## 1ST PLAY PHASE: Intentional Free Play



OBJ ECTIVE:To prevent the opponent from scoring.
ORGANIZATION: Mark out two $36 \times 24$-yard fields. Teams play 4 v 4 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, defend the player, defend the goal
GUIDED QUESTIONS: 1) Defenders, where should you steer the attackers to protect the goal? 2) What's a good formation to use for that? 3) What should you do when you're the defender in a face-to-face $1 v$ 1on the wing?

ANSWERS: 1) Away from the goal, onto the wing. 2) A 1-2-1formation. 3) Confront your opponent; if they dribble toward you, match their speed and try to force them toward the sideline; block them from shooting or crossing.

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): 1v 1on One Goal with Goalkeeper and Two Goal Lines

OBJ ECTIVE:To prevent the opponent from scoring.
ORGANIZATION: Mark out two $28 \times 36$-yard fields, each with one goal and two goal lines. Position four attackers, three defenders and one goalkeeper on each field as shown. The central attacker starts the 1v 1with a pass to either teammate, then runs to that player's position. The defender reacts by running forward and trying to stop the receiver from scoring. Play for 30 minutes with two breaks.

KEY WORDS: Defend the goal
GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why?

ANSWERS: 11 To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker onto the wing. 3) The inside.4) Because that would put them in a much better position to shoot.


## PRACTICE (Less Challenging): 1v 1on One Goal with Goalkeeper and Two Goal Line

OBJ ECTIVE:To prevent the opponent from scoring.
ORGANIZATION: Same as Core Activity, except there is only one wing attacker. Make sure players stay in their assigned positions.

KEY WORDS: Defend the goal
GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why?

ANSWERS: 1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker onto the wing. 3) The inside.4) Because that would put them in a much better position to shoot.

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.


PRACTICE (More Challenging): 1v 1on One Goal with Goalkeeper and Two Goal Line
OBJ ECTIVE: To prevent the opponent from scoring.
ORGANIZATION: Same as Core Activity, except the central attacker chooses a wing attacker, who dribbles onto the field for the 1 v 1

KEY WORDS: Defend the goal
GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why?

ANSWERS: 1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker onto the wing. 3) The inside.4) Because that would put them in a much better position to shoot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this MoreChallenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.


## 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 players?

## 2ND PLAY PHASE:The Game

OBJ ECTIVE:To prevent the opponent from scoring.
ORGANIZATION: Mark out a $60 \times 55$-yard field. Divide players into two teams of eight. Each plays a 1-3-1-3. Play according to the Laws of the Game and the standards of play found in the U.S.Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" ( 5 minutes max).

KEY WORDS: Stay compact, defend the player, defend the goal
GUIDED QUESTIONS: 1) How can you keep the opponent from scoring? 3) What should you do when you're the defender in a face-to-face $1 v$ lon the wing? 3) Which side do you not want the attacker to break through on? 4) Why?

ANSWERS: 1) Defend as a compact unit; actively engage the ball carrier; force the opponent to the sidelines; move with the ball; block shots. 2) Confront your opponent; if they dribble toward you, match their speed and try to force them toward the sideline; block them from shooting or crossing. 3) The inside. 4) Because that would put them in a much better position to shoot.

## 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?
