
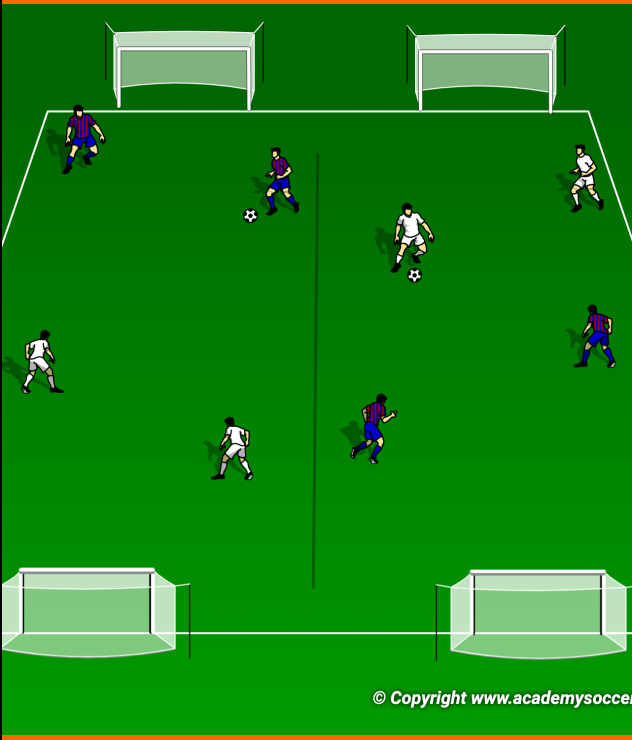
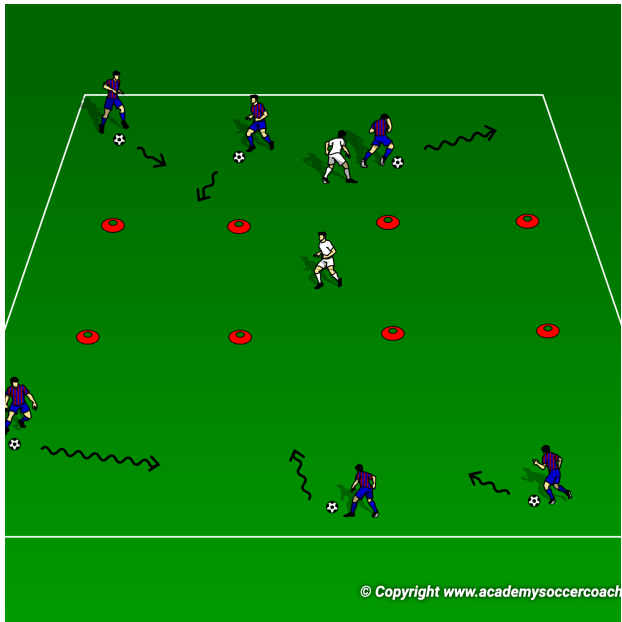


<p>Spring 2024</p> 	GOAL:	Collective defending					2/
	PLAYER ACTIONS	Defending as a team, press, cover and balance.					
	KEY QUALITIES	Being organized and stay engaged as a team.					
	MOMENT	Defense	DURATION	90 minutes	PLAYERS	8-12	

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. **Cover:** Be behind your teammate but covering if the player beats the first pressing player. – **Balance:** Be the player ready for when the ball is switch to the other side or if my other teammates got defeated.

1 PLAY PHASE (Intentional Free Play)	DURATION: 25 min. - INTERVALS: 5 - ACTIVITY: 4 min. - REST: 1 min.
	<p>OBJECTIVE: Defend your goal and attack the opposite goal.</p> <p>PLAYER ACTIONS: Pass or dribble forward, use space, engage defensively,</p> <p>ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L with the 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.</p> <p>KEY WORDS: Engage on defense, be patient.</p> <p>GUIDED QUESTIONS: What should you do when your team does not have the ball? Do you have to win it straight away?</p> <p>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, and wait until I have support from my teammates.</p> <p>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.</p>
CORE ACTIVITY: Collective defending	DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min . - REST: 1min.



OBJECTIVE: Defending team to be able to knock out as many balls out from the players with the ball on each side in 2 minutes. When a player with the ball gets their ball knocked out, they join the defending team.

PLAYER ACTIONS: Work together on defense to be able to knockout all the balls possible on each side. Defend collectively to get rid of as many soccer balls as possible.

ORGANIZATION: Two areas of 20x20 with a line of 5x20 in the middle where defenders will start. All players in the two areas on the outside with a ball and 2 players start as defense in the middle.

KEY WORDS: Press, cover, balance, work together, communicate.

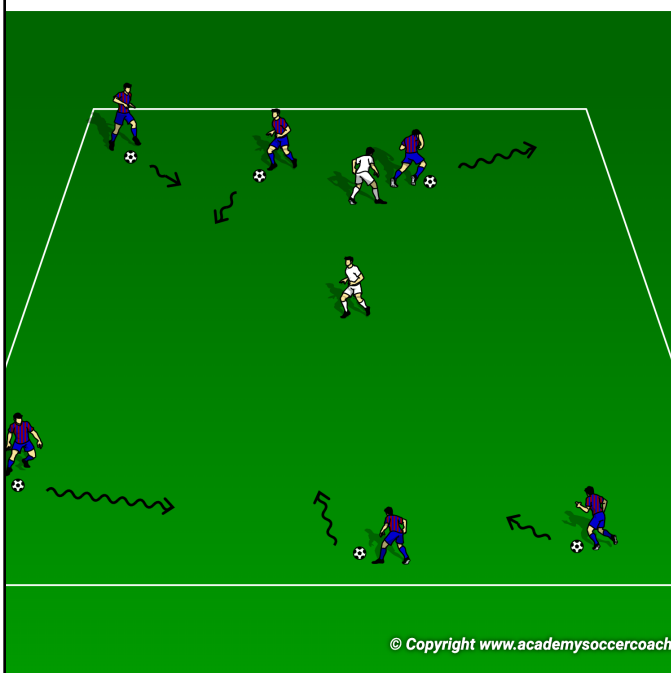
GUIDED QUESTIONS: What is the most effective way of winning the ball from the opposite players?

ANSWERS: Working together and knocking the balls out to then have even more defenders to keep knocking balls out.

Non Focus Player: Make defenders make decisions by using the space and dribbling around.

ESS CHALLENGING: Collective defending (one area)

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



OBJECTIVE: Defending team to be able to knock out as many balls out from the players with the ball in 2 minutes. When a player with the ball gets their ball knocked out, they join the defending team.

PLAYER ACTIONS: Work together on defense to be able to knockout all the balls possible. Defend collectively to get rid of as many soccer balls as possible.

ORGANIZATION: One big area of 30x30. All players in the area will have a ball, two players start without a ball, which they are the defenders. As soon as they win the ball from a player, that player becomes a defender also.

KEY WORDS: Press, cover, balance, work together, communicate.

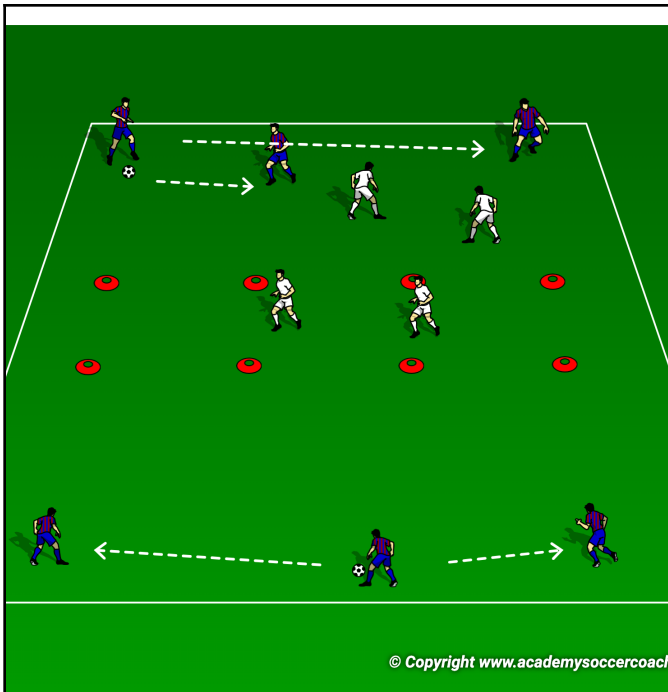
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ANSWERS: Working together and knocking the balls out to then have even more defenders to keep knocking balls out.

Non Focus Player: Make defenders make decisions by using the space and dribbling around.

MORE CHALLENGING: Collective defending (

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



OBJECTIVE: Defending team tries to win the ball from one of the sides, if they do, that team then becomes the defenders on the opposite side. One ball per side and players will be moving the ball and passing it between each other.

PLAYER ACTIONS: Work together on defense to be able to win the ball as soon as possible so the team does not get to combine and keep possession of the ball.

ORGANIZATION: Two areas of 20x20 with a line of 5x20 in the middle where defenders will start. All players in the two areas start as attacking/possession teams, passing one ball around to keep away from the defending players. Half of the defending team has to stay in the middle area and the other half has to try and win the ball from one side.

KEY WORDS: Press, cover, balance, work together, communicate.

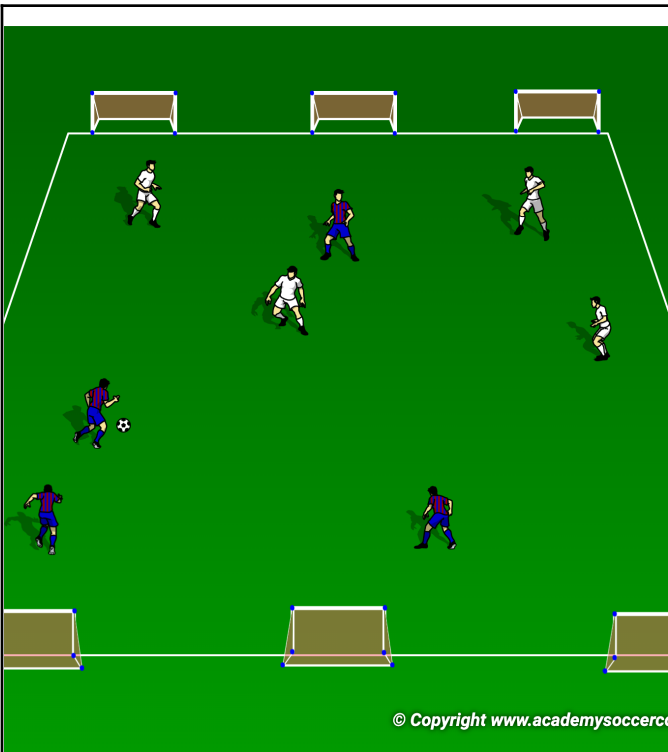
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Non Focus Player: Make defenders make decisions by using the space and dribbling around.

2 PLAY PHASE: The Game – 6 goal game

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



OBJECTIVE: Defend the three goals on your side and try to score on the opposite team's three goals. Normal game, just with three goals to score on and three to defend.

PLAYER ACTIONS: Defend three goals, and attack three goals. More important than on defense there is a lot of communication, since the attacking team has various options to score on, important to defend as a team and not just everyone trying to win the ball.

ORGANIZATION: 30x35 field with three goals on each side, two equal number teams with one ball to play. Teams defend three goals and defend three goals.

KEY WORDS: Defend together, communicate, organize, discipline, be aware of where to defend.

GUIDED QUESTIONS: How can we get organized to protect all three goals?

ANSWERS: Communicate and one press, another cover and others balance.

Non player: Try to score in any of the three goals, be direct and score as fast as possible before the opposite team has time to get set and organized on defense.

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?