



MASSACHUSETTS YOUTH SOCCER

Season **Spring 2016** Topic **Functional Training of the #6 - Defending**

Functional Session Plan

Objectives
(5 W's)

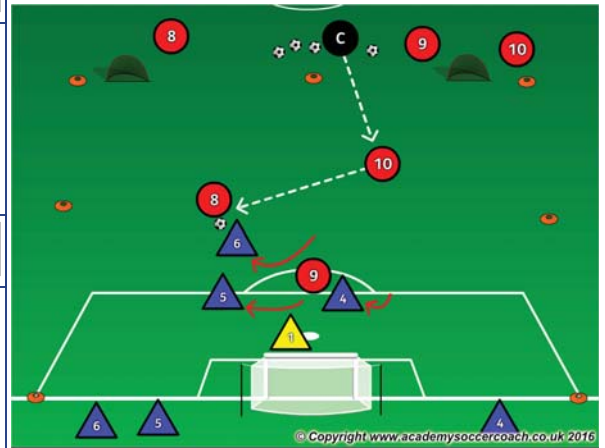
Who: The #6 Holding Midfielder
What: Individual Defending Techniques and Principles of Defense
Where: Defensive third of the field
When: The opponent is attacking down the central channel
Why: To delay the attack before it gets to the back 4

Organization

Duration Intensity

In a 44W x 50L yard grid with a regular goal and 2 counter goals
 Play 4v3 - Target team (Blue #'s 4, 5, 6 + Yellow #1) will defend the regular goal and score in either counter goal. Red team (#'s 8, 9 & 10) will play to the #1's feet in front of the goal. The target team can only intercept passes. Each red player is limited to 3 consecutive touches. Coach will serve a new ball after a goal or ball goes out.

Stage 1 4 v 3 To Goal & Counters



Coaching Points

Activity Time Rest Intervals

What? Techniques of: Angle, Speed and Distance of Approach, Head Still, Eyes on the Ball, Body Shape, Footwork and Types of Tackle - Poke or Block?

Defending Principle - Pressure: Who? When? - Delay: When? Why?

Stage 2 6 v 6 to Goal & Counters



Organization

Duration Intensity

In a 60W x 50L yard field with a regular goal and 2 small counter goals, play a 6 v 6 Game - Target team (Blue #'s 2, 3, 4, 5, 6 + Yellow #1) - defend the regular goal - Opposition team (Red #'s 6, 7, 8, 9, 10 & 11) - defend the counter goals.
 • Teams have 90 seconds to play. The target team can score as many goals as possible but if they give up even 1 goal, red team wins the round.

Coaching Points

Activity Time Rest Intervals

What? Techniques of: Angle, Speed and Distance of Approach, Head Still, Eyes on the Ball, Body Shape, Footwork and Types of Tackle - Poke or Block?
 Defending Principles of the #6: Pressure - When? Where? Why? Delay - Where? When? Why? Control and Restraint - When? Where? Why?

Organization

Duration Intensity

In a 75W x 80L yard field with regular goals
 8 v 9 game - Target team (Blue #'s 1, 2, 3, 4, 5, 6 & 8 & 9) - Opposition team (Red #'s 1, 4, 5, 6, 7, 8, 9, 10 & 11). Play the game.

Stage 3 8 v 9 Game



Coaching Points

Activity Time Rest Intervals

What? Techniques of: Angle, Speed, Distance & Timing of Recovery Runs. Body shape of covering player. Eyes surveying the area.

Defending Principles of the #6: Cover - When? Where? Why? Control and Restraint - When? Where? Why?

Stage 4 - 11v11

Duration Formation Activity Time Rest Intervals

Organization

In a 75W x 112L yard field. Play 11 v 11 all FIFA Laws Apply

Coaching Points

Defending Techniques of the #6, Defending Principles of the #6. Speed of play and Execution.