



MASS YOUTH SOCCER SESSION PLAN

Topic

DEFENDING 2 - SMALL GROUP DEFENDING

Objectives (5 W's)

Who: All Players **What:** Speed angle and distance of approach, Body shape, Foot work, Type of tackle, Press the player with the ball, Make it and keep it compact, Outnumber the opponent and give cover, Pressure in the Hotzone **Where:** In the central and flank channels of the defensive half **When:** When the opponent is close to your goal area **Why:** To deny penetration and shooting opportunities

Organization

Duration Intensity

- Area: 15Wx20L yard grid with a small goals on each endline
- The defender will pass the ball to one of the attackers and try to keep him/her from scoring, by working together to pressure and cover

Coaching Points

Activity Time Rest Intervals

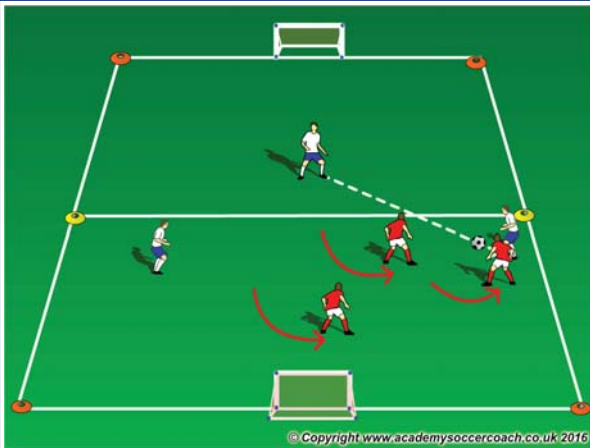
What? Technique of Defending:

- ~ Speed of Approach, Angle of approach, Pressing distance, Body shape
- ~ Foot work: Stand, balance and position of the feet
- ~ Angle/Distance of Cover, What does he/she say to the pressing defender?

Warm-up / Orientation 2v2 to Small Goals



Orientation 3v3 Defending to Small Goals



Organization

Duration Intensity

- Area: In a 20Wx30L yard grid with small goals
- When a Red player loses the ball the team has to defend to win the ball back immediately.

Coaching Points

Activity Time Rest Intervals

- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackles (Poke or Block) - Angle, speed and distance of cover
- **Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

Organization

Duration Intensity

- Area: In a 30Wx40L yard field with a regular goal and 2 counter goals
- Play to score in the opponent's goal. All laws apply.

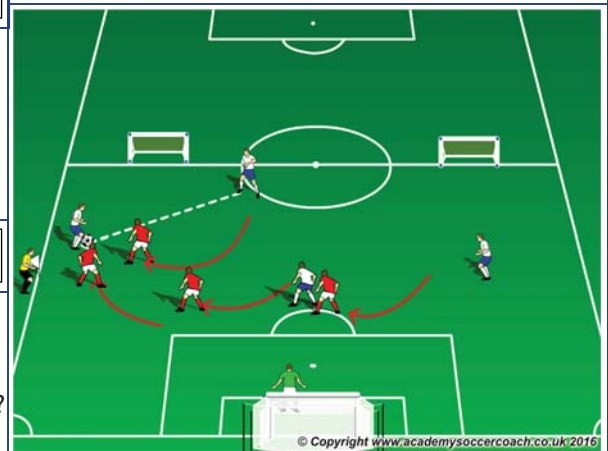
Coaching Points

Activity Time Rest Intervals

- **What? Technique of Defending** - Angle Speed and Distance of approach. Footwork. Tackle. Distance and angle of covering player.

- **Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

Learning 5v4 to Goals



Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L field play 7v7. All FIFA Laws apply. Encourage defenders to work together to regain the ball

Coaching Points

Technical Execution, Team tactical defending principles, 5W's, Speed of Play.