



# MASSACHUSETTS YOUTH SOCCER

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<b>Age Group</b>	U10	<b>Topic</b>	Individual Defending
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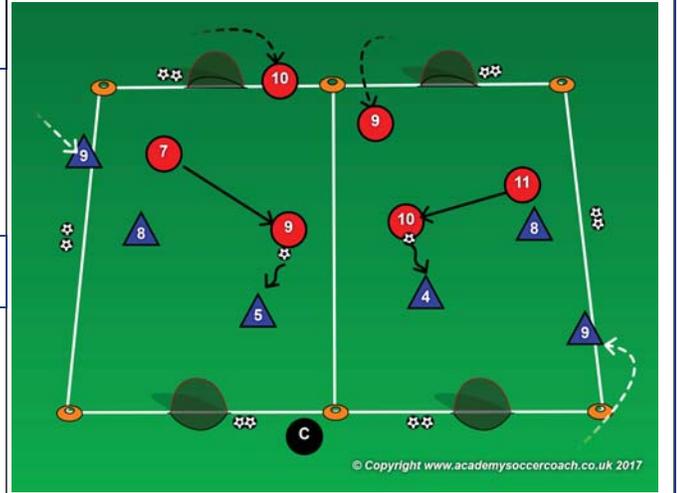
**Who:** #4, #5, and #8  
**What:** Speed angle and distance of approach, Body shape, Footwork, Type of tackles, Pressure, Delay and Control and Restraint  
**Where:** In the central channels of the defending half of field  
**When:** The opponent is in possession of the ball near to our own goal area  
**Why:** To deny penetration and shooting opportunities

**Play** Up to a 3v3 Game Duration 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.

**Coaching Points** Activity Time 2.5 min Rest 30 secs Intervals 3

1. **Is the activity organized?** - Cones, scrimmage vests, balls, goals, field and players
2. **Is it reality based (is it soccer?)** - Related to Dribbling and Passing the ball
3. **Is there repetition?** - Dribbling and Passing
4. **Is it challenging?** Check if the players seem engaged, frustrated or bored
5. **Is there coaching?** - Positive reinforcement for pressing and tackling the ball



**Practice** 2v2 to Small Goals Duration 24 min

Make two 15Wx20L grids with small goals at each end. Focus Team (Blue): #'s 4, 5 and 6 - Attacking Team (Red): #'s 7 and 9 plus 10 and 11. Scoring: Both teams score in the opponent's small goal.

**Coaching Points** Activity Time 2 min Rest 2 min Intervals 6

**What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackles (Poke or Block).  
**Who should pressure the player with the ball?** The defender closer to the attacker with the ball should pressure.

**Play** Scrimmage Duration 26 min

Create two equal teams based on the number of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11) Defending TAam Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)

**Coaching Points** Activity Time 11 min Rest 2 min Intervals 2

**What? Technique:** Speed-Angle of approach, Body shape, Footwork, Tackling  
**Where on the field is this likely to happen most often?** Defending half of the field.  
**Why do we pressure, and delay?** To stop penetration and prevent scoring opportunities.

