**GOAL:** Disrupting the build up in our own half to deny scoring chances

**Key Qualities:** Steal the ball, Make it and keep it compact, Pressure, Cover & Balance

### Age Group: 12-U

#### Team Tactical Principles

**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.

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**PLAY - SMALL SIDED GAMES**

<table>
<thead>
<tr>
<th>Less Challenging Activity</th>
<th>More Challenging Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Organization:</strong></td>
<td>- 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.</td>
</tr>
<tr>
<td><strong>Rules:</strong></td>
<td>- Out of bounds: Pass or dribble the ball in.</td>
</tr>
</tbody>
</table>

**Activity Duration:** 21 min

**Time Active:** 3 min

**Active Rest:** 30 sec

**# of Intervals:** 6

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**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.

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

**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.

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

**Rules:** All FIFA Laws apply.

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**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.

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**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:**
- 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.

---

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

**Rules:** All FIFA Laws apply.

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**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 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.

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**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:**
- 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.

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---

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