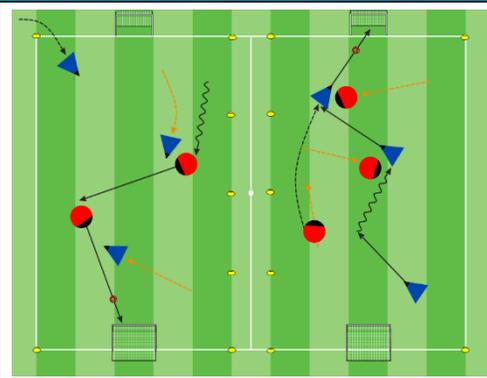


 	<b>GOAL:</b>	Prevent build up in your attacking half	<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Pressure, steal the ball,	<b>8U</b>
	<b>KEY QUALITIES</b>	Read & understand the game, take initiative, focus	
	<b>MOMENT</b>	Defending	<b>DURATION</b>

<b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>	<b>18 Min.-Play multiple 3-4 minute games</b>
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**Objective:** to deny the opponent's ability to create scoring chances or scoring goals.

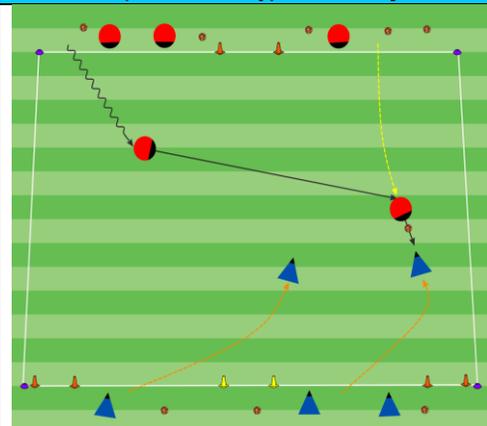
**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at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

**Key Words:** Attack the ball, work together

**Guided Questions:** Are the players engaged? Are all the players getting challenged?

**Answers:** have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).

<b>PRACTICE (Core Activity): 2v2 – Defend 3 Goals &amp; Counter to 1</b>	<b>18 Minutes-18 intervals 30 sec. play-30 sec. rest</b>
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**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. 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.

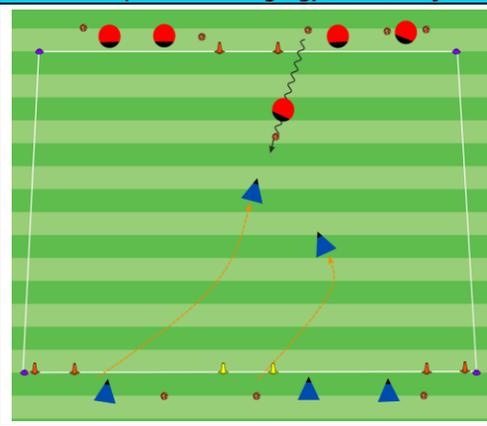
**Key Words:** attack the ball, help each other, win the ball

**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.

<b>PRACTICE (Less Challenging): 1v2 – Defend 3 Goals &amp; Counter to 1</b>	<b>18 Minutes-18 intervals-30 sec. play-30 sec. rest</b>
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**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 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. 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.

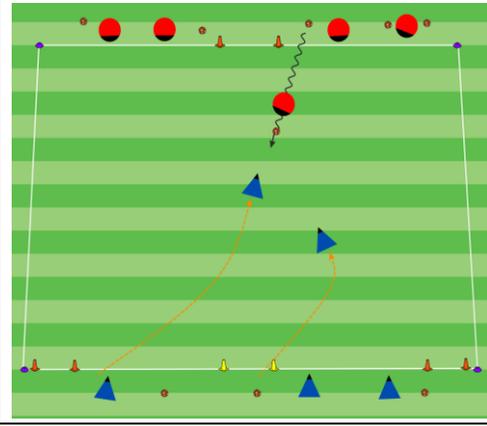
**Key Words:** attack the ball, help each other, win the ball

**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.

<b>PRACTICE (More Challenging): 3v2 – Defend 3 Goals &amp; Counter to 1</b>	<b>18 Minutes-12 intervals-1 min. play-30 sec. rest</b>
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**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. 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. 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

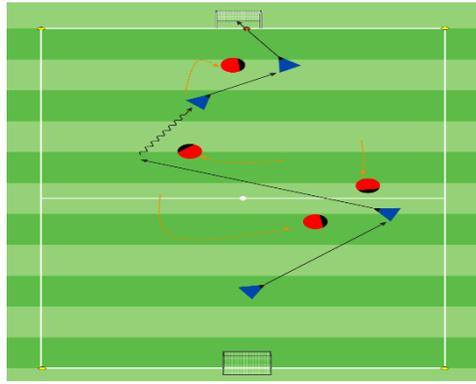
**Guided Questions:** Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

**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.

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

**28 Minutes-2 intervals-12 min. play-2 min. rest**



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

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 28 minutes – 2 intervals of 12 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:** Who should determine whether to dribble pass or shoot? What are successful practice indicators?

**Answers:** The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.

**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?