



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Defensive Third Build up

**Key Qualities** Be Proactive, Take Initiative

**Age Group** U12

**Team Tactical Principles** Play forward when possible

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

## PLAY SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

### Objectives

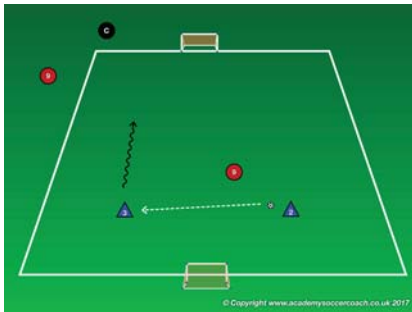
To outscore opponent, get players playing early as they arrive.

### Organization

20Lx30W field with two small goals. Players play as they arrive 1v1, 2v1 etc

### Rules

Check Local Town rules



### Coaching Points

Positive reinforcement of techniques such as passing dribbling. Understand when to play forward and when to keep the ball.

### Guided Questions

How can you get the players to get more reps? Smaller numbers during the play. How do you make sure every player is involved? Assign a player a team as they arrive

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

## PRACTICE CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



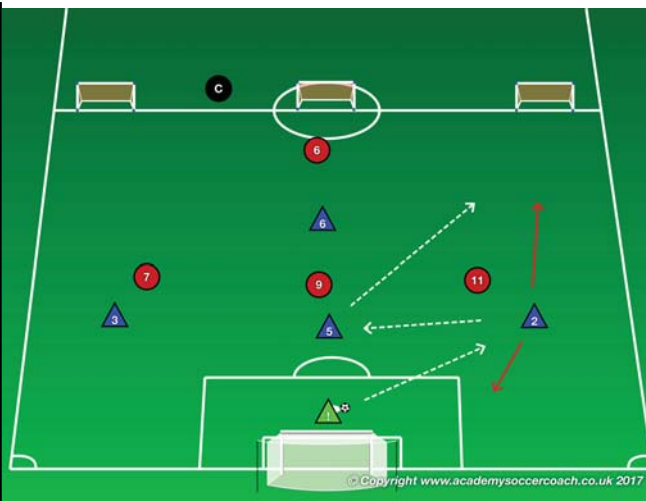
### Less Challenging Activity

### Organization

25Lx40W field with the counter goals and one regulation goal. Play 5v4

### Rules

Defenders become passive and are not allowed to tackle but can intercept a pass

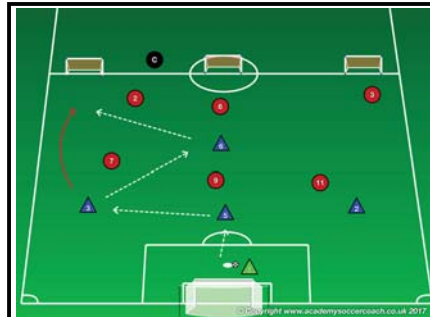


**Activity Duration** 20

**# of Intervals** 5

**Time Active** 3

**Active Rest** 1



### More Challenging Activity

### Organization

25Lx40W field with the counter goals and one regulation goal. 6v5 in favor of red team

### Rules

Same as core activity

### Objectives

To build up in the defensive half

### Organization

25Lx40W field with the counter goals and one regulation goal. Play 5v4 in favor of focus team (blue) Focus team (blue) attempt to score in the three goals. If defending team win the ball they score on the regulation goal.

### Rules

Ball starts with GK If ball goes out to the side play kick ins. If a goal is scored for either team play restarts with GK.

### Coaching Points

Spread out wide to make the pitch bigger. Recognize when to play forward and when to keep the ball. Unbalance opposition by keeping the ball then playing forward.

### Guided Questions

How can you keep each player focused? Set individual goals throughout the practice. What are you looking for? Focus team to successfully play out from the defensive half into the opponents half. How do you know the players understand? ask them questions

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

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent

### 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

What do we look for when trying to play forward? Numerical advantage in defensive half. Defenders look to get wide when they have the ball.

### Guided Questions

How do you know the players understood the question? Ask them three key points they learned from the session



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Building through the midfield

**Key Qualities** Be Proactive, Take Initiative

**Age Group** 12-U

**Team Tactical Principles** Play forward when possible

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

## PLAY - SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

### Objectives

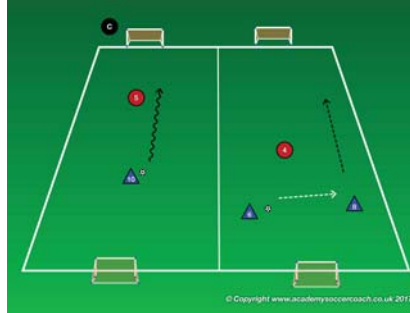
To outscore opponent, get players playing early as they arrive.

### Organization

Two 20x30W fields 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. Check local town rules



### Coaching Points

Positive reinforcement of techniques such as passing dribbling. Understand when to play forward and when to keep the ball.

### Guided Questions

What should you do if the players seem distracted? Take a water break speak to the players

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

## PRACTICE - CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



### Less Challenging Activity

### Organization

45Wx60L field expand field by 20W

### Rules

Ball starts with the coach, Kick ins if the ball goes out, if a goal is score ball starts with the coach who plays to any blue player



**Activity Duration** 20

**# of Intervals** 5

**Time Active** 3

**Active Rest** 1



### More Challenging Activity

### Organization

40Lx45W

### Rules

Ball starts with the coach, Kick ins if the ball goes out, if a goal is score ball starts with the coach who plays ball to a blue.

### Objectives

Create scoring chances through the midfield

### Organization

45Wx40L field. with 6 goals, Play 6v4 in favor of blue team. Focus team (blue) attempt to score in the three goals by either dribbling or passing. Defending team tries to score in the other 3 goals

### Rules

Ball starts with the coach, Kick ins if the ball goes out, if a goal is score ball starts with the coach who plays to any blue.

### Coaching Points

Spread out, Play forward when possible. Create 2v1, 1v1. Using combination to penetrate past defensive line. Vary the running to get behind defensive line

### Guided Questions

When should a player recognize they should make a run behind defensive line? When his team has the ball and defensive line has pushed up What combinations could the team use to penetrate the defensive line? Give and goes, overlaps, set passes

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

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent

### Organization

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

### Rules

All FIFA rules apply



### Coaching Points

Spread out, Play forward when possible. Create 2v1, 1v1. Using combination to penetrate past defensive line. Vary the running to get behind defensive line

### Guided Questions

What can you do if the players do not feel motivated? Take a water break and speak to the players individually, Mix up the teams



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Attacking third build up

**Key Qualities** Be Proactive, Take Initiative

**Age Group** 12-U

**Team Tactical Principles** Create scoring opportunities

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

## PLAY - SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent, get players playing early as they arrive.

### Organization

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

### Rules

Check local town rules.



### Coaching Points

Running behind the defensive line to break through on goal.

### Guided Questions

How can you prepare for the session? Organize fields, make sure you have correct equipment and have looked over the session plan What are the outcomes? When do you move onto the practice? When all players have arrived

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

## PRACTICE - CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



### Less Challenging Activity

### Organization

55Wx40L. 1 regulation goal 3 counter goals. play 5v5

### Rules

Ball starts with the coach, kick ins if the ball goes out, if a goal is scored ball starts with the coach, defenders are passive



**Activity Duration** 20

**# of Intervals** 5

**Time Active** 3

**Active Rest** 1



### More Challenging Activity

### Organization

55Wx40L, 1 regulation goal and 3 counter goals. 7v4 in favor of reds.

### Rules

Ball starts with the coach, Kick ins if the ball goes out, if a goal is score ball starts with the coach

### Objectives

To combine in the attacking half and score

### Organization

55Wx40L field. 1 regulation goal and 3 counter goals. play 5v5. Focus team (blue) attempt to score in the three goals by either dribbling or passing. Defending team tries to score in the other 3 goals

### Rules

Play starts with the coach, kick ins, corners goal kicks. Play restarts with the coach

### Coaching Points

Make runs behind defensive lines to create chances to shoot. Keep possession to draw defenders out of position.

### Guided Questions

What is the outcome? To create scoring chances by building in the attacking half. How can you tell the players were successful during the practice? Focus team were able to create chances by combing near the penalty box and in the attacking half.

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

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent by Combining on the attacking half of the field.

### Organization

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

### Rules

All FIFA rules apply



### Coaching Points

Play forward when possible, Make runs behind defensive line to creating a shooting chance. Keep Possession to draw defenders out and unbalance defense

### Guided Questions

How can you tell if the players enjoyed the session? Players were focused and eager to play throughout



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Create scoring opportunities through wide play

**Key Qualities** Be Proactive, Take Initiative

**Age Group** 12-U

**Team Tactical Principles** Exploit opponent when unbalanced.

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

## PLAY - SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent, get players playing early as they arrive.

### Organization

Two 30Lx20W fields 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. Check local town rules.



### Coaching Points

Passing, dribbling, shooting long passing. Spread out

### Guided Questions

What is the attitude of the players like? Good players are engaged and ready for practice. What should you do to keep players engaged? Positive reinforcement of techniques.

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

## PRACTICE - CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



### Less Challenging Activity

### Organization

55Wx40L. 1 regulation goal 3 counter goals.

### Rules

Ball starts with the coach, kick ins if the ball goes out, if a goal is scored ball starts with any blue player. Players restricted to their zones.



**Activity Duration** 20

**# of Intervals** 5

**Time Active** 3

**Active Rest** 1



### More Challenging Activity

### Organization

55Wx40L, 1 regulation goal and 3 counter goals. 7v7

### Rules

Ball starts with the coach, Kick ins if the ball goes out, if a goal is score ball starts with any blue player

### Objectives

Focus team (blue) get one point by dribbling through yellow gates and 2 for red gates. If reds win the ball they try and score in counter goals

### Organization

55Wx40L field. 1 regulation goal and 3 counter goals. play 5v5.

### Rules

Play starts with the coach passing to a blue, kick ins, corners goal kicks. Play restarts with the coach, if player dribbles or passes through red gates players can go into the box to meet the cross.

### Coaching Points

Accurate passing, Beating players 1v1. Long passing. Spread out to create 1v1 opportunities in wide areas.

### Guided Questions

What techniques are being repeated? Passing from central players to wide players. Receiving from wide players and crosses into the box Does anything need to change? Move to less challenging if players are struggling to find success. What cues should attackers look for to get into the box? Wide player has time on the ball.

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

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent by making runs behind the defense to get through on goal.

### Organization

55Lx80W field play 9v9 or as close to as possible. Focus team play 1-3-4-1 Defending team 1-3-2-3

### Rules

All FIFA rules apply



### Coaching Points

Accurate passing, 1v1 dribbling, crossing. Attackers making runs into the box before cross comes in. Create numerical advantage in wide areas

### Guided Questions

What did the team work on? Creating scoring chances form wide areas Why should you engage every player? Every player feels welcome and part of the team.



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Creating scoring chances through the middle

**Key Qualities** Be Proactive, Take Initiative

**Age Group** 12-U

**Team Tactical Principles** Unbalance/disorganize opponent

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

## PLAY - SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent, get players playing early as they arrive.

### 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

Accurate passing, Dribbling, Make runs behind the defensive line to create scoring chances.

### Guided Questions

How can you prepare the players? check the mood of the players, remind players of the topic. What should you do if the games are unbalanced? Add players to the team that has less players.

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

## PRACTICE - CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



### Less Challenging Activity

### Organization

40Wx40L. 1 regulation goal 2 counter goals.

### Rules

Ball starts with the 6, kick ins if the ball goes out, if a goal is scored ball starts with the 6. offside rule



**Activity Duration**

**# of Intervals**

**Time Active**

**Active Rest**



### More Challenging Activity

### Organization

30Wx40L, 1 regulation goal and 2 counter goals. 5v4

### Rules

Ball starts with the 6, Kick ins if the ball goes out, if a goal is score ball starts with the 6

### Objectives

Create scoring chances by playing through the middle of opposition

### Organization

30Wx40L 1 regulation goal 1 counter goal 4v4 Focus team (blue) Try to score in regulation goal, if reds win they try to score in counter goal.

### Rules

Play starts with the 6, kick ins, Play restarts with the 6, offside rule.

### Coaching Points

Accurate short passing, Dribbling, receiving. varying the runs to confuse and unbalance back line. Diagonal run, checked run. Set pass then run behind defensive.

### Guided Questions

What should attackers look for when running behind defensive? Gap between two defenders, space between defenders and goal. How can you unbalance opposition? Combination play give and goes, overlaps. How do you recognize the players are succeeding in the practice? Attackers are getting through on goal

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

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent by creating chances through the middle.

### Organization

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

### Rules

All FIFA rules apply



### Coaching Points

When to dribble or pass forward, Accurate passing, Varied runs behind defense to get through on goal.

### Guided Questions

How would you determine if the practice was successful? Opposing team was unbalanced and focus team created lots of scoring chances. How do you make it enjoyable? Praise good behaviors and outcomes from team



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Defending in the defensive half

**Key Qualities** Be Proactive, Take Initiative

**Age Group** 12-U

**Team Tactical Principles** Stop opponent from playing forward and creating scoring opportunities

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

## PLAY - SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent, get players playing early as they arrive.

### Organization

Two 30Lx20W fields 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 with the ball. Hips facing out. Wait for attacker to make a mistake. Show player out wide.

### Guided Questions

How do you monitor the attitude of the players? Observe their behavior and demeanor What should you do if players are getting distracted? Take a break speak to players or move onto core activity

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

## PRACTICE - CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



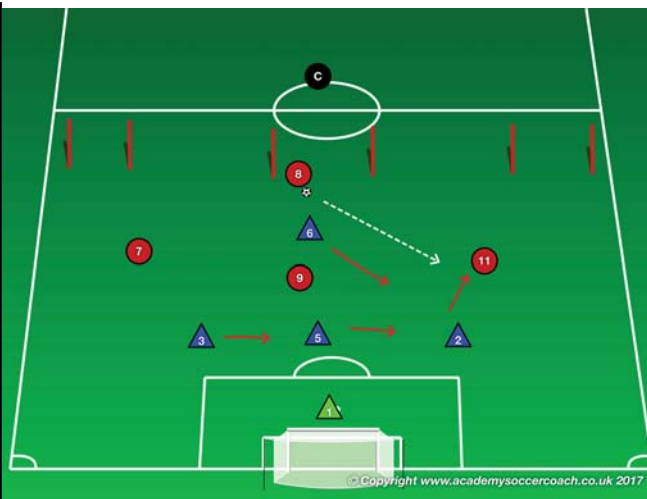
### Less Challenging Activity

### Organization

25Wx40L 1 regulation goal and 1 counter goal. play 5v4 in favor of blue team

### Rules

Reds start with the ball. kick ins, offside. goal kicks. If a goal is scored red team starts with the ball.

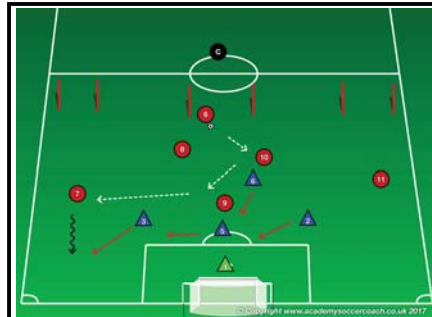


**Activity Duration** 20

**# of Intervals** 5

**Time Active** 3

**Active Rest** 1



### More Challenging Activity

### Organization

55Wx40L 1 regulation goal 3 counter goals. play 5v4 in favor of blue team

### Rules

Reds start with the ball. kick ins, Corner kicks, offside. goal kicks. If a goal is scored red team starts with the ball.

### Objectives

To win the ball back and start an attack

### Organization

55Wx40L 1 regulation goal 3 counter goals. play 5v4 in favor of blue team. Reds attempt to score in regulation goal, If blue win the ball they try to score in regulation goal.

### Rules

Reds start with the ball. kick ins, Corner kicks, offside. goal kicks. If a goal is scored red team starts with the ball.

### Coaching Points

Press the player with the ball quickly. Wait for attacker to make a mistake. Back line make the middle of the field compact only showing space in wide areas.

### Guided Questions

How can you tell the practice is going well? Attacking team are struggling to create chances and keep losing possession. What cues should a defender look for when deciding to press quickly? Poor touch or bad pass from attacker

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

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

To win the ball back quickly and start an attack

### Organization

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

### Rules

All FIFA rules apply



### Coaching Points

Press the closest player, Force opponent to make a mistake. Keep the middle of the field compact to minimize becoming unbalanced?

### Guided Questions

What was the topic? Stop opponents creating chances in the defensive third How did the players perform defensively? Good Reaction when they lost the ball, aggressive in the tackle



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Defending in the middle 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 outscore opponent, get players playing early as they arrive.

### 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

Closest defender presses the ball. Second player provides to cover. Force attacker to make mistake.

### Guided Questions

When do you decide you need to move on? All the players have arrived and warmed up. What should the defending look like? Players closing down quickly and being aggressive in the tackle.

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

## PRACTICE - CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



### Less Challenging Activity

### Organization

55Wx40L 6 gates/goals play 5v5

### Rules

one player must stay behind the gates but can move side to side as support player. Kick ins, conceding team restarts with the ball



**Activity Duration** 20

**# of Intervals** 5

**Time Active** 3

**Active Rest** 1



### More Challenging Activity

### Organization

55Wx40L 6 gates/goals play 6v5 in the middle

### Rules

Kick ins, team that concedes starts with the ball. If players miss the gate other team gets the ball

### Objectives

To win the ball in the middle of the field to start an attack.

### Organization

55Wx40L with 6 gates/goals play 5v5 in the area reds start with the ball and attempt to dribble or pass through south gates. If blues with the ball they attempt to score in north counter goals

### Rules

Kick ins, team that concedes starts with the ball. If players miss the gate other team gets the ball

### Coaching Points

Closest player to the ball presses. Hips facing the way you the attacker to go. Pressure cover balance. Stay organized forcing opponent to play wide or backwards.

### Guided Questions

What cues should defenders look for to recover the ball? Opposing player makes a bad touch or pass. How can you force the opposition to play wide or backwards? Team remains compact in the middle of field forcing play out wide.

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

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

Win the ball in the middle of the field and start an attack

### Organization

55Lx80W field play 9v9 or as close to as possible. Focus team play 1-3-4-1 Defending team 1-3-2-3

### Rules

All FIFA rules apply



### Coaching Points

Closest player to the ball presses the ball. show player on the ball wide. Be patient wait for attacker to make mistake. Make it compact to force team

### Guided Questions

What was the focus of the session? Stop opponent from playing through the middle. How did fix any errors? Positive constructive feedback.



# 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.





# MASSACHUSETTS YOUTH SOCCER

**GOAL** Defending against wide play

**Key Qualities** Be Proactive, Take Initiative

**Age Group** 12-U

**Team Tactical Principles** Prevent opponent from creating scoring chances from wide play

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

## PLAY - SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent, get players playing early as they arrive.

### 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 with the ball. Don't tackle right away. Look at what attacker is doing. Pressure cover balance.

### Guided Questions

What is the outcome? Stop players from crossing and shooting. How do you make players aware of the topic? add bonus goal form goals scored from crosses.

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

## PRACTICE - CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



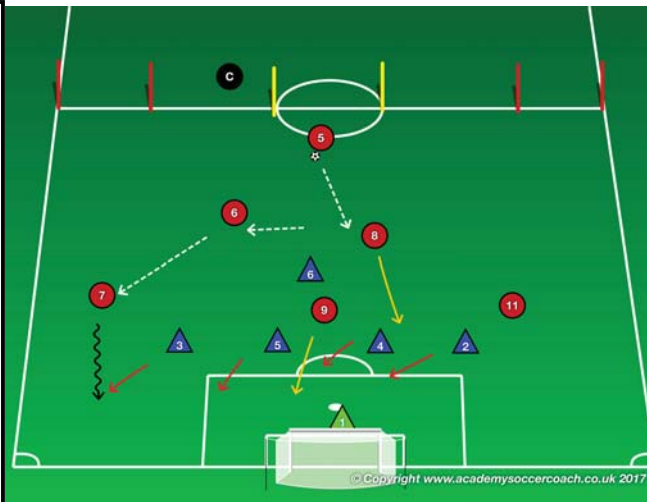
### Less Challenging Activity

### Organization

55Wx20L field 1 regulation goal and 3 counter goals. play 6v6

### Rules

Ball starts with any red player, offside, throws ins, corner kicks goal kicks. Restart with the red team.



**Activity Duration** 20

**# of Intervals** 5

**Time Active** 3

**Active Rest** 1



### More Challenging Activity

### Organization

55Wx40L field with 1 regulation goal and 3 counter goals. Play 6v6

### Rules

Ball starts with red team, offside, throws ins, corner kicks goal kicks. Restart with the red team. Defenders are passive

### Objectives

To Prevent crosses from wide areas

### Organization

55Wx40L field with 1 regulation goal and 3 counter goals. Play 6v6 Red team attempt to score in regulation goal, blue team attempt to prevent red team from creating chances from wide play. If they win the ball they try and score in counter goals.

### Rules

Ball starts with the coach passing to the red team, offside, throws ins, corner kicks goal kicks. Restart with the red team.

### Coaching Points

Press the player with the ball. Stay close to attacker but do not tackle unless they make a mistake. Keep the back line compact not allowing any space in the middle and press immediately when out wide.

### Guided Questions

How do can you force the wide players to play backwards? Being compact not allowing players to dribble past or get a good angle to cross. What should the second and third defenders do to prevent the cross? Mark the forwards and track any runners going into the box

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

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

To prevent crosses and restart the attack.

### Organization

55Lx80W field play 9v9 or as close to as possible. Focus team play 1-3-4-1 Defending team 1-3-2-3

### Rules

All FIFA rules apply



### Coaching Points

Press the player with the ball. Stay close to player with the ball. Track other player movement and stay compact as a defensive unit.

### Guided Questions

How do you know players understood the topic? Attacking team were unable to get many crosses into the box. How can you engage every player? Make sure there is repetition no breaks and every player is involved.



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Defending in transition

**Key Qualities** Be Proactive, Take Initiative

**Age Group** 12-U

**Team Tactical Principles** Stop the team playing forward when possession is lost

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

## PLAY - SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent, get players playing early as they arrive.

### 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

Closest defender to the ball presses. second and third attackers provide cover and balance. Wait for attacker to make a mistake.

### Guided Questions

What did you do to prepare? Printed out session and had fields set up before players arrived. How can you tell the players are ready? All players arrive early and start playing straight away

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

## PRACTICE - CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



### Less Challenging Activity

### Organization

55Wx80L field split into 3 55Wx25L zones. Play 2v1 in end zones and 2v2 in middle zones

### Rules

To start players are restricted to their zones, Kick ins, if ball is played to the 9. Games restarts with the other



**Activity Duration** 20

**# of Intervals** 5

**Time Active** 3

**Active Rest** 1



### More Challenging Activity

### Organization

55Wx80L field split into 3 55Wx25L zones. Play 2v1 in end zones and 2v2 in middle zones

### Rules

To start players are restricted to their zones, Kick ins, if ball is played to the 9. Games restarts with the other

### Objectives

Both teams try and play the ball into the number 9. Teams get one point for every zone they enter and 2 for playing to the 9.

### Organization

55Wx80L field split into 3 55Wx25L zones. Play 2v1 in end zones and 2v2 in middle zones

### Rules

To start players are restricted to their zones, Kick ins, if ball is played to the 9. Games restarts with the other team.

### Coaching Points

Deny player on the ball time to think about their next decision and force play backwards. Get organized into defensive positions when possession is lost.

### Guided Questions

What cues are the players looking for to know when they should get into defensive positions? When Possession has been lost in any area of the field. What should the closest player do when possession is lost? Deny player on the ball time to start an attack where the team is unbalanced.

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

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent

### 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

Don't allow team time on the ball when possession is lost. Be patient when pressing allow attacker to make a mistake. Get balanced quickly to stop counter attack.

### Guided Questions

What do you look for to determine if the practice was successful? Opposition struggled to transition quickly and were forced to play backwards. Players came away understand what