## Objective:

To score more goals than the opponent. To get players into a game as soon as they arrive.

## Organization:

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play a game with goalkeepers. Play $2 \mathrm{v} 2,2 \mathrm{v} 3$ and 3 v 3 .
Time: 3 games of 2.5 minutes, 30 second rest, for a total of 9 minutes.
Rules: Out of bounds - Pass or dribble the ball in

## PLAY - SMALL SIDED GAMES

$\longrightarrow$ PRACTICE - CORE ACTIVITY

## Objective:

Prevent the opponent from creating scoring opportunities from wide areas by denying passing (Crosses), dribbling penetration or shooting the ball.

## Organization:

- Play $3 v 4$ in a $40 \mathrm{Wx20L}$ field with a regular goal and two cone goals. Red team scores in the regular goal, Blue team in the cone goals. The Red team gets 3 opportunities two score.
Rules: All FIFA Rules Apply.


Key Words: Get in front of the ball to deny the pass or cross. Force the ball backwards. Work together to close and keep the opening closed. Guided Questions:

- How do you gauge the players' attitude when they arrive? What are the players doing to deny any play down the flanks near their goal? Answer: By asking them how was their day. Players are closing down the space and forcing the ball backwards or to the center of the field.


Less Challenging Activity

## Organization:

- Play 2v3's in two 20Wx30L fields with a cone goal and goals. Defenders have to protect the corner goal. When Blue players block a pass/ shot from the flank they get a point. Rules: Pass or dribble the ball in.


Activity Duration 21 min
Time Active
3 min

## Active Rest



More Challenging Activity

## Organization:

- Play 5 v 5. - 40Wx24L field with two regular goals. - Sub players as in the core activity. Rules: All FIFA Laws apply.

| Objective: |
| :--- |
| Prevent the opponent from creating scoring |
| opportunities from wide areas by denying |
| passing (Crosses), dribbling penetration or |
| shooting the ball. |
| Organization: Make two equal teams, play in a |
| 40Wx60L field with goals. |
| Time: 2 halves of 13 minutes, 2 minutes rest for |
| a total of 30 minutes. |
| Rules: All FIFA Rules Apply. |

PLAY - LET THEM PLAY


Key Words: Get in front of the ball to deny the pass or cross. Force the ball backwards. Work together to close and keep the opening closed. Tackle (Poke or Block).
Guided Questions:

- What did the players learn from the main activity?
Answer: To move together with the ball, to protect the goal by getting in front of the ball and to deny passes (crosses from the flanks).

