



MASSACHUSETTS YOUTH SOCCER

Season Spring 2016 **Topic** Functional Training for the Central Defenders - Attack

Functional Session Plan

Objectives
(5 W's)

Who: #4 Right Central Defender and #5 Left Central Defender
What: Techniques of Passing, Receiving, Dribbling
Where: In the central channels of the defending and attacking halves
When: Building up the back and/or through the midfield
Why: To provide Support (Depth) to flank defenders and central midfielders

Organization

Duration Intensity

In a 75W x 40L yard field with 2 small goals and a target player
 6v4 to Small Goals and a Server - Target team (Blue): #2, #3, #4, #5, #6, #8 -
 Opposition team (Red): #7, #9, #10, #11 - Server passes the ball to Blue #4 or #5
 to start the game. Blue scores in either of the 2 small goals. Red scores by giving the
 ball back to the server.

Stage 1 6v4 to Small Goals and a Server



Coaching Points

Activity Time Rest Intervals

What? - Techniques of Passing: Accuracy, Pace and Weight, Surface of the foot and
 surface of the ball to strike, Position of the non-kicking foot, Head still eyes on the
 ball. Running with the Ball - Head Up, Eyes on the Ball, Surface of the foot and
 surface of the ball to strike, distance of the dribble touch, Acceleration to attack the
 space - Receiving: Body position, foot and ball surface, first touch

Stage 2 7v6 to Small Goals



Organization

Duration Intensity

In a 75W x 70L yard field with 2 small goals on each end line
 7v6 - Target team (Blue): #2, #3, #4, #5, #6, #8, #9 - Opposition team (Red): #6, #7, #8,
 #9, #10, #11 - Any goals scored directly after a pass from a Central Defender (#4/#5)
 pass is 100 points. Play to 300 points or 5 minutes. Any other goal is worth 1 point

Coaching Points

Activity Time Rest Intervals

What? - Techniques of: Passing, Receiving, Dribbling to beat and opponent,
 Running with the Ball.
 Attacking Principles of #4 and #5 - Support: Where? When? Why? - Mobility:
 Where? When? Why? - Penetration: What(Short passing, Long Passing, Dribbling)?
 When? Where? Why?

Organization

Duration Intensity

In a 75W x 90L yard field with regular goals
 9v9 - Target team (Blue): #1, #2, #3, #4, #5, #6, #8, #9, #10 - Opposition team (Red):
 #1, #4, #5, #6, #7, #8, #9, #10, #11 - Any goals scored directly after a pass from a
 Central Defender (#4/#5) pass is 100 points. Play to 300 points or 5 minutes. Any
 other goal is worth 1 point

Coaching Points

Activity Time Rest Intervals

What? - Techniques of: Passing, Receiving, Dribbling
 Attacking Principles of #4 and #5: - Support: Where? When? Why? - Mobility:
 Where? When? Why? - Penetration: What(Short passing, Long Passing, Dribbling)?
 When? Where? Why? - When and why to switch the point of attack?

Stage 3 9v9 to Goal



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

Techniques of the #4 and #5, Attacking Principles of the #4 and #5, Speed of Play, Execution.