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	<b>PLAYER ACTIONS</b>	Protect the goal, make it and keep it compact, mark the player/mark the area							
	<b>KEY QUALITIES</b>	Reading the game, focus, take initiative							
	<b>AGE GROUP</b>	U11-U12 / 8V8 / 16 Players	<b>MOMENT</b>	Defending	<b>DURATION</b>	60 min			
<b>1<sup>st</sup> PLAY PHASE</b>	1V1, 2V1, 2V2...4V4	<b>Duration:</b>	9 min	<b>Activity time:</b>	2.5 min	<b>Rest time:</b>	30 sec	<b>Intervals</b>	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit <a href="http://westmilfordyouthsoccer.org/play-practice-play/">http://westmilfordyouthsoccer.org/play-practice-play/</a> for full description									
<b>PRACTICE (Core Activity):</b>		<b>Duration:</b>	24	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	6
	<p><b>6v5 TO A REGULAR GOAL AND TWO COUNTER GOALS:</b>  <b>OBJECTIVE:</b> To prevent the opponent from scoring.</p> <p><b>ORGANIZATION:</b> Set up a 80Wx60L yard field with a regular goal and two counter goals. Play 6v5, the Red team scores in the regular goal and the Blue team in either of the two counter goals. Red always starts with the ball. Rotate players every interval.</p> <p><b>KEY WORDS:</b> Defend the winger, deny the cross, drop to defend the goal and get compacted in the box.</p> <p><b>GUIDED QUESTIONS:</b> 1.- How can we prevent the cross from the winger? 2.- Where should the other defenders go when the ball is in the flanks?</p> <p><b>ANSWERS:</b> 1.- Get in between your opponent and the goal, block the cross. 2.- They drop towards the goal, get/stay compacted and mark the Red strikers.</p> <p><b>NOTES:</b> Start with the Core Activity. If it is too difficult, switch to the Less Challenging Activity. If it is too easy, switch to the More Challenging Activity.</p>								
<b>PRACTICE (Less Challenging):</b>		<b>Duration:</b>	24	<b>Activity time:</b>	3 min	<b>Rest time:</b>	3 min	<b>Intervals</b>	4
	<p><b>3v3 to DIAGONAL GOALS AND A COUNTER GOALS:</b>  <b>OBJECTIVE:</b> To prevent the opponent from scoring..</p> <p><b>ORGANIZATION:</b> Set up a two 25Wx35L yard fields with two diagonal goals at the end line and one counter goal at the other end line. Play 3v3, the Red team scores in the either of the two diagonal goals and the Blue scores in the counter goal.</p> <p><b>KEY WORDS:</b> Defend the winger, deny the cross, drop to defend the goal and get compacted in the box.</p> <p><b>GUIDED QUESTIONS:</b> 1.- How can we prevent the cross from the winger? 2.- Where should the other defenders go when the ball is in the flanks?</p> <p><b>ANSWERS:</b> 1.- Get in between your opponent and the goal, block the cross. 2.- They drop towards the goal, get/stay compacted and mark the Red strikers.</p> <p><b>NOTES:</b> Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.</p>								
<b>PRACTICE (More Challenging):</b>		<b>Duration:</b>	24	<b>Activity time:</b>	7 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	3
	<p><b>7v8 TO A REGULAR GOAL AND TWO COUNTER GOALS:</b>  <b>OBJECTIVE:</b> To prevent the opponent from scoring.</p> <p><b>ORGANIZATION:</b> Set up a 80Wx60L yard field with a regular goal and two counter goals. Play 7v8. The Red team scores in the regular goal and the Blue team in either of the two counter goals. Red always starts with the ball. Rotate players every interval.</p> <p><b>KEY WORDS:</b> Defend the winger, deny the cross, drop to defend the goal and get compacted in the box.</p> <p><b>GUIDED QUESTIONS:</b> 1.- How can we prevent the cross from the winger? 2.- Where should the other defenders go when the ball is in the flanks?</p> <p><b>ANSWERS:</b> 1.- Get in between your opponent and the goal, block the cross. 2.- They drop towards the goal, get/stay compacted and mark the Red strikers.</p> <p><b>NOTES:</b> Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.</p>								
<b>2<sup>nd</sup> PLAY PHASE</b>	8v8(1-3-2-2v1-2-2-3)	<b>Duration:</b>	27 min	<b>Activity time:</b>	11 min	<b>Rest time:</b>	2.5 min	<b>Intervals</b>	2
Finish the session with a scrimmage using all FIFA rules, visit <a href="http://westmilfordyouthsoccer.org/play-practice-play/">http://westmilfordyouthsoccer.org/play-practice-play/</a> for full description.									
<b>FIVE ELEMENTS OF TRAINING ACTIVITY</b>					<b>TRAINING SESSION SELF REFLECTION QUESTIONS</b>				
<ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game like:</b> Is the activity game like?</li> <li><b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there the right coaching based on the age/level of the players?</li> </ol>					<ol style="list-style-type: none"> <li><b>How did you do in achieving the goal of the training session?</b></li> <li><b>What did you do well?</b></li> <li><b>What could you do better?</b></li> </ol>				