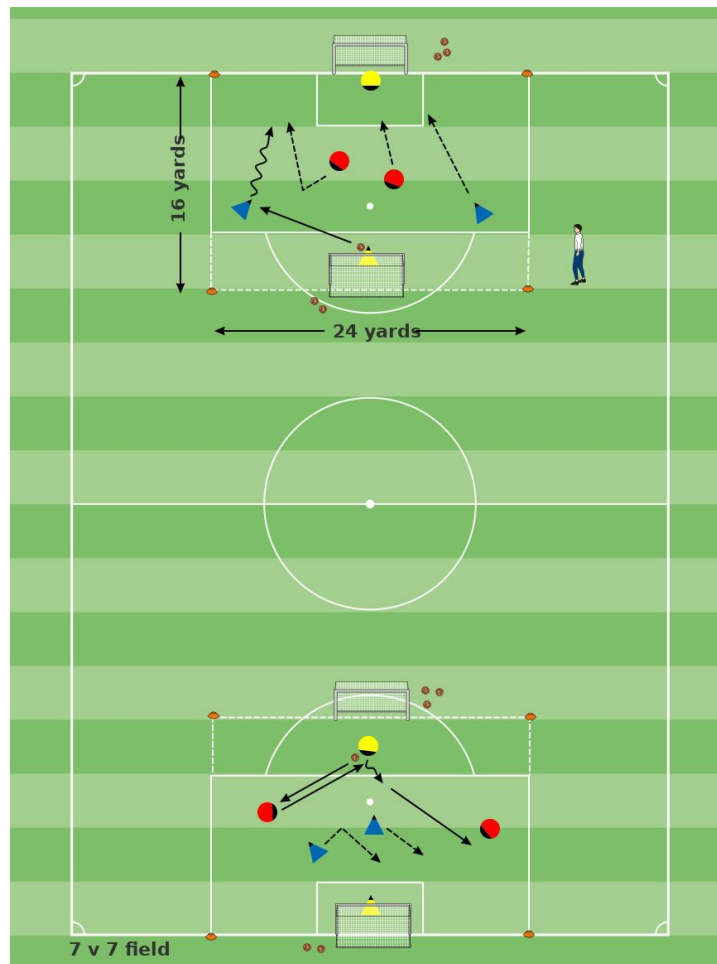


1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Protect goal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two 16 x 24-yards fields with goals and goalkeepers. Teams play 3 v 3. The attacking team's keeper can help build the attack and even score goals. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS:

Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:

1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) Defenders, what's your top priority when you're outnumbered? 3) How do you do that?

ANSWERS:

1) The defenders are outnumbered. 2) To protect the goal. 3) Quickly get behind the ball, block the direct path to the goal, force attackers outside and block shots.

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:**
U8-U14

👥 **PLAYERS:**
3 vs 3

🕒 **DURATION:**
10 Min