



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Defending in the attacking third

**Key Qualities** Be Proactive, Take Initiative

**Age Group** 12-U

**Team Tactical Principles** Stop opponent from playing forward

*Is Activity Organized? Game-like? Challenging?*

## PLAY - SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

### Objectives

To recover the ball and start an attack

### Organization

30Lx20W field with two small goals. Players play as they arrive 1v1,2v2,3v2etc

### Rules

Kick ins if the ball goes out. If a goal is scored conceding team start with the ball



### Coaching Points

Press the player on the ball. Look at what attacker is doing. Stay balanced to force attackers into mistakes.

### Guided Questions

What is a good way to gauge the players mood? Greet players as they arrive. Where do players try and win the ball? As close as possible to opponents goal.

*Is Activity Organized? Game-like? Challenging?*

## PRACTICE - CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



### Less Challenging Activity

### Organization

55Wx25L 1 regulation goal 3 counter goals/gates. Play 6v5 in favor of red team

### Rules

Ball starts with any red player. Kick ins, offside, If a goal is scored restart with GK.



**Activity Duration** 20

**# of Intervals** 5

**Time Active** 3

**Active Rest** 1



### More Challenging Activity

### Organization

55Wx60L 1 regulation goal and 3 counter goals. 7v5 in favor of reds

### Rules

Red teams scores one by dribbling/passing through gates and 2 if they can find the number 9

### Objectives

To win the ball as high up the pitch as possible

### Organization

55Wx40L 1 regulation 3 counter goals/gates. Play 5v6 in favor of red team. Blue team try to score on goal and stop reds from playing through the three counter goals

### Rules

Ball starts with GK. Kick ins, offside, If a goal is scored restart with GK.

### Coaching Points

Press the player with the ball. Patient when trying to recover the ball. Try to outnumber team with the ball allowing more opportunity to intercept.

### Guided Questions

What is the focus? To win the ball in the attacking half of the field How do you prevent the attacking from playing forward? Press the player with the ball 2nd and third attacker stay balanced ready to press next player.

*Is Activity Organized? Game-like? Challenging?*

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent by winning the ball as far up the field as possible.

### Organization

55Lx80W field play 9v9 or as close to as possible. Focus team play 1-3-2-3 Defending team 1-3-2-3

### Rules

All FIFA rules apply



### Coaching Points

Press player with the ball. Wait for attackers to make a mistake then press. Outnumber the opposition to win the ball.

### Guided Questions

How do you assess the success of the session? Players are much more aggressive around opponents goal. They are more successful winning the ball in opponents half.