



U12 Session Plan

MASSACHUSETTS YOUTH SOCCER

Season Spring 2016 Topic Small Group Defending of the #'s 4, 5 & 6

Objectives (5 W's)
Who: #4, #5 & #6 **Where:** In the defensive half of the field
What: Work together to stop penetrating passes and shots
When: When not in possession of the ball and close to your own goal
Why: Stop the attacking team from scoring from central areas

Organization

Duration 12 mins Intensity Low

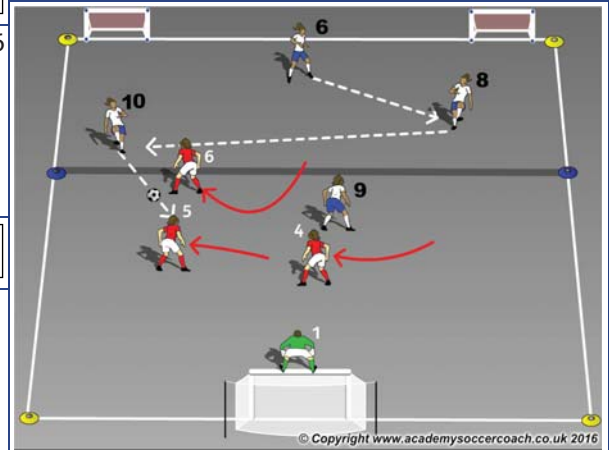
Area: 25Wx40L yard field, 1 big goal, 2 counter goals. Target team (Red): #'s 1, 4, 5, 6
 Opposition team (White): #'s 6, 8, 9, 10. The White team plays at least 2 touch but no more than 3 touch passes. They will try to play into the Red's #1. Reds can only intercept passes. If they intercept a pass, they can try to pass it into one of the counter goals. Reds cannot tackle the ball.

Coaching Points

Activity Time 2 mins Rest 1 mins Intervals 4

What? Technique - Angle, speed and distance of approach. Footwork of the player closest to the ball. Keep your eyes on the ball.
 Defending Principles - Pressure: Who? Where? When? Control & Restraint: When? Why? Cover: Who? Where? When?

Stage 1 4v4 Intercepting Passes



Stage 2 4v4 to Goal & Counters



Organization

Duration 19.5 min Intensity Medium

Area: 40Wx50L yard field, 1 big goal and 2 counter goals. Target team (Red): #'s 1, 4, 5, 6 – Opposition team (White): #'s 6, 8, 9, 10. Red defend the big goal and score in either counter goal. Whites try to score in the big goal. (limit touches for the White team only if needed)

Coaching Points

Activity Time 5 mins Rest 90 sec Intervals 3

What? Technique - Angle, speed and distance of approach. Footwork of the player closest to the ball. Eyes on ball. Types of Tackle: poke or block. Correct distance and angle of covering player.
 Defending Principles - Pressure: Who? Where? When? Control & Restraint: Why? Cover: Who? Where? When? Delay: When? Why? Balance: Who? Where? Why?

Organization

Duration 18 mins Intensity Low

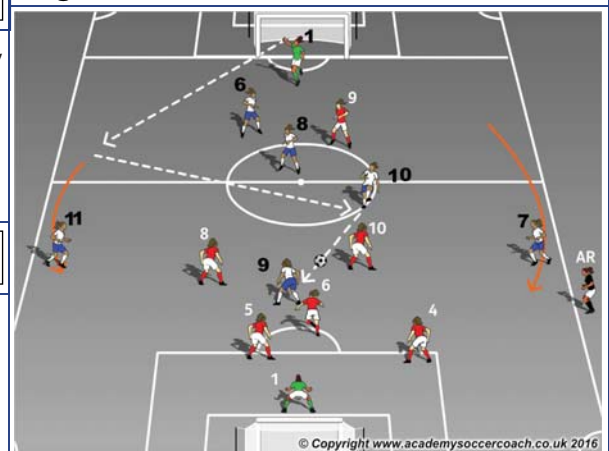
Area: 47Wx60L yard field with a big goal at both ends. Target team (Red): #'s 1, 4, 5, 6, 8, 9, 10 – Opposition team (White): #'s 1, 6, 7, 8, 9, 10, 11. Both teams attack and defend 1 big goal. All rules of soccer apply. How long can the Red team play without allowing a shot or a goal?

Coaching Points

Activity Time 8 mins Rest 1 min Intervals 2

What? Technique - Angle Speed and Distance of approach. Footwork. Tackle. Distance and angle of covering player.
 Defending Principles - Pressure: Who? Where? When? Control & Restraint: Why? Cover: Who? Where? When? Delay: When? Why? Balance: Who? Where? Why? Compactness: Why? Where?

Stage 3 7v7 to Goal



Stage 4 - 9v9

Duration 24 min. Formation R GK-4-3-1 v W GK-2-3-3 Activity Time 11 mins Rest 3 mins Intervals 2

Organization

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

Coaching Points

Technical execution, Defending Principles (5 W's), Slowing the speed of play