



Functional Session Plan

MASSACHUSETTS YOUTH SOCCER

Season Spring 2016

Topic Functional Training of the #2 and #3 - Defensively

Objectives
(5 W's)

Who: The #2 Right Outside Defender and #3 Left Outside Defender
What: Individual Defending Techniques and Principles of Defense
Where: Defensive Half of the field up to the halfway line.
When: The opponent is attacking down the flank channel
Why: To delay or deny penetration and win the ball back

Organization

Duration Intensity

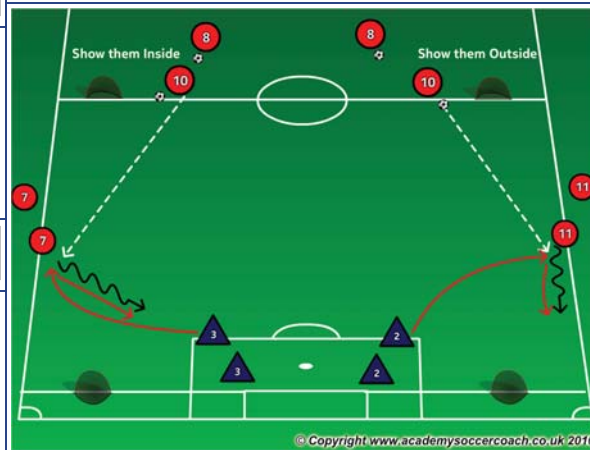
In a half field - 75W x 50L yards. Set up as diagrammed. #10 or #8 plays a pass into #7 on the right or #11 on the left. As the ball is passed, #2 on the right and #3 on the left comes in to defend. Play 1 v 1 Red scores by scoring in the mini goal by the end line. Blue score by stealing the ball scoring in the mini goal by the halfway line.
 Variations: 1. Play ends when Blue tags Red. 2. Show red inside. 3. Show red outside

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 - When? Why?

Stage 1 1 v 1 Defending the Flank Channels



Stage 2 4 v 4 to 4 Goals

Organization

Duration Intensity



In a 75W x 50L yard field with 2 mini goals (2 yards wide) on each end line.
 Play a 4 v 4 Game
 Blue team defends the goals on the south end line.
 Red team defends the goals on the north end line.
 A defensive stop by the #2 or #3 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 #2 and #3: Pressure - Who? When? Where? Why? Delay - When? Why? Control and Restraint - When? Where? Why? Cover - Who? When? Where? Why?

Organization

Duration Intensity

In a 75W x 90L yard field.
 Each team defends one regular goal play a 7 v 7 game.
 Goals scored off a counter attack immediately after #2 or #3 wins the ball worth 50 points.
 Play to 150 or 7 Minutes.

Coaching Points

Activity Time Rest Intervals

What? Techniques of: Individual Defending.
 Defending Principles of the #2 and #3: Pressure - Who? When? Where? Why? Delay - When? Why? Control and Restraint - When? Where? Why? Cover - Who? When? Where? Why? Balance - When? Where? Why?

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



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 #2 and #3, Defending Principles of the #2 and #3 Speed of play, Execution.