



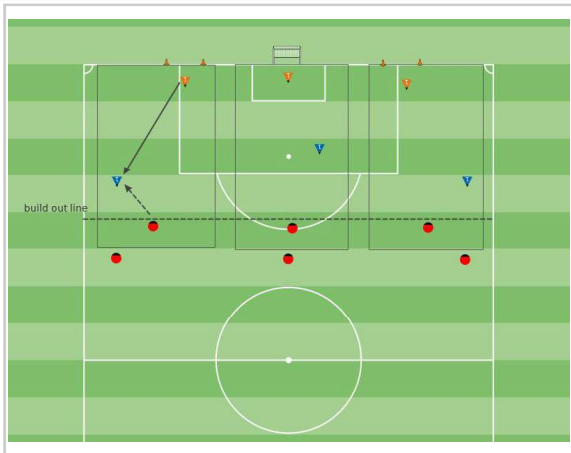
Topic: Preventing opponents buildup out of their own half

Objective: To score more goals by winning the ball in the opposing half

Player Actions: Defending (pressure and cover), dribbling, passing, shooting

Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival

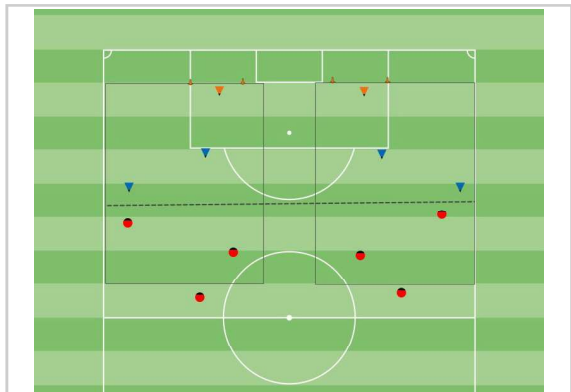


Objective: To prevent opponents buildup to create more chances to score goals

Organization:
 12w x 18l grids (3x) - two six yard goals on the outer grids and large goal in center grid.
 Ball starts with GK and plays to player inside buildout line. As soon as ball is played, defender can enter.
 Goal for defensive team can be end line (easier) or target (more difficult).

Coaching Points/Guided Questions

What should you do when GK plays the ball? Pressure
 Where do we want to prevent them from going? Forward
 When you win it, where will you go?

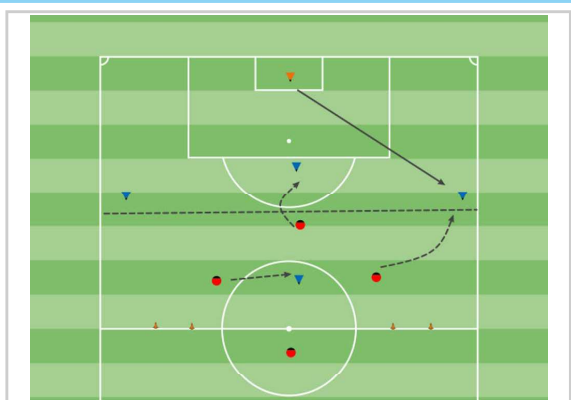


Objective: To prevent opponents buildup to create more chances to score goals

Organization:
 20w x 30l - 2 grids with GK and larger goal on end to target on other end
 Start ball with GK - 2v2 in grid, both teams have support player.
 Defensive team plays to other team support for target

Coaching Points/Guided Questions

What should you do when GK plays the ball? Pressure
 Where do we want to prevent them from going? Forward
 How can second defender help win the ball? Provide cover. Prevent the pass.
 When you win it, where will you go?



Objective: To prevent opponents buildup to create more chances using larger numbers

Organization:
 Width of field to half line
 3v4 on the field with GK and support player (CM in a 1-2-3-1 or CB in a 1-3-2-1)
 GK starts with ball, but let play flow as well with rules of the game sometimes starting with the support player to keep motivation high.

Coaching Points/Guided Questions

When should we pressure? As soon as GK plays it
 Where should we go when GK plays it? Each player has a role
 Where do we force them? Can we prevent the opponent from moving the ball forward?

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 6v6 - 7v7 (U10) - Best to play a 1-3-2-1 or 1-2-3-1

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4 7v7 9v9 11v11

Moment: Defending in opponents half

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