



Topic: Prevent opponent from building in our own half

Objective: To prevent scoring opportunities by prevent the ball from moving forward in our own half

Player Actions: Defend, dribble, pass

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: Prevent the opponent from moving forward and win the ball

Organization:

Grid as shown on a 7v7 field. 4v3

Ball is played from one of two targets. Targets can be used as neutrals for red if needed. Blue midfielder (M) tries to split field in half and make it compact.

Coaching Points/Guided Questions

How can we create a 3v3? Force one way.

If the outside player has the ball, why is the other outside player so open?

Can we get there when the ball does if they play the ball across? yes



Objective: Win the ball in our own half to prevent scoring opportunities

Organization:

Field shown on a 7v7 field

6v5+GK to large goal and two counter goals

Ball is played from coach

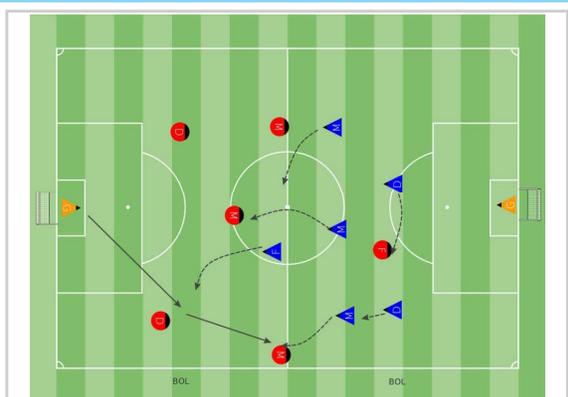
Coaching Points/Guided Questions

Can we press to keep them on one half?

Which players are we leaving open as the ball moves? Why? Can we get to them and provide pressure if they play that ball?

Can we make sure everyone is marked within support of the ball?

Where do we go when we win the ball?



Objective: Prevent the opponent from going forward and win the ball

Organization:

7v7 game - 1-2-3-1 vs. 1-2-3-1

Coach the session

May have to bring out width with attacking team and going away from pressure

Coaching Points/Guided Questions

Can we press to keep them on one half?

Which players are we leaving open as the ball moves? Why?

Can we make sure everyone is marked within support of the ball?

Where do we go when we win the ball?

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

Play 7v7

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: When we are defending in our own half

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