



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

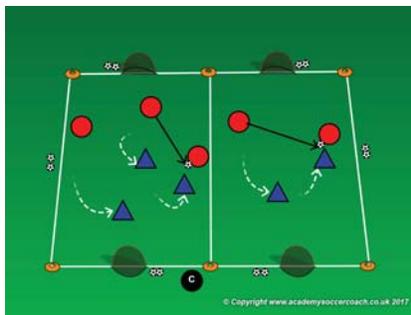
To prevent the opponent from playing forward or prevent goal scoring opportunities. Get the players into a game as they arrive to practice.

Organization

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

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Pressure the player with the ball
- Make it compact
- Angle Speed and Distance of Approach, Footwork, and Body Shape

Guided Questions

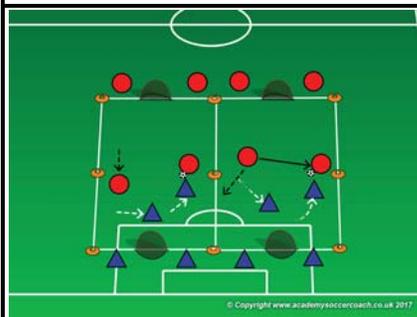
What are the players doing to prevent goals? The players are trying to press and delay the opponent by getting behind the ball.

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

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

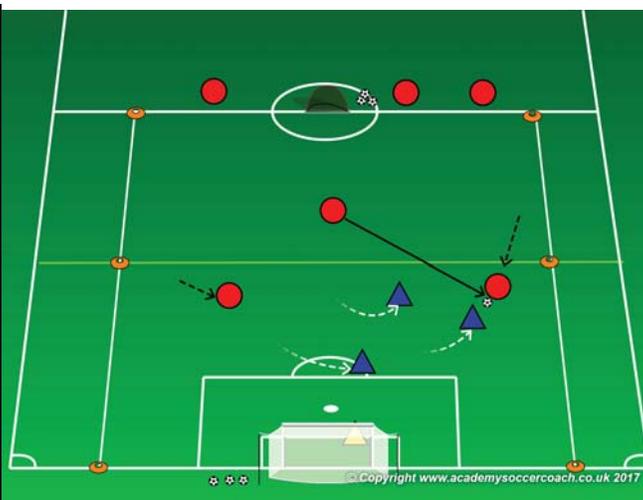
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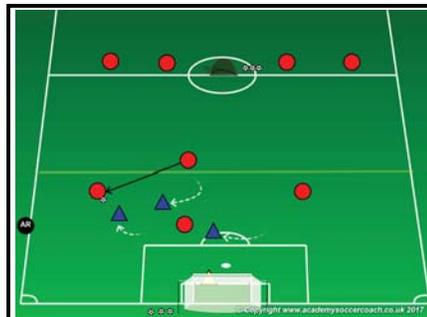
Less Challenging Activity

Organization - 2v2 Defending: Two grids of 15Wx20L grids with a small goal at each end. Defenders pass the ball to the Red team to start the game. Play to score in the opponent's small goal.

Rules: Red teams play for 2 balls or one goal.



Activity Duration	21 min	# of Intervals	3
Time Active	6 min	Active Rest	1 min



More Challenging Activity

Organization - 4v4 Defending: In a half field with a regular goal and a small goal on the midline. Play to score in the opponent's goal.

Rules: All FIFA Laws apply. The Red team gets two opportunities to score, then they switch with the stand-by team.

Objectives

To prevent the opponent from playing forward or deny penetration from dribble. Prevent goal scoring opportunities.

Organization - 4v3 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. The Red team gets two opportunities to score, then they switch with the stand-by team.

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

How do you know if the players understand the topic? When we put them to play they are trying to prevent goals by pressing the opponent.

How does the player know when he/she pressures the ball? Because he/she is the closest players to the ball.

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. Prevent goal scoring opportunities.

Organization

Play a game based on the amount of players in attendance, make 2 equal teams. 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 and 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

In what ways did the players improve? -- They improve by recognizing when/how to pressure.

Duration: Two 12 minute halves/2 minute rest.