
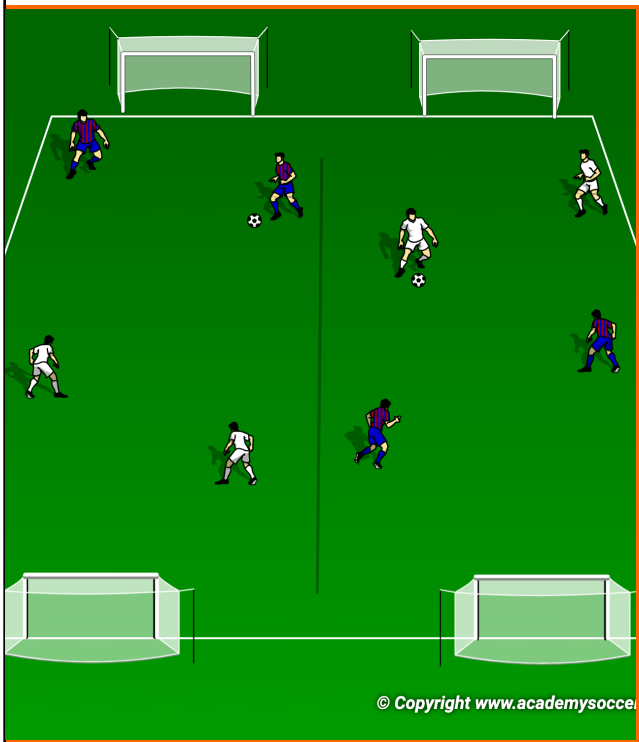


<p>Spring 2024</p> 	GOAL:	Defending Numbers Up				2/
	PLAYER ACTIONS	Be engaged on defense, being organized and disciplined. Keeping the player in front and protecting the goal.				
	KEY QUALITIES	Being organized and stay engaged on defense.				
	MOMENT	Defense	DURATION	90 minutes	PLAYERS	

SKILL ACQUISITION: Press: Go to the player with the ball as soon as possible. – **Contain:** Being patient to win the ball, – while keeping the attacking player with the ball in front, waiting for the moment to win the ball.

Winning the ball: See the correct moment to engage to get the ball from the opposition.

1 PLAY PHASE (Intentional Free Play)	DURATION: 25 min. - INTERVALS: 5 - ACTIVITY: 4 min. - REST: 1 min.
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OBJECTIVE: Defend your goal and attack the opposite goal.

PLAYER ACTIONS: Pass or dribble forward, use space, engage defensively,

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L with end zone either side of the field. Do these 5 yards from the end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

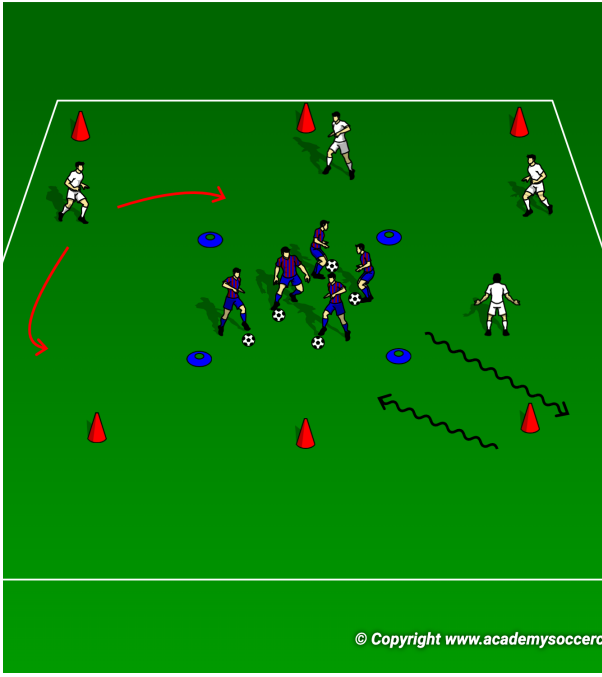
KEY WORDS: Engage on defense, be patient.

GUIDED QUESTIONS: What should you do when your team does not have the ball? Do you have to win it straight away?

ANSWERS: Press as soon as we lose the ball, and try to win it. Not, win it straight away, be patient when you can try and win it.

NOTES: Make players aware of when to try and win the ball and when to be patient to win it. Use the team to defend and know when to attack or when to be patient because the team is not behind.

CORE ACTIVITY: Jailbreak	DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min . - REST: 1min.
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OBJECTIVE: Attackers have to dribble outside the box (where defenders are not allowed in), towards one of the tall cones at the end, go around it and back into the box (safe zone) to get 5 points. Defenders need to try and win the ball. If the defender wins, the ball gets 5 points. If defenders win the ball and dribble back to the box they get 10 points.

PLAYER ACTIONS: Defend as a collective, press and try and win the ball from attackers, while being organized and disciplined.

ORGANIZATION: Box 8x8 in the middle, and 4-5 cones in a line 10-15 steps both sides opposite of the box in the middle. Have 5-7 players as attackers and 4-5 defenders.

KEY WORDS: Work together on defense, press and contain, wait for the correct moment to engage and win the ball (when having numbers up defensively).

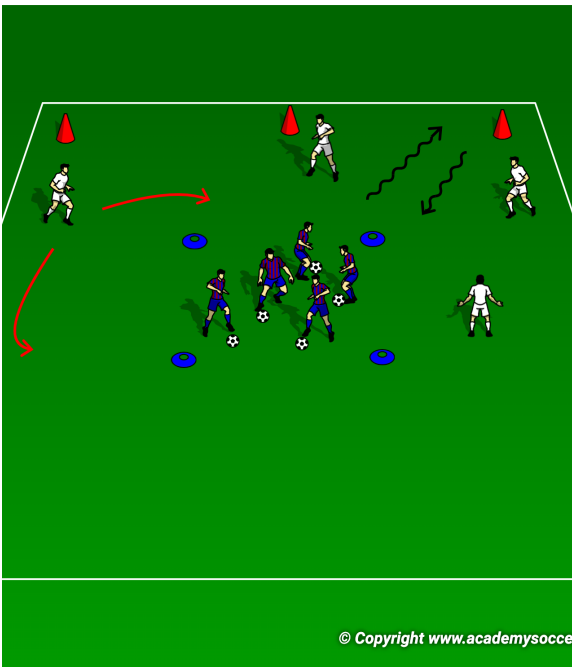
GUIDED QUESTIONS: How can you be more successful in winning the ball from attackers? How can you make number superiority on defense? Then how to be organized when keeping and trying to win the ball?

ANSWERS: Working together on defense and making it organized. Organizing when and to who of the attackers to step to and win the ball and creating 2v1 or even 3v1 situations to win the ball quickly. Lots of communication as soon as one wins the ball, how will the others organize to win the next ball.

Non Focus Player: Attacking players who are going to be looking for the open space, being smart on when to attack which space, and making the most of the open space to go to the open cones. Get creative with the dribbling and how to confuse the defenders. Lots of decision making.

ESS CHALLENGING: Jailbreak (only one

DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min . - REST: 1min.



OBJECTIVE: Attackers have to dribble outside the box (where defenders are not allowed in), towards one of the tall cones at the end, go around it and back into the box (safe zone) to get 5 points. Defenders need to try and win the ball. If the defender wins, the ball gets 5 points. If defenders win the ball and dribble back to the box they get 10 points.

PLAYER ACTIONS: Defend as a collective, press and try and win the ball from attackers, while being organized and disciplined.

ORGANIZATION: Box 8x8 in the middle, and 4-5 cones in a line 10-15 steps one side of the box in the middle. Have 5-7 players as attackers and 4-5 defenders.

KEY WORDS: Patience, contain, organized, communication.

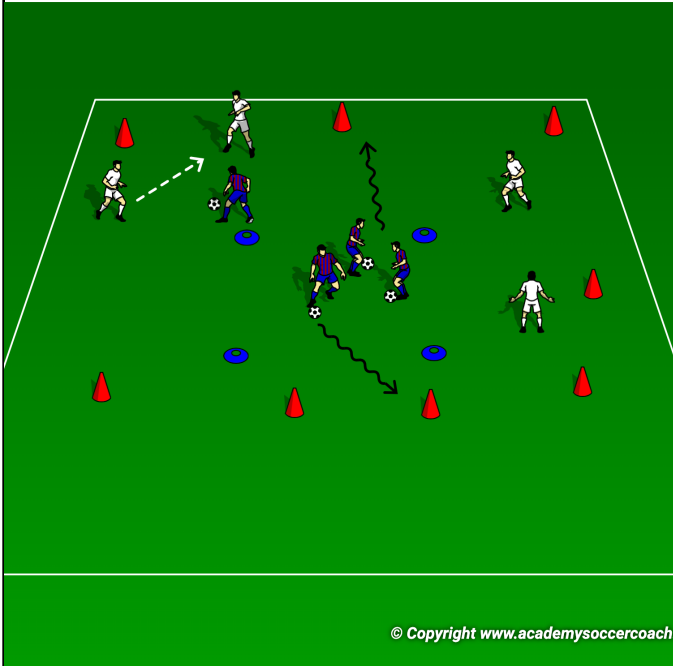
GUIDED QUESTIONS: How can we win the most points as the defensive team? Can we be more successful working collectively or individually? When we work together and we need to engage with another player, what do we do?

ANSWERS: Working together as a team and communicating, as soon as one player wins the ball, can we engage another player to get more points.

Non Focus Player: Attacking players who are going to be looking for the open space, being smart on when to attack which space, and making the most of the open space to go to the open cones. Get creative with the dribbling and how to confuse the defenders. Lots of decision making.

MORE CHALLENGING: Jailbreak (into some passing)

DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min. - REST: 1min.



OBJECTIVE: Attackers have to dribble outside the box (where defenders are not allowed in), towards one of the tall cones at the end, go around it and back into the box (safe zone) to get 5 points, if they can get around two cones in a row and back to the box they can get 15 points. Defenders need to try and win the ball. If the defender wins, the ball gets 5 points. If defenders win the ball they need to complete two passes and get the ball back to the box they get 15 points. If they only dribble it back to the box it is 10 points.

PLAYER ACTIONS: Defend as a collective, press and try and win the ball from attackers, while being organized and disciplined.

ORGANIZATION: Box 8x8 in the middle, and 4-5 cones in a line 10-15 steps all sides of the box in the middle. Have 5-7 players as attackers and 4-5 defenders.

KEY WORDS: Work together on defense, press and contain, wait for the correct moment to engage and win the ball (when having numbers up defensively). Force one side. Combine when winning the ball. Communicating roles defensively.

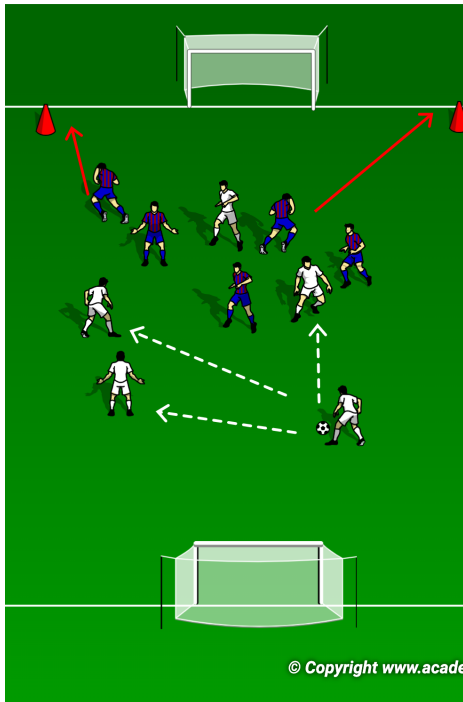
GUIDED QUESTIONS: How can you be more successful in winning the ball from attackers? Which side are we forcing the attacker? When we win the ball, how can we combine and get to the box? How can you make numbers superior on defense? Then how to be organized when keeping and trying to win the ball? When players are trying to combine, how are the rest going to start engaging on another attacking player to then join in?

ANSWERS: Working together and making number superiority on defense. Force the attackers away from the box and corner them using number superiority on defense. As soon as we win the ball, look to combine and keep possession of the ball, by stretching the field and looking at the end for the box. When some are passing, another starts to engage and organize the next press to the next attacker, so when other defenders join in to the defender, be already organized.

Non Focus Player: Attacking players who are going to be looking for the open space, being smart on when to attack which space, and making the most of the open space to go to the open cones. Get creative with the dribbling and how to confuse the defenders. Lots of decision making.

2 PLAY PHASE: The Game – with numbers up on defense

DURATION: 30 min - INTERVALS: 2 - ACTIVITY: 13 min. - REST: 2min.



OBJECTIVE: Two teams with different colors and even numbers. Each player will have a number, when coach calls color and number (has to be team attacking), respective players have to run towards the corner of the goal they are defending to then join back in the game.

PLAYER ACTIONS: When the defensive team has numbers up, react to it and win the ball as soon as possible, but keeping organized.

ORGANIZATION: Normal field and game, two equal teams with different color pennies. Each player should have a number assigned on each team. Cones on each corner.

KEY WORDS: React, win the ball, press, organize.

GUIDED QUESTIONS: When can you go and win the ball? When do you have to organize?

ANSWERS: As soon as the other team has less players and we can have numbers up defensively, Communicating when this happens and the players are out of the play.

Non player: Be patient on the play and keep possession of the ball with numbers down, until players join back in the play. Score as soon as possible and take advantage when numbers are equal. When it's transition of defense to offense, take advantage of number superiority.

FIVE ELEMENTS of TRAINING EXERCISE

TRAINING SESSION SELF-REFLECTION QUESTIONS

1.Organized: Is the exercise organized in the right way?

2.Game like: Is the exercise game like?

3.Repetitions: Are there repetitions 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 the proper coaching based on the age/level of the players?

1. How did you achieve your goals of the training session?

2. What did you do well?

3. What could you do better?