



U10 (7v7) Prevent Opponent from Scoring

Play 1 (Prevent a Shot)

3v3

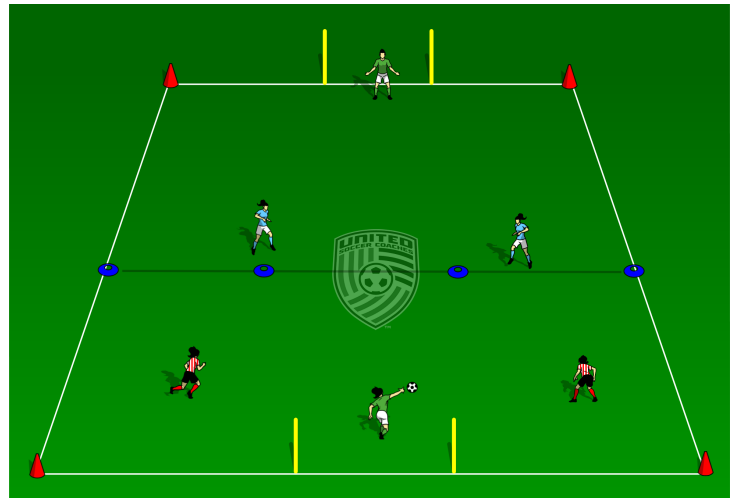
Set up parallel fields up to 24x18-yds with a full-size goal at one end and small goal at the other end. Play 1v1, 2v2, 3v3 as players arrive. (Big goal defended by a goalkeeper.) Ask questions in breaks. Players play to find the answers and give them in a future break.

Guided questions:

- Who should pressure the ball?
- Where can I move if I can't win the ball?
- What is goal-side?

Answers:

- Closest player
- Take away space/prevent shot
- Between the ball and our goal



Game format depending on number of players:
 5 players = 2v3; 6 players = 3v3 (see above); 7 players = 4v3; 8 players = 2 games of 2v2; 9 players = 1 game of 2v3 + 1 game of 2v2; 10 players = 2 games of 2v3

Practice (Protect the Goal)

1v2 (1v1+GK)

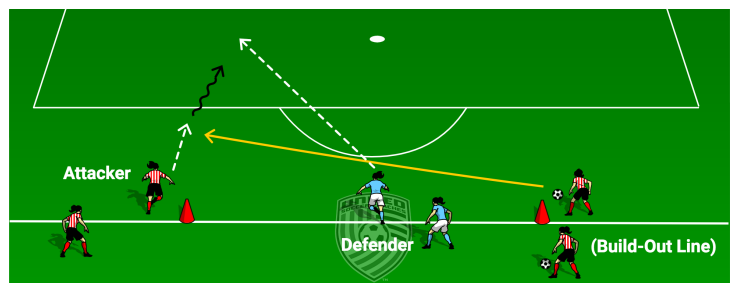
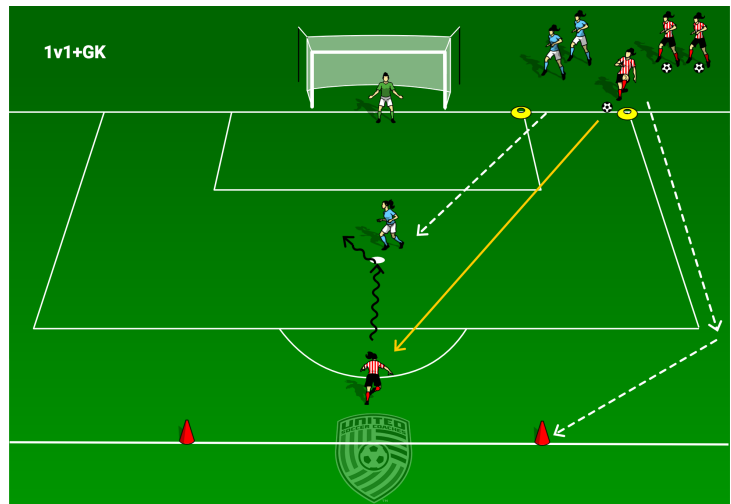
Set-up a field from a big goal to the build-out line (@20-yds), and the width of the penalty area (24-yds). One attacker passes to another who tries to score against a defender and goalkeeper. Defenders try to win the ball and score in opposite goal. Play until a goal or the ball is out of play. Rotate players through positions/roles.

Guided questions:

- What is the top priority for the defender?
- How do you do that?
- How do you stay goal-side?

Answers:

- Protect the goal
- Run to the ball, slow down attacker and force them away from the goal
- Long then short steps as you close



Modifications

- Less Challenging: Move activity to the side of the field so attacker is further away from goal.
- More Challenging: defender starts between attackers and reacts/recovers with the pass.



Play 2 (Game)

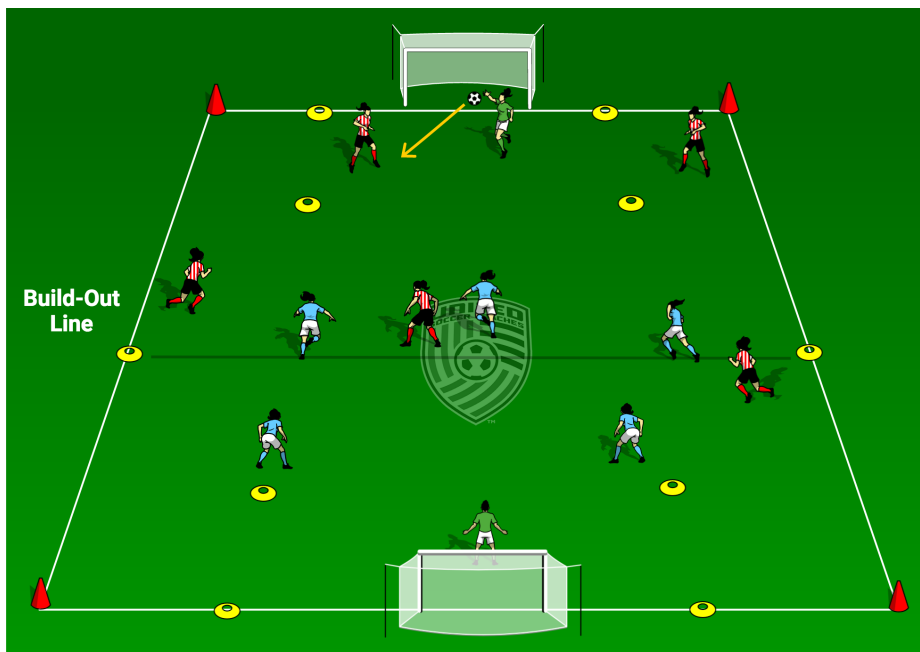
4v4 up to 6v6

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 4-yd wide 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 many goals did the other team score?
- How did they score them?
- How could you have stopped them?

Answers:

- 1&2 = general questions asked to focus players' attention on the principles they have learned
- Get/stay compact (space between lines of players), block direct path to goal, force attackers outside, move to follow the ball, block shots

Roadmap Moment

- Defending – Prevent opponent from scoring

Player Actions:

- Protect the goal
- Get compact
- Stay compact

Key Qualities:

- Read game/Make decisions; communication; focus

Keywords:

- Stay compact; Move with the ball; Defend the goal