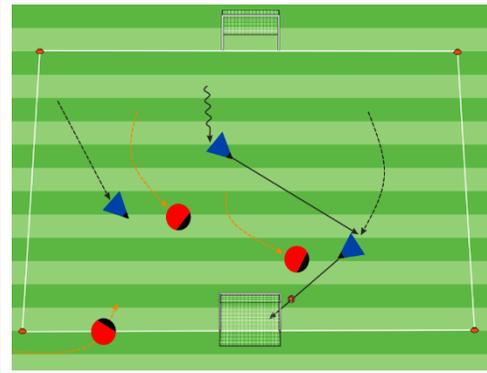




GOAL:	Prevent build up in the middle 1/3 of the field	AGE GROUP
PLAYER ACTIONS	Pressure, steal the ball, get compact	8U
KEY QUALITIES	Take initiative, read & understand the game	
MOMENT	Defending	DURATION
		60 Minutes
		4v4

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.

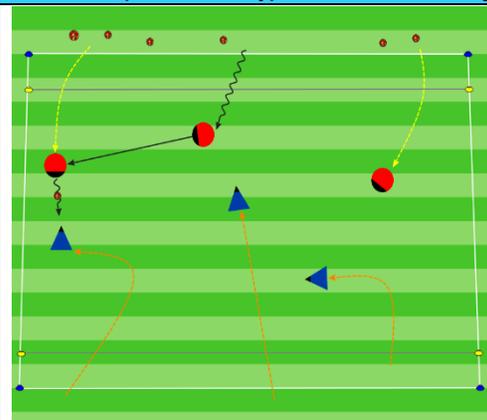
Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: Step to the ball, pressure, block your goal

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).

PRACTICE (Core Activity): 4 Corner Shooting/Defending **18 Minutes-6 intervals-2 min. play-1 min. rest**



Organization: In a 20Wx30L yard grid with a 3 yard end zone at each end, play a 3v3 game. Each team defends 1 end zone and tries to score in the other. Play the game for 2 minutes. Goals are scored if a team can play the ball into their opponent's end zone by either dribbling in or passing to a teammate and stopping it. The defending team cannot wait in the end zone but can enter to stop the attack. **Rules:** play local laws/rules of the game other than scoring.

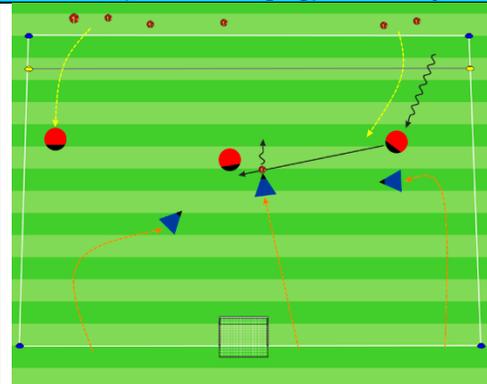
Key Words: move together, step to the ball, close the openings

Guided Questions: Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

Answers: By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

Notes: Same size fields as the first play stage; simply add the end zone. 2 games can be played at the same time. This game can be 3v2 or 2v2 if attendance is low for training.

PRACTICE (Less Challenging): 3v3 – Defend Your Goal Counter to End zone **18 Minutes-6 intervals-2 min. play-1 min. rest**



Organization: In a 20Wx30L yard grid with a 3 yard end zone at one end & a mini goal at the other, play a 3v3 game. One team starts with the ball & they attack the mini goal. The other team can score if they can play the ball into their opponent's end zone by either dribbling in or passing to a teammate and stopping it. The game starts when the team attacking the mini goal either dribbles onto the field or passes to a teammate. **Rules:** play local laws/rules of the game other than scoring. No Goal Keepers allowed.

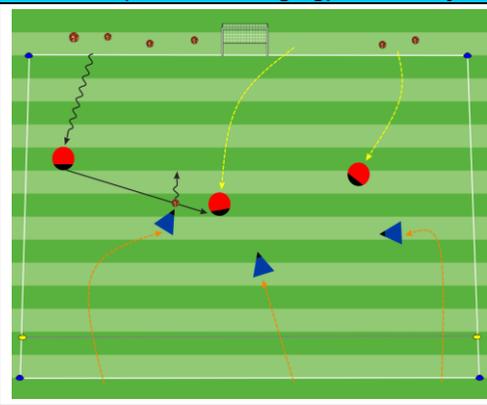
Key Words: move together, step to the ball, close the openings

Guided Questions: Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

Answers: By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

Notes: If a player is acting as a goal keeper, encourage them to step up to win the ball so, if they can win the ball, they will have a chance to score.

PRACTICE (More Challenging): 3v3 – Defend Your End Zone Counter to Goal **18 Minutes-6 intervals-2 min. play-1 min. rest**



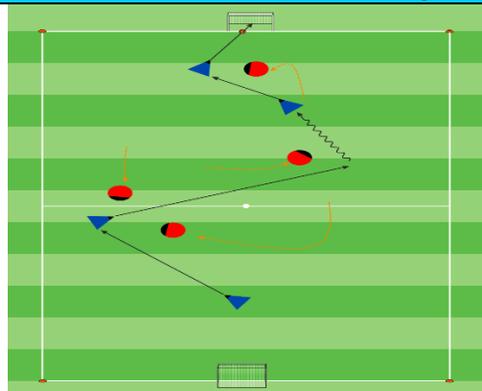
Organization: In a 20Wx30L yard grid with a 3 yard end zone at one end & a mini goal at the other, play a 3v3 game. One team starts with the ball & they score by dribbling or passing the ball into the end zone and stopping it. The defending team can score in the opponent's mini goal. The game starts when the team attacking the end zone either dribbles onto the field or passes to a teammate. **Rules:** play local laws/rules of the game other than scoring. No Goal Keepers allowed.

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

Guided Questions: Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

Answers: By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

Notes: If a player is acting as a goal keeper, encourage them to step up to win the ball so, if they can win the ball, they will have a chance to score.

2nd. PLAY PHASE: The Game – 4v4 (no Goal Keepers):**24 Minutes-2 intervals-10 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 24 minutes – 2 intervals of 11 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?**