



MASS YOUTH SOCCER SESSION PLAN

Topic

INDIVIDUAL DEFENDING

Objectives (5 W's)

Who: #4, #5, #6, #8
Where: In the defensive half of the field
What: Press the player with ball, Deny chances, Prevent goals, Regain the ball
When: When not in possession of the ball and close to your own goal
Why: Stop penetrating players from scoring or creating scoring opportunities

Organization

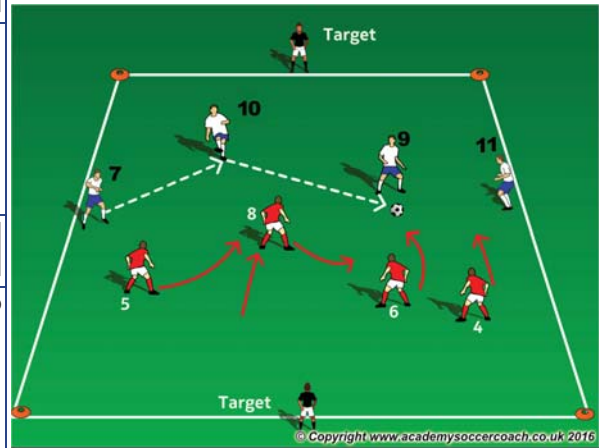
Duration Intensity

Area: 50Wx40L yard field with Target on each end.

Target team (Red): #'s 4, 5, 6, 8 – Opposition team (White): #'s 7, 9, 10, 11

White team passes w/max 3 touches to play into Target behind the Reds. Red team doesn't try to tackle the ball, but can intercept bad touches or passes and play to the Target behind the Whites.

Warm-up / Orientation 4v4 to Targets



Coaching Points

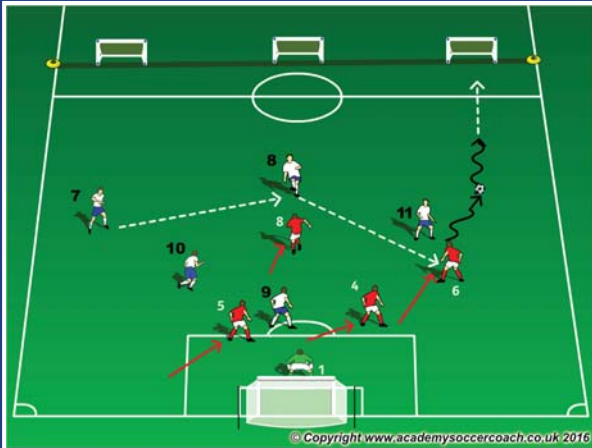
Activity Time Rest Intervals

What? Technique - Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position.

Team Tactical Defending Principles - Make It/Keep It Compact: Who? When?

Press: Who? When? Give Cover: Who? When? Where?

Orientation 5 v 5 to Goal & Counters



Organization

Duration Intensity

Area: 50Wx50L yard field, 1 big goal, 3 counters

Target team (Red): #'s 1, 4, 5, 6, 8 – Opposition team (White): # 7, 8, 9, 10, 11

Red Team defends the big goal and scores in the counter goals. White tries to score on Red #1.

(limit touches for the White team only if needed)

Coaching Points

Activity Time Rest Intervals

What? Technique: Angle, speed & distance of approach, footwork of the player closest to the ball, eyes on ball, body position, Tackle, poke or block

Team Tactical Defending Principles - Make It/Keep It Compact: Who? Where?

When? Press: Who? Where? When? Outnumber Opponent & Give Cover: Who? Where? Why?

Organization

Duration Intensity

Area: 50Wx60L yard field, big goal on both ends

Target team (Red): #'s 1, 2, 3, 4, 5, 6, 8 - Opposition team (White): #'s 1, 6, 7, 8, 9, 10, 11

Both teams attack and defend 1 big goal. All rules of soccer apply.

Learning 7v7 to Goal



Coaching Points

Activity Time Rest Intervals

What? Technique: Angle, speed & distance of approach, footwork of the player closest to the ball, Tackling techniques

Team Tactical Defending Principles: Make It/Keep It Compact: Where? When?

Press: Who? Where? When? Outnumber Opponent & Give Cover: Who? Why?

Pressure in the Hotzone: Where? When?

Implementation

9v9

Duration Formation

Activity Time Rest Intervals

Organization

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical Execution, Team Tactical Defending Principles, 5W's, Speed of Play