



MASSACHUSETTS YOUTH SOCCER

GOAL Defending 1: Regain the ball, Deny chances, and Prevent goals **Key Qualities** Be Proactive and Take Initiative

Age Group 10-U **Team Tactical Principles** Make it compact, Keep it compact, Pressure the players with the ball

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

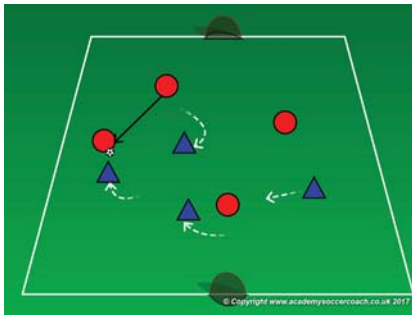
To deny and prevent any scoring chances and to regain the ball back in order to score goals. Get the players into a game as soon as they arrive.

Organization

Set up two or more 15Wx20L fields with a goal at each end. Play 1v1, 2v1, 2v3, 3v3 up to 4v4.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Pressure the player with the ball
- Make it compact, Keep it compact
- Angle, Speed and Distance of Approach, Footwork, Body Shape, Eyes on the Ball, Head Still, Tackling

Guided Questions

What tells you that the players are engaged? The players are working hard to regain the ball and preventing the opponent from scoring.

Duration: 3 games of 2.5minutes/30 sec. rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization - 3v3 Defending: Make two 15Wx20L grids with small goals at each end. Have the defenders serve the ball to the red team to start the game. Play to score in the small goals.

Rules: All FIFA Laws apply.



Activity Duration 21 min

of Intervals 3

Time Active 6 min

Active Rest 1 min



More Challenging Activity

Title:

Organization - 5v5 Defending: In a half field with a regular goal and a small goal on the midline. Blue team scores in the small goal and the red team scores in the regular goal.

Rules : All FIFA Laws apply.

Objectives

To deny and prevent any scoring chances and to regain the ball back in order to score goals.

Organization - 4v5 Defending: In a 30Wx30L field with a regular goal and a small goal. Red scores in the regular goal, the blue team in the small goal.

Rules

All FIFA laws apply.

Coaching Points

- Pressure the players with the ball
- Make it compact, Keep it compact
- Angle, Speed and Distance of Approach, Footwork, Body Shape, Eyes on the Ball, Head Still, Types of Tackle - Poke or Block

Guided Questions

When is a good time to correct the defensive actions of the players? When a player is beaten by a dribbler or a group of players are beaten by a pass. We make the corrections by talking to the players or modeling the solution.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To prevent the opponent from playing forward or deny penetration from dribble. Regain the ball, deny chances and prevent goals.

Organization

With the players you have at practice make 2 teams. Play 7v7 if possible and organize them into the formations they will play on the weekend

Rules

All FIFA rules apply.



Coaching Points

- Pressure the Players with the ball
- Make it compact, Keep it compact
- Angle, Speed and Distance of Approach, Footwork, Body Shape, Eyes on the Ball, Head Still, Tackling

Guided Questions

What tells you that the players have understood the topic? -- They are pressing the ball, getting compacted and working together to regain it.

Duration: Two 13 minute halves/2 minute rest.