



MASSACHUSETTS YOUTH SOCCER



GOAL Disrupting the build up in our own half to deny scoring chances **Key Qualities** Read the game, Take initiative, Focus

Age Group 12-U **Team Tactical Principles** Steal the ball, Make it and keep it compact, Pressure, Cover & Balance

PLAY - SMALL SIDED GAMES

Objective:

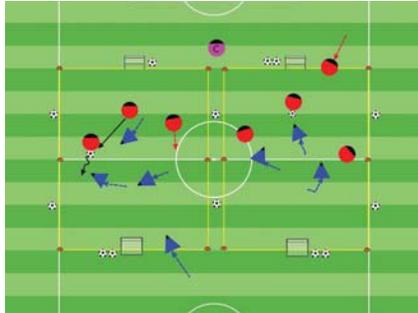
To get players in a game as they arrive. To score goals and prevent the opponent from scoring.

Organization:

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play 1v1, 2v1, 2v3, up to 4v4.

Time: 4 games of 2 minutes with a 30 second rest for a total of 10 minutes.

Rules: Out of bounds: Pass or dribble the ball in.



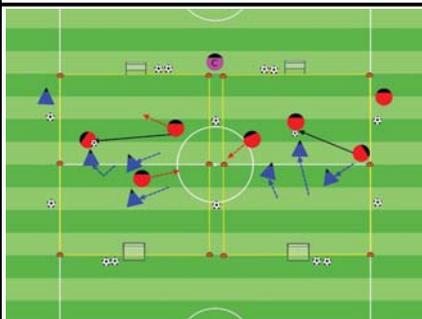
Key Words: Get in front of the ball to close the opening. Work together to keep the opening closed.

Guided Questions:

- What seems to be the players attitude when they arrive to training?
- What can you do to make the teams even?

Answer: The players seem to be ready to play. If the teams seem to be very uneven, quickly reorganize the players into new teams.

PRACTICE - CORE ACTIVITY

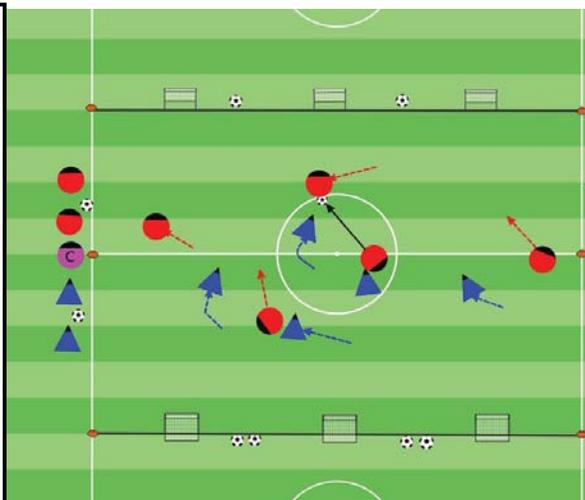


Less Challenging Activity

Organization:

- Play 3v3's in two 20Wx30L fields with small goals. Blue players try to regain the ball in the middle of the field and score a goal.

Rules: Out of bounds - Pass or dribble the ball in.



Activity Duration	21 min	# of Intervals	6
Time Active	3 min	Active Rest	30 sec



More Challenging Activity

Organization:

- Play 6v7.
- 50Wx50L field with two regular goals.
- Sub players every two intervals.

Rules: All FIFA Laws apply.

Objective:

Prevent the opponent from playing forward and create scoring opportunities by denying passing or dribbling forward and forcing a turnover to regain the ball.

Organization:

- Play 5v5 in a 50Wx40L field with three small goals on each end line.
- Substitute players every interval.

Rules: All FIFA Rules Apply.

Key Words: Get in front of the ball to close the opening. Work together to keep the opening closed. Tackle (Poke or Block).

Guided Questions:

- What should defenders do if an attacker receives the ball?
- What should the other defenders do to help the defender in front of the ball?

Answers: The closest player to the ball gets in front of the the attacker to prevent him/her to pass or dribble forward. They should get behind him/her to keep the opening closed and force the attacker to play backwards or side ways.

PLAY - LET THEM PLAY

Objective:

Prevent the opponent from playing forward and create scoring opportunities by denying passing or dribbling penetration and forcing a turnover to regain the ball.

Organization: Make two equal teams, play in a 50Wx75L field with goals.

Time: 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

Rules: All FIFA Rules Apply.



Key Words: Get in front of the ball to close the opening. Work together to keep the opening closed. Tackle (Poke or Block).

Guided Questions:

- What are the indicators that the players have understood what they need to do in the game?

Answers: The players are forcing the attacking team to play backwards or sideways and collectively closing down openings preventing passes or dribbling forward.