



MASSACHUSETTS YOUTH SOCCER

GOAL Defending in the middle third

Key Qualities Be Proactive, Take Initiative

Age Group 12-U

Team Tactical Principles Stop opponent from playing forward

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 presses the ball. Second player provides to cover. Force attacker to make mistake.

Guided Questions

When do you decide you need to move on? All the players have arrived and warmed up. What should the defending look like? Players closing down quickly and being aggressive in the tackle.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization

55Wx40L 6 gates/goals play 5v5

Rules

one player must stay behind the gates but can move side to side as support player. Kick ins, conceding team restarts with the ball



Activity Duration 20

of Intervals 5

Time Active 3

Active Rest 1



More Challenging Activity

Organization

55Wx40L 6 gates/goals play 6v5 in the middle

Rules

Kick ins, team that concedes starts with the ball. If players miss the gate other team gets the ball

Objectives

To win the ball in the middle of the field to start an attack.

Organization

55Wx40L with 6 gates/goals play 5v5 in the area reds start with the ball and attempt to dribble or pass through south gates. If blues with the ball they attempt to score in north counter goals

Rules

Kick ins, team that concedes starts with the ball. If players miss the gate other team gets the ball

Coaching Points

Closest player to the ball presses. Hips facing the way you the attacker to go. Pressure cover balance. Stay organized forcing opponent to play wide or backwards.

Guided Questions

What cues should defenders look for to recover the ball? Opposing player makes a bad touch or pass. How can you force the opposition to play wide or backwards? Team remains compact in the middle of field forcing play out wide.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

Win the ball in the middle of the field and start an 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

Closest player to the ball presses the ball. show player on the ball wide. Be patient wait for attacker to make mistake. Make it compact to force team

Guided Questions

What was the focus of the session? Stop opponent from playing through the middle. How did fix any errors? Positive constructive feedback.