



MASSACHUSETTS YOUTH SOCCER

GOAL Defending in transition

Key Qualities Be Proactive, Take Initiative

Age Group 12-U

Team Tactical Principles Stop the team playing forward when possession is lost

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

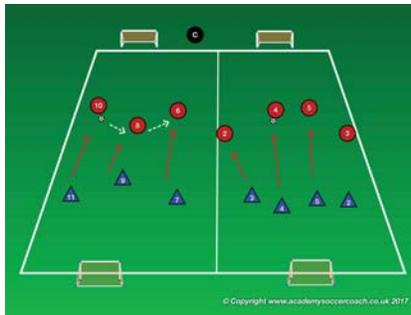
To outscore opponent, get players playing early as they arrive.

Organization

30Lx20W field with two small goals. Players play as they arrive 1v1,2v2,3v2etc

Rules

Kick ins if the ball goes out. If a goal is scored conceding team start with the ball



Coaching Points

Closest defender to the ball presses. second and third attackers provide cover and balance. Wait for attacker to make a mistake.

Guided Questions

What did you do to prepare? Printed out session and had fields set up before players arrived. How can you tell the players are ready? All players arrive early and start playing straight away

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization

55Wx80L field split into 3 55Wx25L zones. Play 2v1 in end zones and 2v2 in middle zones

Rules

To start players are restricted to their zones, Kick ins, if ball is played to the 9. Games restarts with the other



Activity Duration 20

of Intervals 5

Time Active 3

Active Rest 1



More Challenging Activity

Organization

55Wx80L field split into 3 55Wx25L zones. Play 2v1 in end zones and 2v2 in middle zones

Rules

To start players are restricted to their zones, Kick ins, if ball is played to the 9. Games restarts with the other

Objectives

Both teams try and play the ball into the number 9. Teams get one point for every zone they enter and 2 for playing to the 9.

Organization

55Wx80L field split into 3 55Wx25L zones. Play 2v1 in end zones and 2v2 in middle zones

Rules

To start players are restricted to their zones, Kick ins, if ball is played to the 9. Games restarts with the other team.

Coaching Points

Deny player on the ball time to think about their next decision and force play backwards. Get organized into defensive positions when possession is lost.

Guided Questions

What cues are the players looking for to know when they should get into defensive positions? When Possession has been lost in any area of the field. What should the closest player do when possession is lost? Deny player on the ball time to start an attack where the team is unbalanced.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To outscore opponent

Organization

55Lx80W field play 9v9 or as close to as possible. Focus team play 1-3-2-3 Defending team 1-3-2-3

Rules

All FIFA rules apply



Coaching Points

Don't allow team time on the ball when possession is lost. Be patient when pressing allow attacker to make a mistake. Get balanced quickly to stop counter attack.

Guided Questions

What do you look for to determine if the practice was successful? Opposition struggled to transition quickly and were forced to play backwards. Players came away understand what