



U10 (7v7) Prevent Opponent Building Up

Play 1 (Prevent Build Up/Deny Chances)

3v3

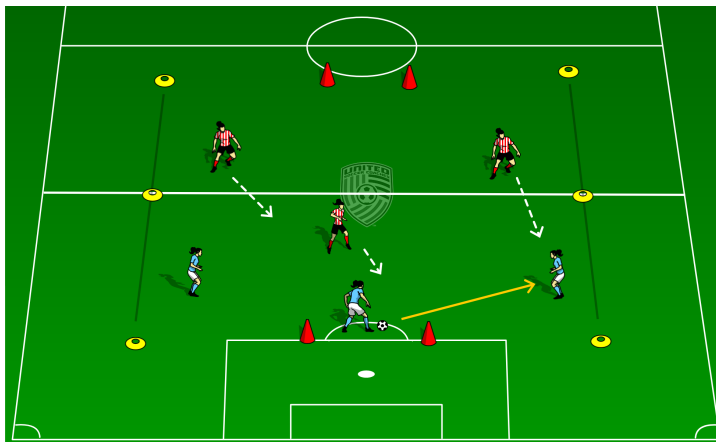
Set up parallel fields up to 16x32-yds with a 6-yd goal line (pass on ground to score) without goalkeepers at each end. Play 2v2 up to 3v3. Free play. Restart with kick-ins. Ask questions in breaks. Players play to find the answers and give them in a future break.

Guided questions:

- How can you keep the opponent away from your goal?
- What do you do if you're the defender closest to the ball?
- What do the other defenders do?

Answers:

- Get behind the ball and block the path to the goal.
- Protect the goal, steal the ball, slow/stop the dribbler.
- Follow the ball and cover the defender closest to it.



Practice (Stop Opponent Attack & Deny Chances)

3v3

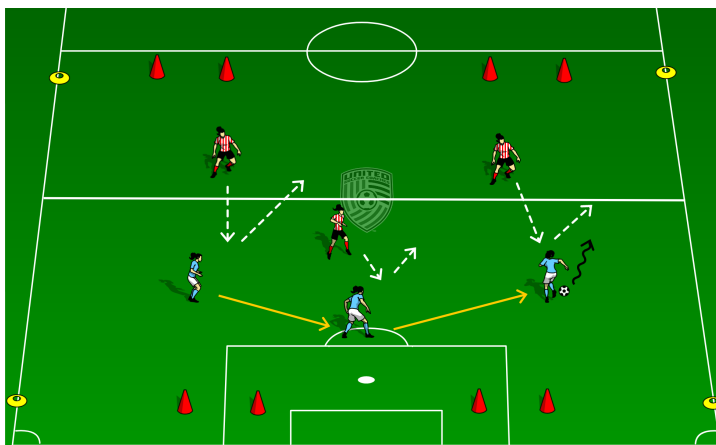
Set-up (22x40-yds) field with two 10-yd goal lines (pass on ground to score) at each end. Play 30-mins with 2-3 breaks.

Guided questions:

- How can you prevent opponent breaking through on wing and scoring?
- How should you position yourself?
- What should the defender closest to the ball do?
- When do you step to pressure?

Answers:

- Get compact on that side.
- Move with the ball.
- Slow/stop the dribbler.
- When attacker's head is down or takes a bad touch.



Modifications

- Less Challenging: Play with a central goal line rather than two goal lines.
- More Challenging: Attackers can score by dribbling anywhere over end line.



Play 2 (Game)

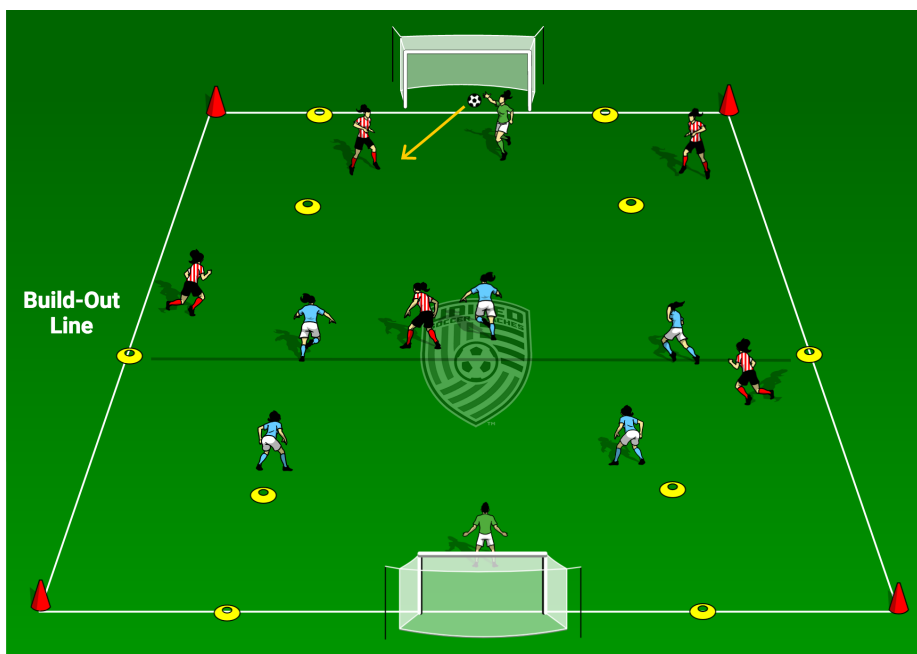
4v4 up to 6v6

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 can you keep the opponent away from your goal?
- What should you do when the opponent is attacking up the wing?

Answers:

- Form a block behind the ball, cover the entire field, and block the path to goal.
- Everyone moves toward the ball. Whoever is closest stops the dribbler and the others cover.

Roadmap Moment:

- Defending – Stop the opponent's attack, deny chances, and win the ball back.

Player Actions:

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

Key Qualities:

- Read game/Make decisions.
- Focus.

Keywords/Phrases:

- Stay compact.
- Pressure/cover.
- Move with the ball.
- Shift.