



MASSACHUSETTS YOUTH SOCCER

Season **Spring 2016** Topic **Individual Defending**

Objectives (5 W's)

Who: #4, #5, #6, #8 **Where: In the defensive half of the field**
What: Pressure: Tackling vs Delay: Pressing distance, Cover, Balance
When: When not in possession of the ball and close to your own goal
Why: Stop penetrating players from scoring or creating scoring opportunities

Organization

Duration Intensity

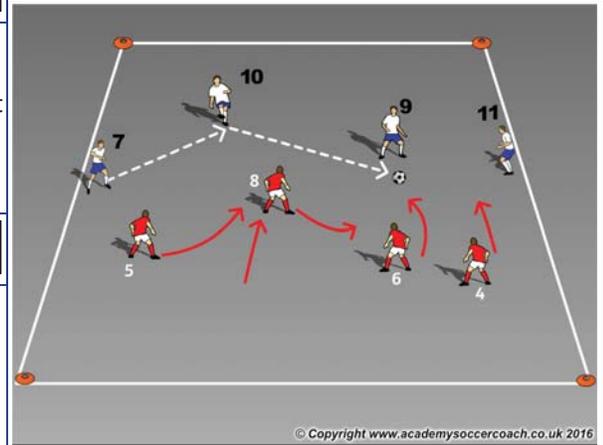
Area: 47Wx40L yard field
 Target team (Red): #'s 4, 5, 6, 8 – Opposition team (White): #'s 7, 9, 10, 11
 White team passes among themselves, max 3 touches. Red team follows movement of ball between White players & steps to pressure White player w/ the ball, cover behind, & balance. Red doesn't tackle, but can intercept bad touches or passes.

Coaching Points

Activity Time Rest Intervals

What? Technique: Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position, pressing distance,
 Defending Principles - Pressure: Who? When?

Stage 1 4v4 Shadow Play



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Stage 2 4v4 to Goal & Counters



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Organization

Duration Intensity

Area: 47Wx50L yard field, 1 big goal, 3 counters
 Target team (Red): #'s 1, 4, 5, 6 – Opposition team (White): # 7, 9, 10, 11
 Red defend the big goal and score in either counter goal. White tries to play through the Red.
 (limit touches for the White team only if needed)

Coaching Points

Activity Time Rest Intervals

What? Technique: Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position, Pressing distance, Tackle, poke or block, vs Delay,
 Defending Principles - Pressure: Who? Where? When? Delay: When? Why?

Organization

Duration Intensity

Area: 47Wx60L yard field, big goal on both ends
 Target team (Red): #'s 1, 2, 3, 4, 5, 6, 8 - Opposition team (White): #'s 1, 6, 7, 8, 9, 10, 11
 Both teams attack and defend 1 big goal. All rules of soccer apply.

Coaching Points

Activity Time Rest Intervals

What? Technique: Pressing distance, Tackling vs Delay,
 Defending Principles: Pressure: Who? Where? When? Delay: Who? Where?, When?
 Why Control & Restraint: When? Why?

Stage 3 7v7 to Goal



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Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical Execution, Roles and responsibilities of #4 #5, #6, #8. Defending Principles, 5W's, Speed of Play