



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Defending against wide play

**Key Qualities** Be Proactive, Take Initiative

**Age Group** 12-U

**Team Tactical Principles** Prevent opponent from creating scoring chances from wide play

*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

Press the player with the ball. Don't tackle right away. Look at what attacker is doing. Pressure cover balance.

### Guided Questions

What is the outcome? Stop players from crossing and shooting. How do you make players aware of the topic? add bonus goal form goals scored from crosses.

*Is Activity Organized? Game-like? Challenging?*

## PRACTICE - CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



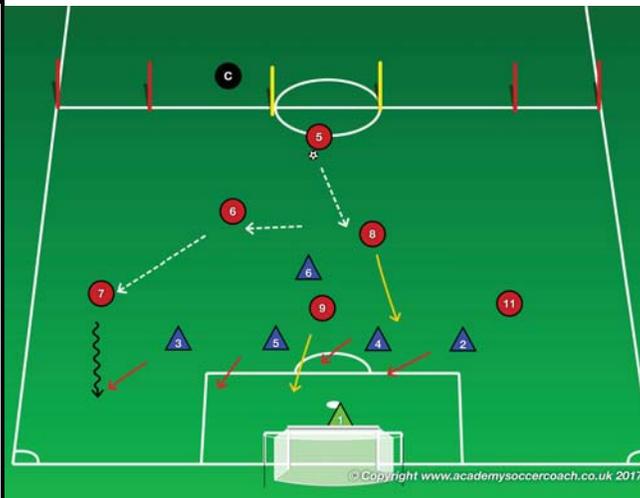
### Less Challenging Activity

### Organization

55Wx20L field 1 regulation goal and 3 counter goals. play 6v6

### Rules

Ball starts with any red player, offside, throws ins, corner kicks goal kicks. Restart with the red team.

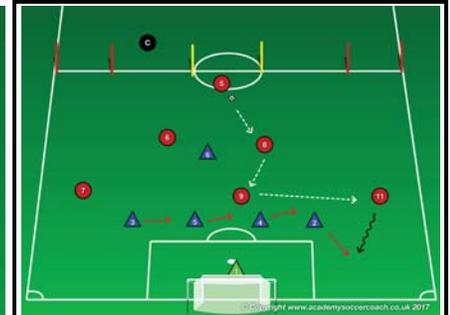


**Activity Duration** 20

**# of Intervals** 5

**Time Active** 3

**Active Rest** 1



### More Challenging Activity

### Organization

55Wx40L field with 1 regulation goal and 3 counter goals. Play 6v6

### Rules

Ball starts with red team, offside, throws ins, corner kicks goal kicks. Restart with the red team. Defenders are passive

### Objectives

To Prevent crosses from wide areas

### Organization

55Wx40L field with 1 regulation goal and 3 counter goals. Play 6v6 Red team attempt to score in regulation goal, blue team attempt to prevent red team from creating chances from wide play. If they win the ball they try and score in counter goals.

### Rules

Ball starts with the coach passing to the red team, offside, throws ins, corner kicks goal kicks. Restart with the red team.

### Coaching Points

Press the player with the ball. Stay close to attacker but do not tackle unless they make a mistake. Keep the back line compact not allowing any space in the middle and press immediately when out wide.

### Guided Questions

How do can you force the wide players to play backwards? Being compact not allowing players to dribble past or get a good angle to cross. What should the second and third defenders do to prevent the cross? Mark the forwards and track any runners going into the box

*Is Activity Organized? Game-like? Challenging?*

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

To prevent crosses and restart the attack.

### Organization

55Lx80W field play 9v9 or as close to as possible. Focus team play 1-3-4-1 Defending team 1-3-2-3

### Rules

All FIFA rules apply



### Coaching Points

Press the player with the ball. Stay close to player with the ball. Track other player movement and stay compact as a defensive unit.

### Guided Questions

How do you know players understood the topic? Attacking team were unable to get many crosses into the box. How can you engage every player? Make sure there is repetition no breaks and every player is involved.