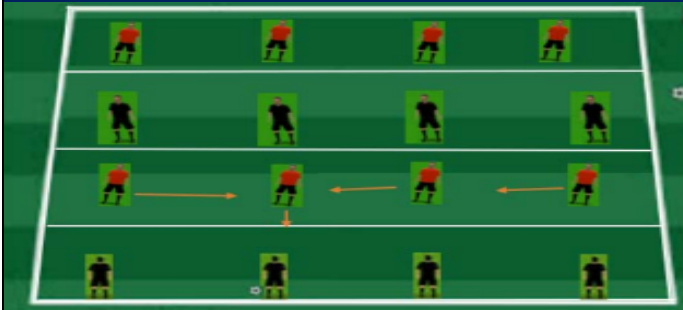


D COURSE: CTS ACTIVITY TEMPLATE

Name:	Jean Senat	Location:	CSP, Lancaster PA		
Age Group:	2013 Boys & Girls	Date:	11-09-2023		
Duration of Session	# of Players	Field Space	Game Moment		
30	14	full 9v9 field	Defending in defensive 3rd		
Soccer Development	Building Block to Deny through ball				
Learning Objective(s):	Objective is to focus on techniques on zone defending through building block, movement in zone defense to close any gap to prevent through ball				
Training Session Objective:	Use the 9V9 field to create a wide space but with the objective of the defense to force closing gaps, shrinking the field and forcing the ball to be played in one side of the field				
Activity Objective:	Black vs Red, team on offense is to find space to make through passes to teammates across. Defense is to prevent ball penetration by closing gaps and shifting. all players must stay in their designated grid				

DESIRED ACTIONS	COACHING POINTS
Sub-Principle(s): Pressure on ball, Cover and Balance	Closest player to the ball provides pressure while the rest cover and balance. Constant communication is needed to help players on ball defending.
Main Principle: Improve closing gaps and shift on defense	The defense to move along with the ball to close gaps, players on the far end away from the ball to be mindful of the space and players incase ball switch
Player Action(s): Shift & movement	Player movement and ball anticipation is important. Movement on side of the field where the ball to prevent ball penetration
Player Action(s): Closing gap & push the player with the ball on one side	Team on defense needs to work together preventing through balls, provide on ball pressure, movement to close gaps. If defending team wins the ball, the need to find their teams in the next zone

ACTIVITY ORGANIZATION



	Full 9V9 field with 4 zones . Two teams Red & Black, zone 1 and 3 will be in black and zone 2 and 4 will be in red. Objective is for offense to find gap and defense to build block and close space to prevent ball penetration
Learning Activity	
# of players/Opponent	20
Space/Dimensions	Full 9V9 field
Duration of Activity	25
# of Sets	3
Work/Recovery	1 minute water break per set
Rules	players must stay in their designated zone
Method(s) of Scoring	game like atmosphere with two small goals
Substitutions	No subs, 3 sets of break

ACTIVITY COACHING INTERACTIONS

Moments to Enter the Session:	At a freeze moment, stoppage (ball goes out of bounce) and breaking session
How you will teach during the moment?	<p>If the defensive struggles, I will engage for solution, demonstrate so they can be successful, add and subtract.</p> <p>If the offensive team struggles to penetrating through ball, take away one defender to make it harder for them.</p>
What you will teach during the moment?	<p>Technical level of defending such as how to properly place your body to defend the ball and what each of the teammates will follow based on the position of the ball. How communicating with each other will help improve the defending factor in the game.</p> <p>How to focus on forcing the ball to be played in one side of the field, particularly on the wing and close the passing lane. Force the ball to go to the weaker player, patiently defend, while maintaining pressure on the ball.</p>
Additional Notes:	