

## 7v7 Defending- Improve Preventing the Opponent from Building Up in Their Own Half (A)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative

12

90 min

**1ST PLAY PHASE: Intentional Free Play**

**PRACTICE (Core Activity): 1 v 1 on Wing**

**PRACTICE (Less Challenging): 1 v 1 on Wing**

**PRACTICE (More Challenging): 1 v 1 on Wing**

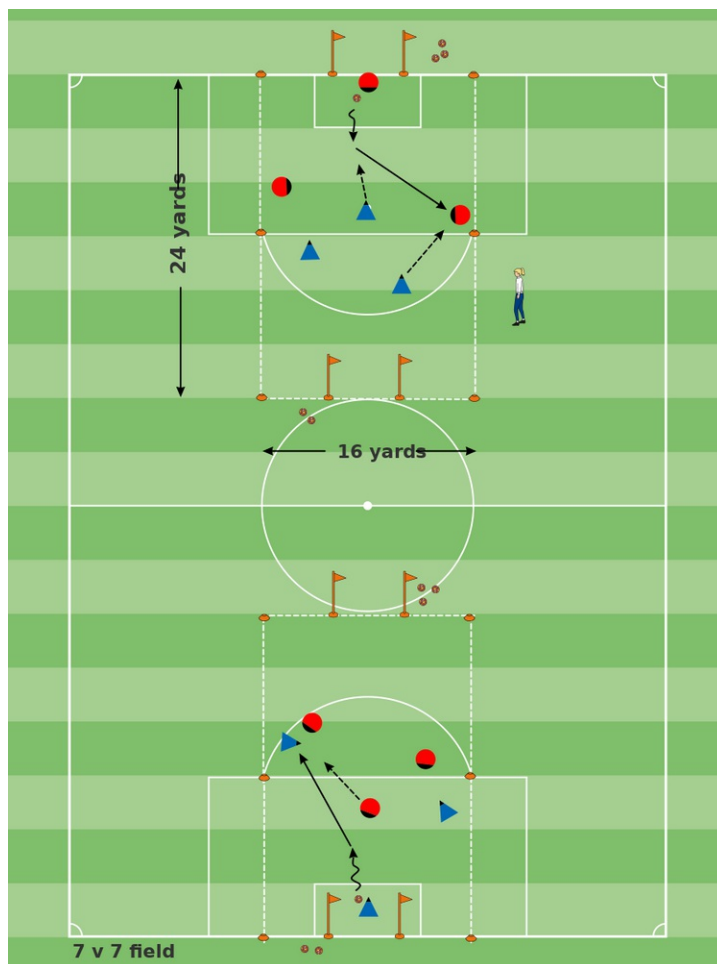
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative



### ORGANIZATION:

Mark out two 24 x 16-yard fields. Divide players into four teams of three. Teams play 3 v 3 on 6-yard goal lines without goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

### KEY WORDS:

Stay compact, pressure and cover, attack the ball

### GUIDED QUESTIONS:

1) How can you win the ball back quickly after a goal? 2) What's the advantage of disrupting their buildup quickly?

### ANSWERS:

1) Instead of dropping way back, form a compact block in the middle of the field and defend from there. 2) It keeps opponents away from our goal, and if we win the ball back we're already inside their half, in position to score a quick goal.

### NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



**MOMENT:**

Defending



**AGE:**

U9-U10 / 7v7



**PLAYERS:**

3 vs 3



**DURATION:**

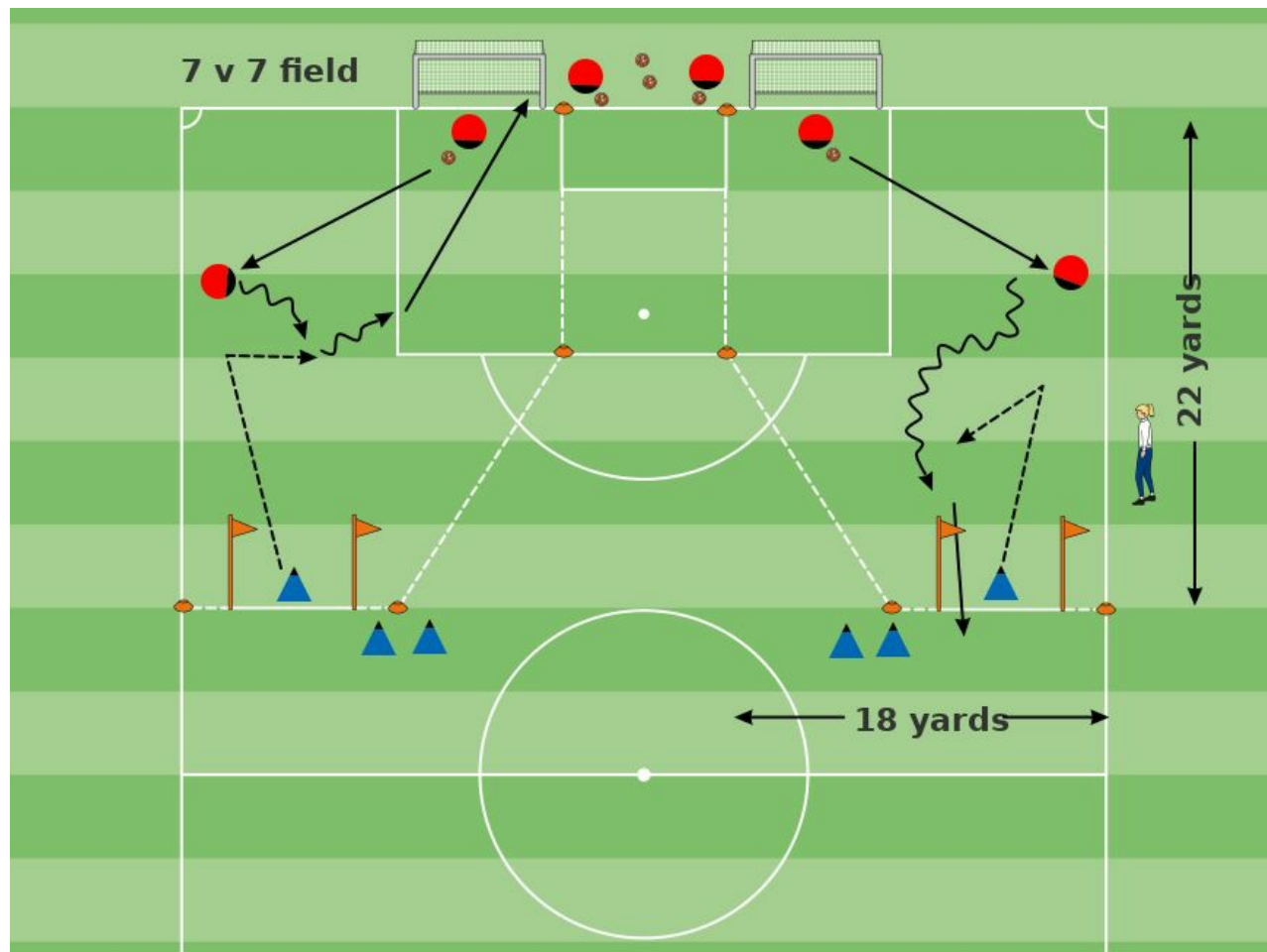
30:0 min

## PRACTICE (Core Activity): 1 v 1 on Wing

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative



### ORGANIZATION:

Mark out two fields as shown. Three attackers (Red) and three defenders (Blue) play on each field. Each 1 v 1 begins with a pass from the goalkeeper. As soon as the pass is played, the defender runs out from behind the goal (build-out) line and tries to win the ball and counterattack on the standard goal. Players rotate after each round. Red's goalkeeper moves onto the field, the field player goes off and the extra player rotates into goal. Play for 30 minutes with two breaks.

### KEY WORDS:

Attack the ball, immediate pressure, force their heads down

### GUIDED QUESTIONS:

1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?

### ANSWERS:

1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Move while the ball is moving on the pass. Stop the attacker and take them on 1 v 1.

**MOMENT:**  
Defending

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
1 vs 1

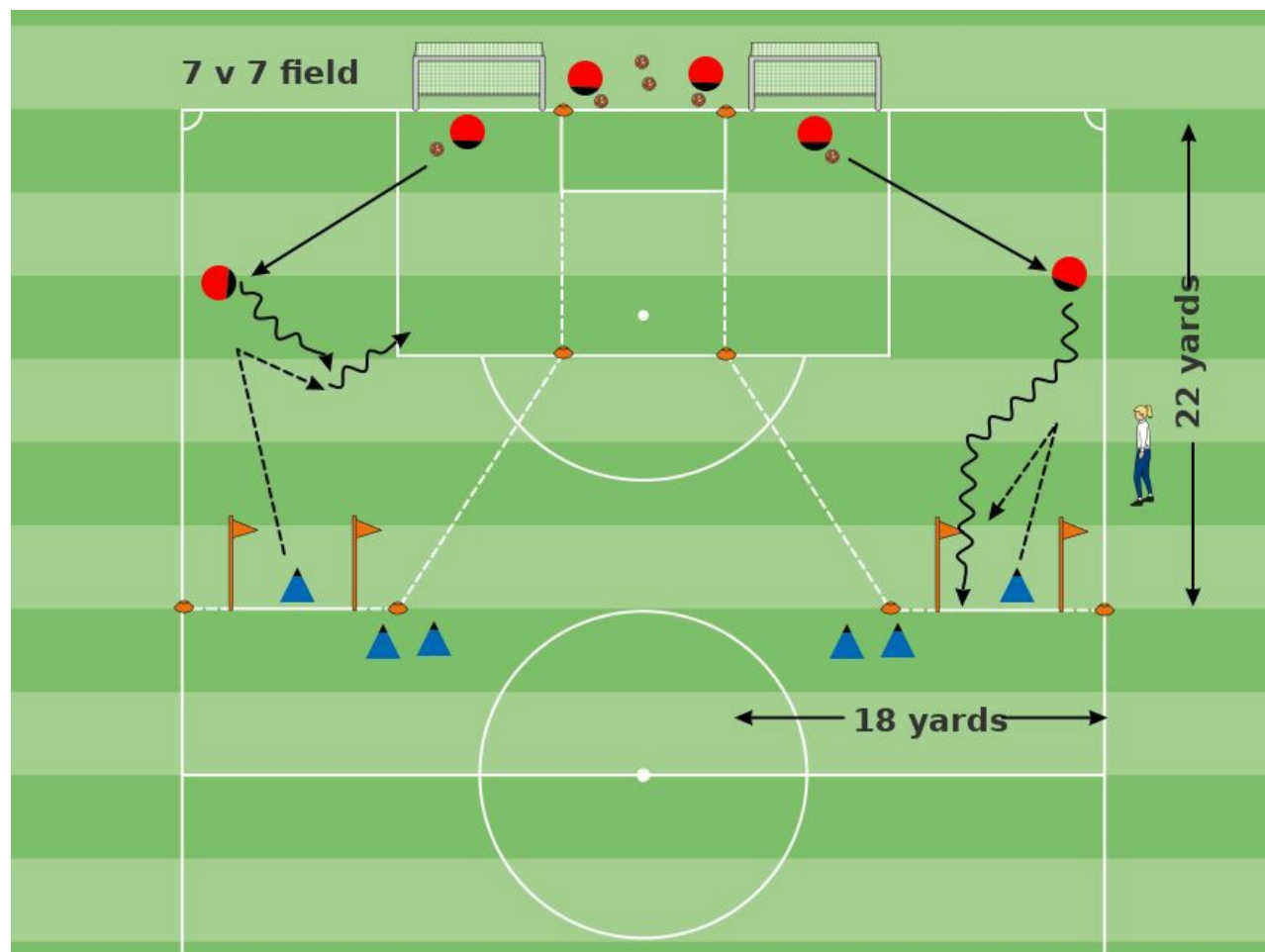
**DURATION:**  
30:0 min

### PRACTICE (Less Challenging): 1 v 1 on Wing

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative



#### ORGANIZATION:

Same as core activity, except the attacker has to dribble across the goal line to score.

#### KEY WORDS:

Attack the ball, immediate pressure, force their heads down

#### GUIDED QUESTIONS:

1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?

#### ANSWERS:

1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Move while the ball is moving on the pass. Stop the attacker and take them on 1 v 1.

#### 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.



**MOMENT:**

Defending



**AGE:**

U9-U10 / 7v7



**PLAYERS:**

1 vs 1



**DURATION:**

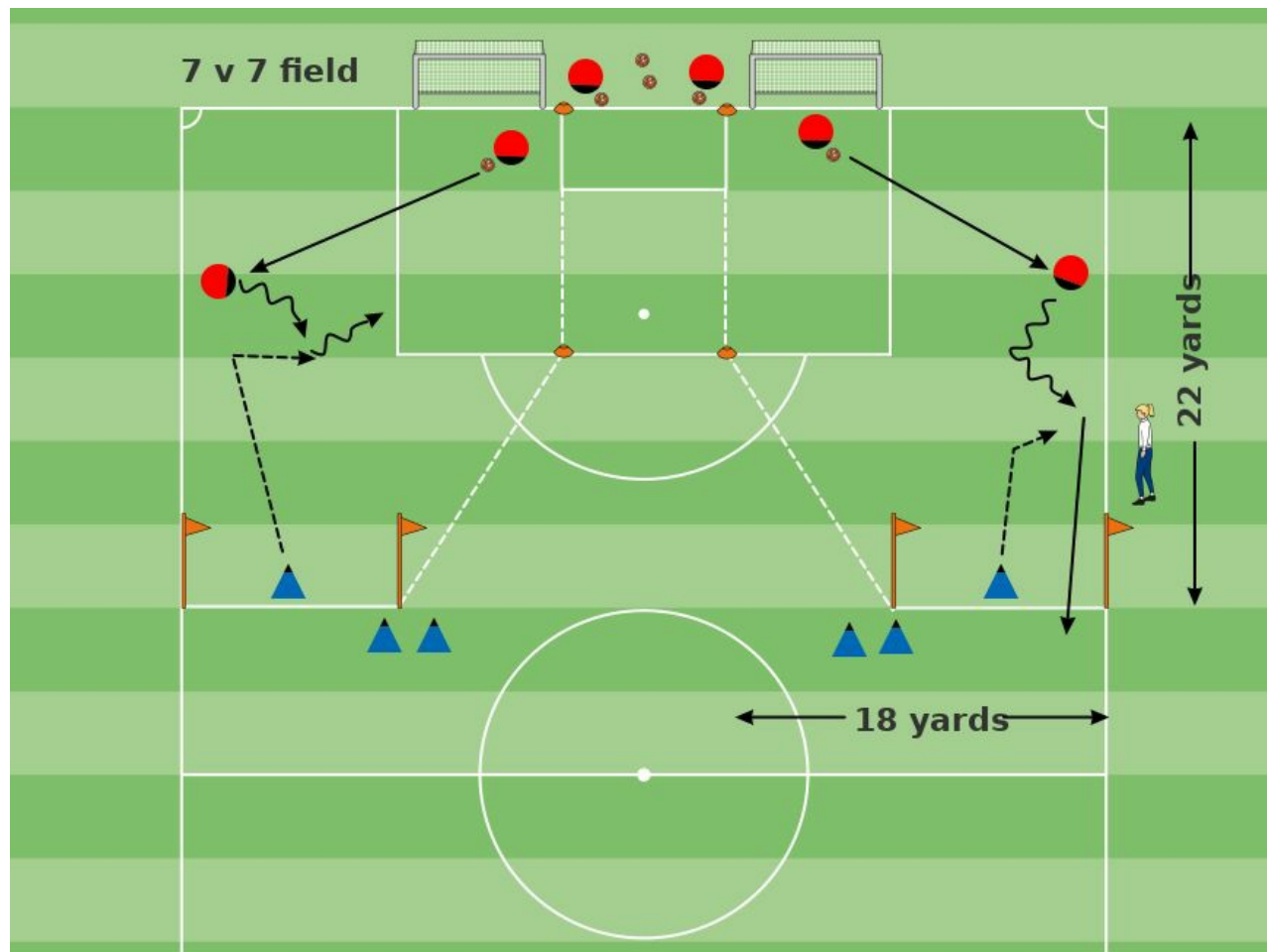
30:0 min

### PRACTICE (More Challenging): 1 v 1 on Wing

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative



#### ORGANIZATION:

Same as core activity, except the goal lines are extended to 10 yards.

#### KEY WORDS:

Attack the ball, immediate pressure, force their heads down

#### GUIDED QUESTIONS:

1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?

#### ANSWERS:

1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Move while the ball is moving on the pass. Stop the attacker and take them on 1 v 1.

#### NOTES:

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



**MOMENT:**

Defending



**AGE:**

U9-U10 / 7v7



**PLAYERS:**

1 vs 1



**DURATION:**

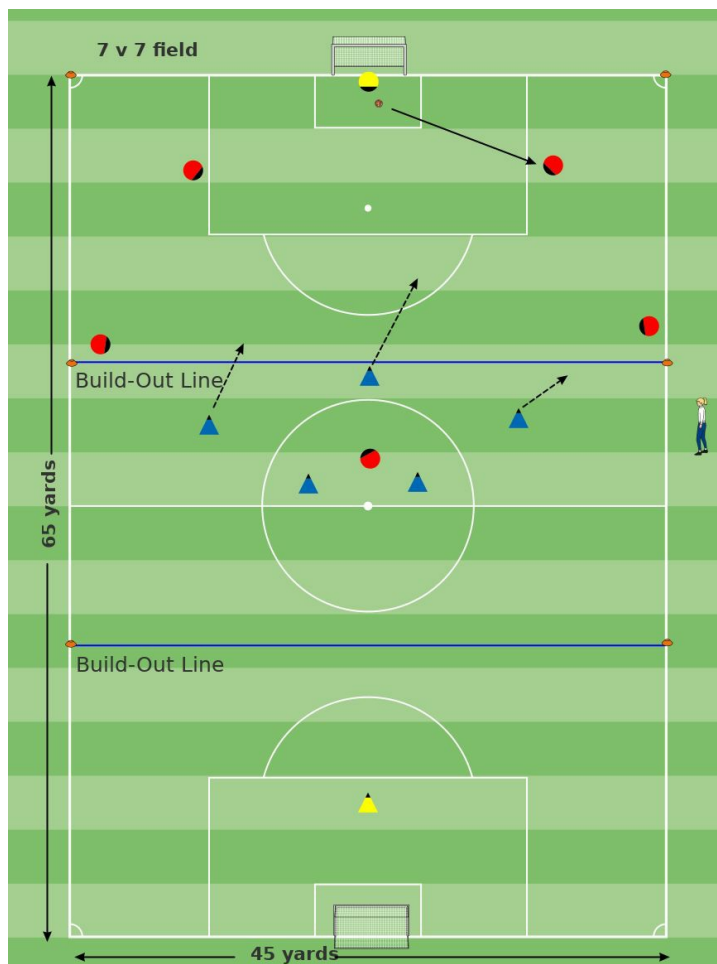
30:0 min

## 2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative



### ORGANIZATION:

Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Each team tries to disrupt the other's buildup as quickly as possible.

### KEY WORDS:

Stay compact, pressure and cover, attack the ball

### GUIDED QUESTIONS:

1) How often did you win the ball in the opponent's half? 2) What do you need to do to win the ball more often?

### ANSWERS:

1) General question asked to focus players' attention. 2) Don't be afraid to defend high up the field. Get compact and stay compact. Wait for signals to start pressing and work together to put pressure on opponents.

**MOMENT:**  
Defending

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
6 vs 6

**DURATION:**  
30:0 min

## 7v7 Defending- Improve Preventing the Opponent from Building Up in Their Own Half (A)

GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative

AGE: U9-U10 / 7v7 / 12 players

Defending

DURATION: 90 min



### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: