



MASSACHUSETTS YOUTH SOCCER

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Age Group

U10

Topic

Group Defending

Who: #2, #3, #4 and #6

What: Speed angle and distance of approach, Body shape, Footwork, Type of tackles, Pressure, Delay, Control & Restraint and Cover

Where: In the central and flank channels of defending half of field

When: The opponent is in possession and close to our goal area

Why: To deny penetration and shooting opportunities

Play

Up to a 3v3 Game

Duration 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.



Coaching Points

Activity Time 2.5 min

Rest 30 secs

Intervals 3

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to Dribbling and Passing the ball
3. Is there repetition? - Pressing, covering and tackling
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for pressing, covering and tackling



Practice

5v4 to Regular and Small Goals

Duration 21 min

In a half field with a regular goal and a small goal.

Focus Team (Blue): #'s 1, 2, 3, 4 and 6 - Attacking Team (Red): #'s 7, 9, 10 and 11. Scoring: Blue Team scores in the small goal, the Red Team scores in the regular goal.

Coaching Points

Activity Time 5 min

Rest 2 min

Intervals 3

What? Technique of Defending - Speed and Angle of approach, Pressing distance, Body shape, Foot work, Covering angle and distance, Tackling.

Who should pressure and cover the player with the ball? The defenders closer to the attacker with the ball should pressure and the defender immediately behind him should provide cover.

Play

Scrimmage

Duration 26 min

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply.

Focus Team Blue Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)

Defending Team Red Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11)

Coaching Points

Activity Time 11 min

Rest 2 min

Intervals 2

What? Technique: Angles and distance of pressure and cover, tackling.

Where on the field is this likely to happen most often? In the flanks and central channels of the Defending half of the field.

Why do we pressure, and cover? To stop penetration and prevent scoring opportunities.

