



MASSACHUSETTS YOUTH SOCCER

Season Spring 2016

Topic Functional Training of the #4 and #5 - Defensively

Functional Session Plan

Objectives
(5 W's)

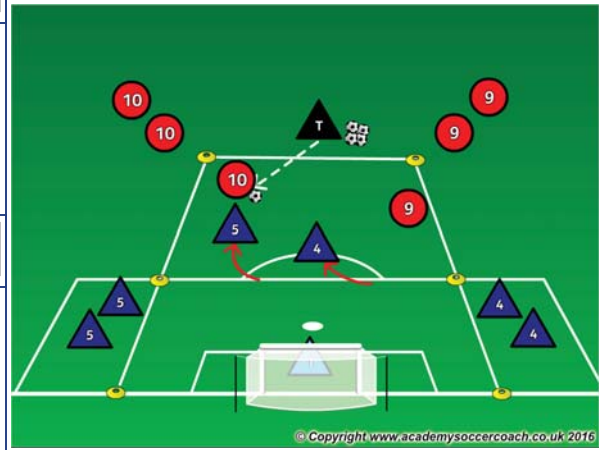
Who: The #4 Right Central Defender and #5 Left Central Defender
What: Individual Defending Techniques and Principles of Defense
Where: Defensive third of the field
When: The opponent is attacking down the central channel
Why: To delay or deny penetration and win the ball back

Organization

Duration Intensity

In a 20W x 30L yard grid with a Regular goal and a target player
 3v2+Server/Target Player - Target player will pass the ball either Red player. The closest central defender (Blue#5 or Blue#4) will Pressure the receiver, the other will Cover without losing sight of the other red attacker. Red team scores in the big goal, the Blue team scores by passing to the Target player.

Stage 1 3v2 To Goal and a /Target Player



Coaching Points

Activity Time Rest Intervals

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

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

Stage 2 5 v 5 to Regular Goal & Counter Goals

Organization

Duration Intensity



In a 75W x 50L yard field a regular goal and 2 small counter goals
 Play a 5 v 5 Game - Target team (Blue): #1, #2, #3, #4, and #5 - Defends the regular goal - Opposition team (Red): #7, #8, #9, #10 and #11 - Defends the counter goals on the mid-line.
 Any interceptions or tackles by the #4 or #5 wipes out the opponents goals to zero.

Coaching Points

Activity Time Rest Intervals

What? Techniques of: Angle Speed and Distance of Approach/Recovery, Angle and distance of Covering player/s, Interceptions, Types of Tackle.
 Defending Principles of the #4 and #5: Pressure - Who? When? Where? Why? - Delay: Where? When? Why? - Control and Restraint: When? Where? Why? - Cover: Who? When? Where? Why?

Organization

Duration Intensity

In a 75W x 90L yard field with regular goals
 7 v 7 game - Target team (Blue): #1, #2, #3, #4, #5, #6, and #9 - Opposition team (Red): #1, #6, #7, #8, #9, #10 and #11- Goals scored after the #4 and #5 win the ball and pass to #6 or #9 for a counter attack are worth 100 points.
 Play to 300 or 10 Minutes.

Stage 3 7 v 7 (3/4 Field) Game



Coaching Points

Activity Time Rest Intervals

What? Techniques of: Individual defending

Defending Principles of the #4 and #5: Pressure - Who? When? Where? Why? - Delay: When? Why? - Control and Restraint: When? Where? Why? - Cover: Who? When? Where? Why? - Balance: 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 #4 and #5, Defending Principles of the #4 and #5 Speed of play, Execution.