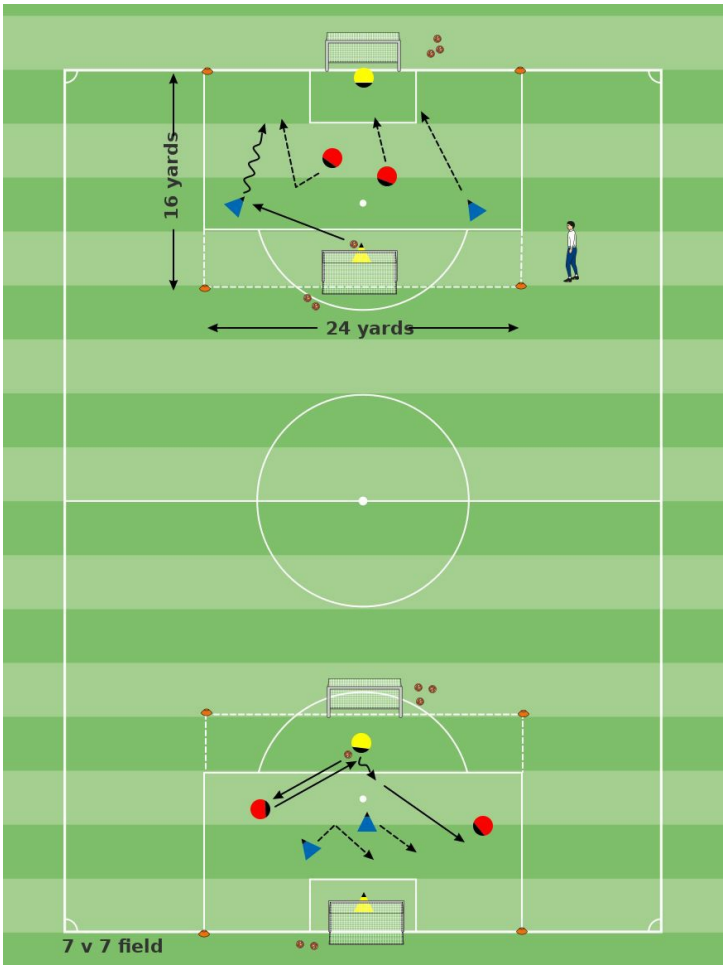
GOAL: Improve preventing the opponent from scoring
PLAYER ACTIONS: Get compact, Stay compact, Protect goal
KEY QUALITIES: Read game/make decisions, Initiative, Focus

12

90 min

1ST PLAY PHASE: Intentional Free Play
PRACTICE (Core Activity): 3 v 2 on One Goal with GK and Two Mini Goals
PRACTICE (Less Challenging): 2 v 2 on One Goal with GK and Two Mini Goals
PRACTICE (More Challenging): 3 v 2 on One Goal with GK and Two Mini Goals
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play
OBJECTIVE: To prevent the opponent from scoring.
PLAYER ACTIONS: Get compact, Stay compact, Protect goal
KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:
Mark out two 16 x 24-yards fields with goals and goalkeepers. Teams play 3 v 3. The attacking team's keeper can help build the attack and even score goals. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS:
Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:
1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) Defenders, what's your top priority when you're outnumbered? 3) How do you do that?

ANSWERS:
1) The defenders are outnumbered. 2) To defend the goal. 3) Quickly get behind the ball, block the direct path to the goal, force attackers outside and block shots.

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

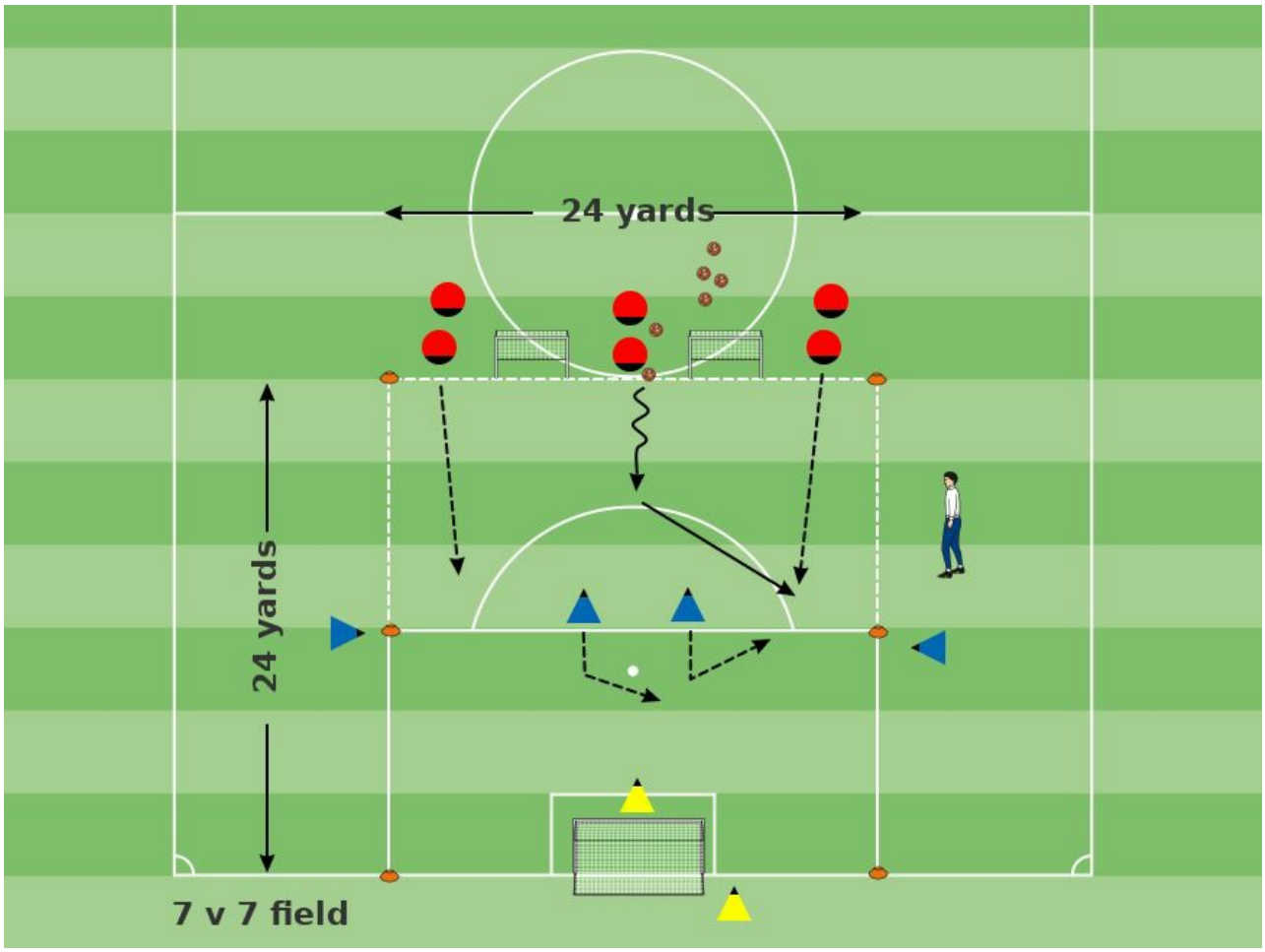
MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 3

DURATION:
30:0 min

PRACTICE (Core Activity): 3 v 2 on One Goal with GK and Two Mini Goals
OBJECTIVE: To prevent the opponent from scoring
PLAYER ACTIONS: Get compact, Stay compact, Protect goal
KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:
Mark out a 24 x 24-yard field with one goal with goalkeeper and two mini goals. Assign attackers (Red) and defenders (Blue) to starting positions as shown. Teams play 3 v 2. The defenders start out on the 18-yard-line. If they win the ball, they counterattack on the mini goals. Play for 30 minutes with two breaks.

KEY WORDS:
Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:
1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) How do you do a block tackle?

ANSWERS:
1) To protect the goal. 2) Block the direct path to the goal, force attackers outside, move to follow the ball and block shots. 3)Use same foot as attacker dribbling the ball, keep heel down and toe up with ankle locked.

NOTES:
Start with the Core Activity. If it's too difficult, switch to the Less Challenging activity. If it's too easy, switch to More Challenging. Spend 30 minutes in practice.

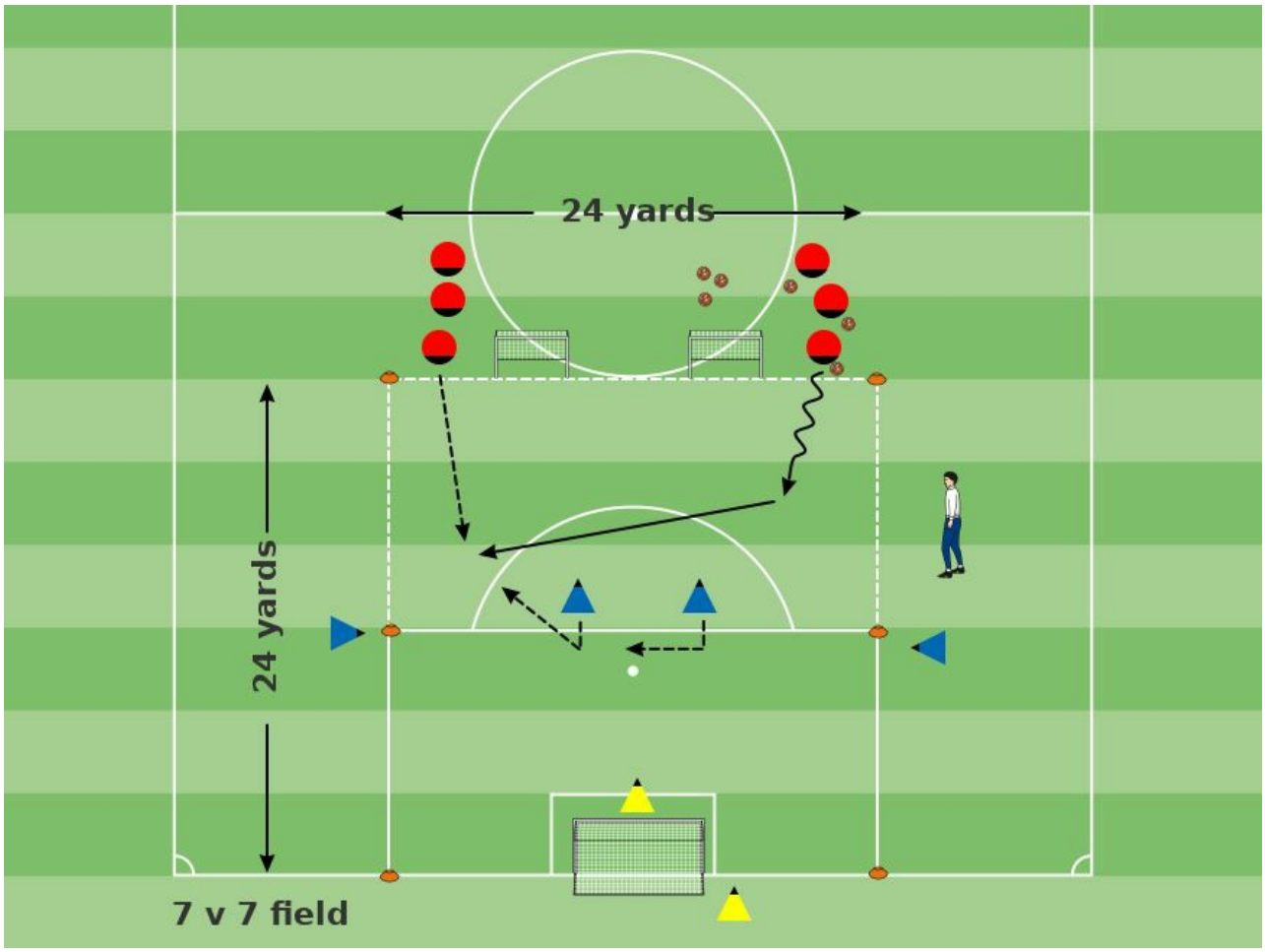
MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 2

DURATION:
30:0 min

PRACTICE (Less Challenging): 2 v 2 on One Goal with GK and Two Mini Goals
OBJECTIVE: To prevent the opponent from scoring
PLAYER ACTIONS: Get compact, Stay compact, Protect goal
KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:
Same as Core Activity, except teams play 2 v 2.

KEY WORDS:
Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:
1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) How do you do a block tackle? 3) How do you do a block tackle?

ANSWERS:
1) To protect the goal. 2) Block the direct path to the goal, force attackers outside, move to follow the ball and block shots. 3) Use same foot as attacker dribbling the ball, keep heel down and toe up with ankle locked.

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.

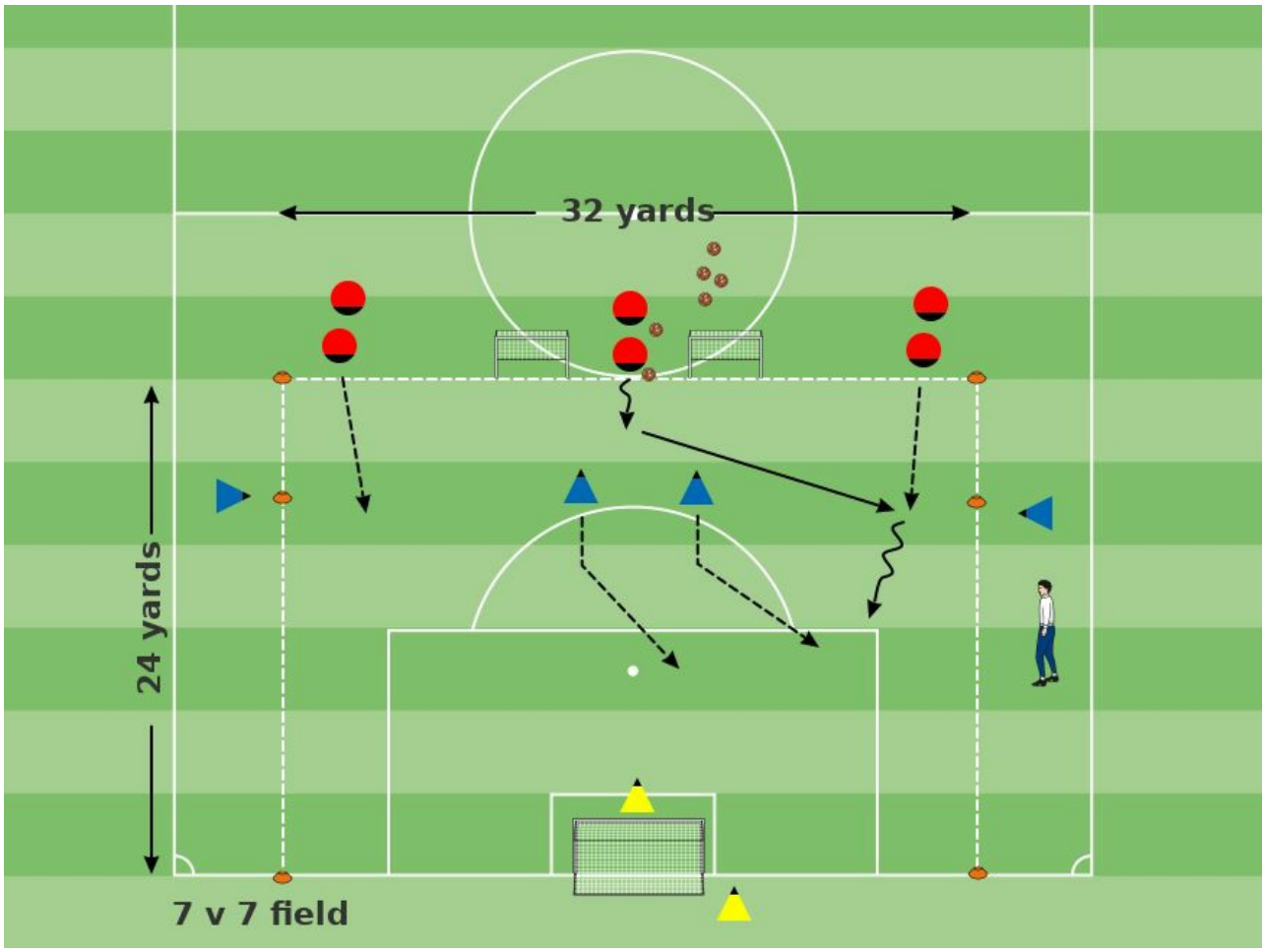
MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 2

DURATION:
30:0 min

PRACTICE (More Challenging): 3 v 2 on One Goal with GK and Two Mini Goals
OBJECTIVE: To prevent the opponent from scoring
PLAYER ACTIONS: Get compact, Stay compact, Protect goal
KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:
Same as Core Activity, except the defenders start out much closer to the attackers, and the field is extended to about 32 yards wide.

KEY WORDS:
Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:
1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) How do you do a block tackle?

ANSWERS:
1) To protect the goal. 2) Block the direct path to the goal, force attackers outside, move to follow the ball and block shots. 3)Use same foot as attacker dribbling the ball, keep heel down and toe up with ankle locked.

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.

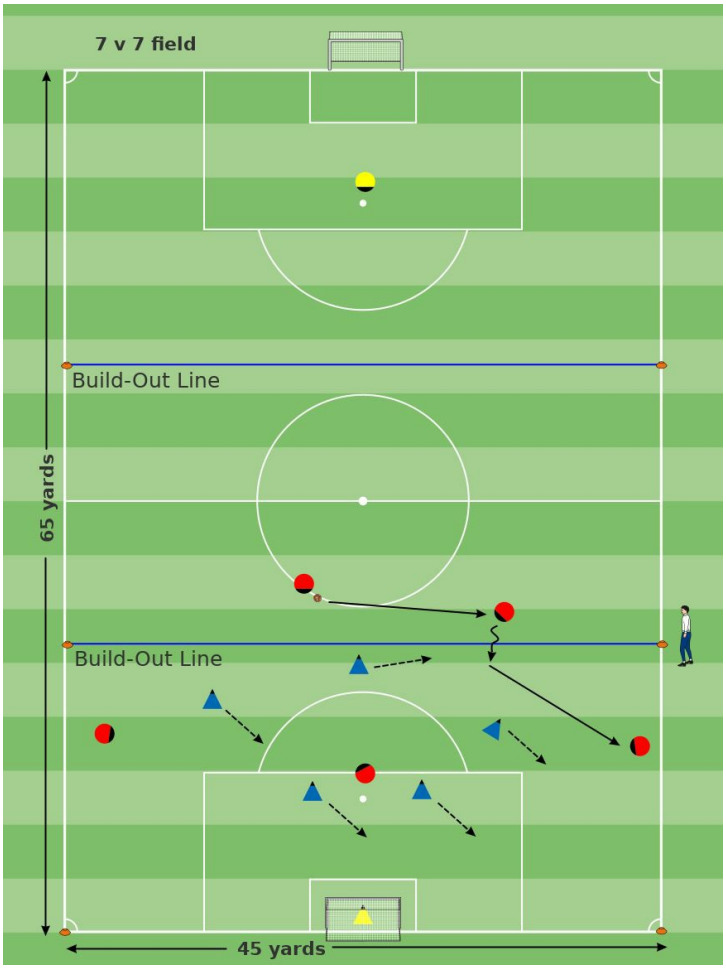
MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 2

DURATION:
30:0 min

2ND PLAY PHASE: The Game
OBJECTIVE: To prevent the opponent from scoring
PLAYER ACTIONS: Get compact, Stay compact, Protect goal
KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:
Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS:
Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:
1) How many goals did the other team score? 2) How did they score them? 3) How could you have stopped them?

ANSWERS:
1 & 2) General questions asked to focus players' attention on the principles they have learned. 3) Get compact and stay compact, block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

NOTES:
Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Defending- Improve Preventing the Opponent from Scoring (B)
GOAL: Improve preventing the opponent from scoring
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Defending
DURATION: 90 min

Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: