

U10 (7v7) Prevent Opponent Building Out

Play 1 (Prevent Build Up)

3v3

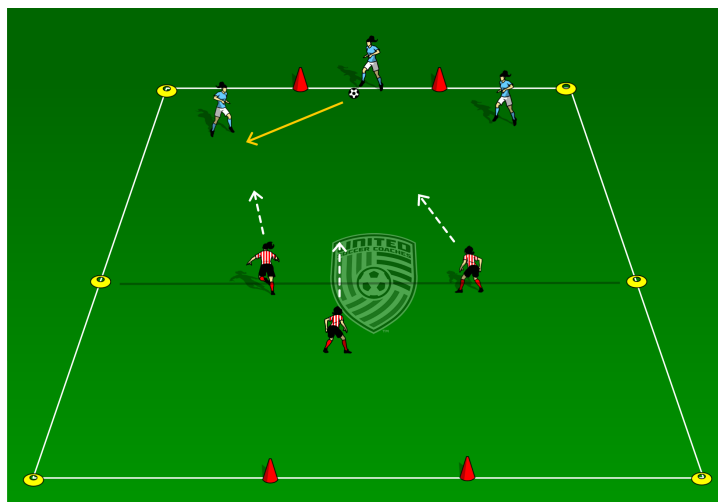
Set up parallel fields up to 24x16-yds with a 6-yd goal line without goalkeepers at each end. Play 2v2 up to 3v3. Free play. Restart with kick-ins. Ask questions in breaks. Players play to find the answers and give them in a future break.

Guided questions:

- How do you win the ball back quickly?
- What's the advantage of disrupting their build-up quickly?

Answers:

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



Practice (Prevent Moving Ball Up on Wings)

2v1

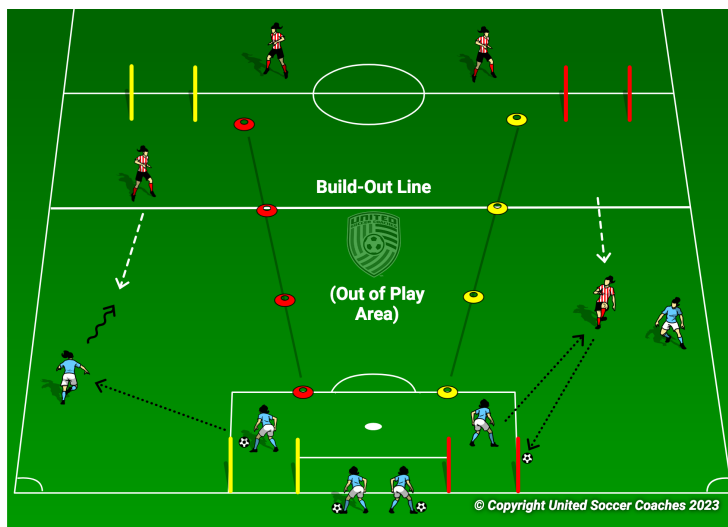
Set-up a fields as shown (up to 22x18-yds with full-size goal at each end). Play starts with a pass from the goalkeeper to set up a 1v1 on the field. Attacker attempts to score on goal at half-way line. Defender tries to win ball and score in the goal defended by goalkeeper. Rotate positions frequently. Play 30-mins with 2-3 breaks.

Guided questions:

- How do you react to the goalkeeper's pass?
- What might happen if you just run fast at the attacker?
- How do you stop the attacker playing the ball past us?

Answers:

- Move forward, get close to the attacker and pressure the ball.
- They could play the ball past us.
- Move while the ball is moving; stay goal-side and take them on 1v1.





Modifications

- Less Challenging: Same as core activity, except attacker dribbles through goal on half-way line.
- More Challenging: Same as core activity, except goal at half-way line is 10-yds wide.

Play 2 (Game)

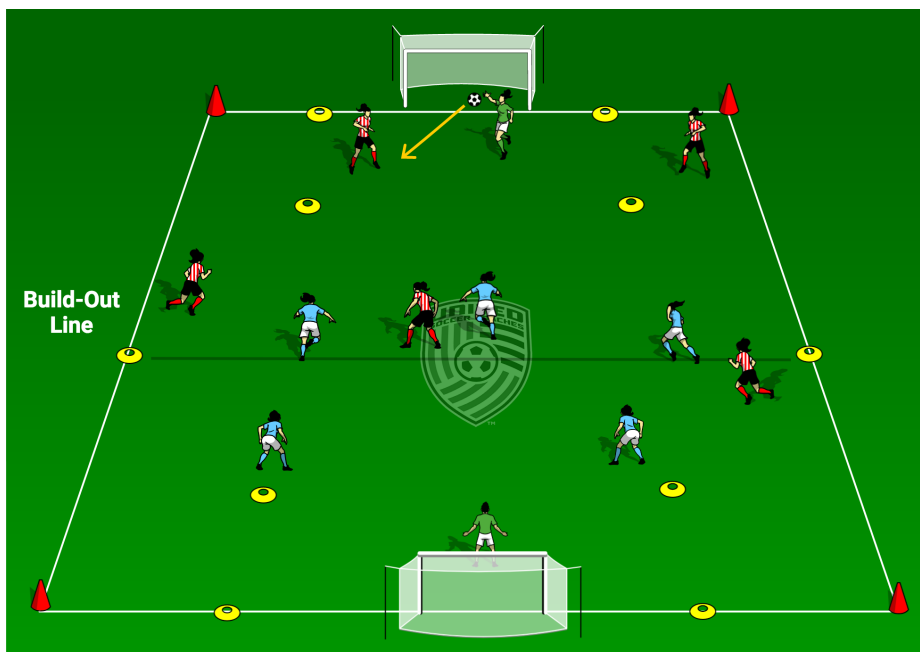
4v4 up to 6v6

Set up a field with a half-way line that acts as the build-out line.

(If playing 6v6, divide field into thirds with two build-out lines.)

Mark out penalty areas (up to 12-yds deep and 24-yds wide) with a 6-yd wide (full-size) goal at each end.

Divide group in half and play a 4v4 up to a 6v6 game. (Think about game day shape when setting up teams.)



Guided Questions:

- How often did you win the ball back in the opponent's half?
- What do you need to do to win the ball more often?

Answers:

- (General question asked to focus player attention.)
- Defend higher up the field; get compact and stay compact; work together to put pressure on opponents.

Roadmap Moment:

- Defending – Prevent opponent from building out/up; win the ball back and score.

Player Actions:

- Steal.
- Get compact.
- Pressure/Cover/Balance.

Key Qualities:

- Read game/Make decisions/Use initiative.

Keywords/Phrases:

- Stay compact, pressure/cover, win back the ball.