



MASSACHUSETTS YOUTH SOCCER

GOAL Defensive Third Build up

Key Qualities Be Proactive, Take Initiative

Age Group U12

Team Tactical Principles Play forward when possible

Is Activity Organized? Game-like? Challenging?

PLAY SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

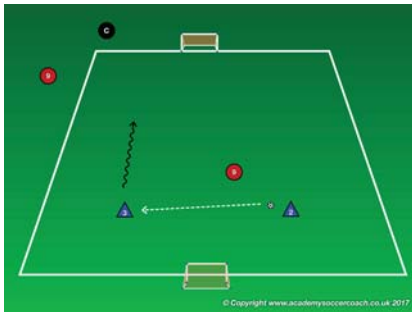
To outscore opponent, get players playing early as they arrive.

Organization

20Lx30W field with two small goals. Players play as they arrive 1v1, 2v1 etc

Rules

Check Local Town rules



Coaching Points

Positive reinforcement of techniques such as passing dribbling. Understand when to play forward and when to keep the ball.

Guided Questions

How can you get the players to get more reps? Smaller numbers during the play. How do you make sure every player is involved? Assign a player a team as they arrive

Is Activity Organized? Game-like? Challenging?

PRACTICE CORE ACTIVITY

Does activity allow for Repetition? Coaching?



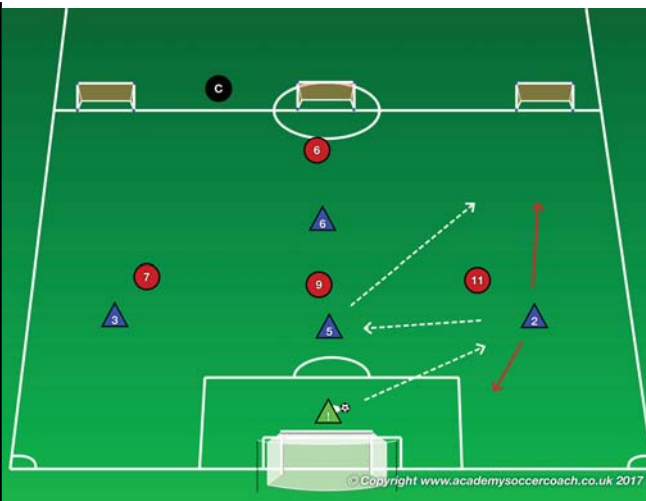
Less Challenging Activity

Organization

25Lx40W field with the counter goals and one regulation goal. Play 5v4

Rules

Defenders become passive and are not allowed to tackle but can intercept a pass

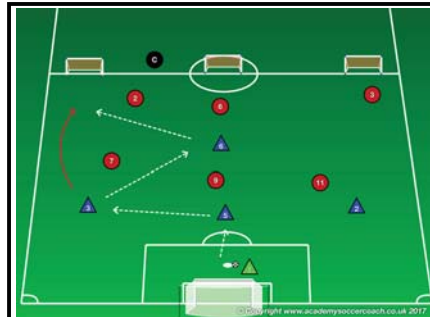


Activity Duration 20

of Intervals 5

Time Active 3

Active Rest 1



More Challenging Activity

Organization

25Lx40W field with the counter goals and one regulation goal. 6v5 in favor of red team

Rules

Same as core activity

Objectives

To build up in the defensive half

Organization

25Lx40W field with the counter goals and one regulation goal. Play 5v4 in favor of focus team (blue) Focus team (blue) attempt to score in the three goals. If defending team win the ball they score on the regulation goal.

Rules

Ball starts with GK If ball goes out to the side play kick ins. If a goal is scored for either team play restarts with GK.

Coaching Points

Spread out wide to make the pitch bigger. Recognize when to play forward and when to keep the ball. Unbalance opposition by keeping the ball then playing forward.

Guided Questions

How can you keep each player focused? Set individual goals throughout the practice. What are you looking for? Focus team to successfully play out from the defensive half into the opponents half. How do you know the players understand? ask them questions

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

What do we look for when trying to play forward? Numerical advantage in defensive half. Defenders look to get wide when they have the ball.

Guided Questions

How do you know the players understood the question? Ask them three key points they learned from the session