



MASSACHUSETTS YOUTH SOCCER



GOAL Disrupting the Build up in the opponent's half to deny chances **Key Qualities** Make decisions, 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:

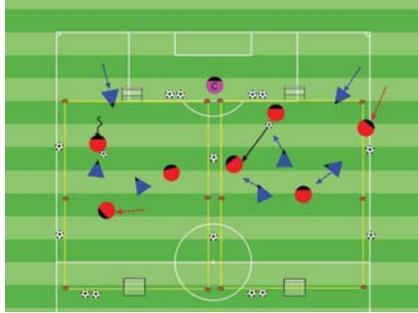
To play a game. To score goals while preventing the opponent from scoring any goals.

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 quickly in front of the ball to prevent playing forward. Work together to close and keep the opening closed.

Guided Questions:

- How do you determine the players' mood when they arrive? How are the players preventing any passes or dribbling forward?

Answer: Asking questions about how was their day and listening to their answer. Defenders are getting in front of the ball to close the opening.

PRACTICE - CORE ACTIVITY

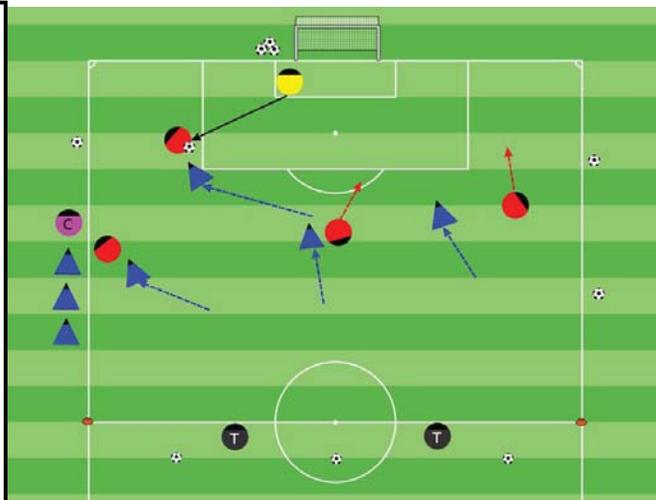


Less Challenging Activity

Organization:

- Play 2v3's in two 20Wx30L fields with small goals and a 3 yard end zone. Blue players try to press the players with the ball forcing them to play backward.

Rules: Pass or dribble the ball in.



More Challenging Activity

Organization:

- Play 6v7.
- in a half field (50Wx37L) with a regular goal and two counter goals.
- Substitute every two intervals.

Rules: All FIFA Laws apply.

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

Objective:

Prevent the opponent from playing forward and create scoring opportunities by denying dribbling penetration and forcing an inaccurate pass to regain the ball.

Organization:

- Play 4v5 in half field (50Wx37L) with a regular goal and two target players. Substitute players every interval.

Scoring: Every goal from regaining the ball is worth 10 points, any other goal is 1 point.

Rules: All FIFA Rules Apply.

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

Guided Questions: - Why do we want to defend closer to the opponent's goal? Who should be the first defender to close the opening and how do the other defenders help?

Answers: To deny opponent any openings to get the ball forward and to regain the ball close to opponent's goal. The closest player to the ball presses the attacker with the ball. The other defenders will move to cover any other passing and dribbling lanes.

PLAY - LET THEM PLAY

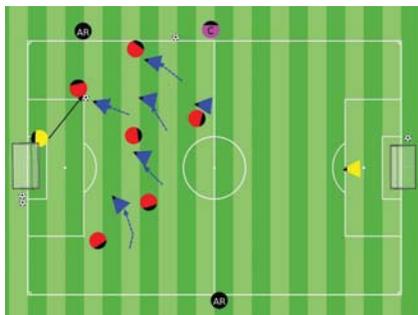
Objective:

Prevent the opponent from playing forward and create scoring opportunities by denying dribbling penetration and forcing an inaccurate pass 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 quickly in front of the ball to prevent playing forward. Work together to close and keep the opening closed. Tackle (Poke or Block).

Guided Questions

- Why should you encourage the defenders?
- When should you encourage the defenders?

Answers: Because encouragement creates confidence. Every time they successfully deny penetration or regain the ball.