



MASSACHUSETTS YOUTH SOCCER



GOAL Improving team/player in preventing scoring from wide areas **Key Qualities** Make decisions, Take Initiative, Focus

Age Group 12-U **Team Tactical Principles** Protect the goal, Steal the ball and Pressure, Cover, Balance

PLAY - SMALL SIDED GAMES

Objective:

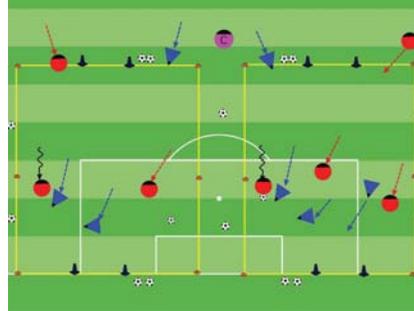
To score more goals than the opponent. To get players into a game as soon as they arrive.

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.



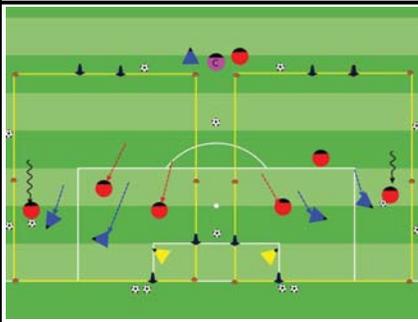
Key Words: Get in front of the ball to deny the pass or cross. Force the ball backwards. Work together to close and keep the opening closed.

Guided Questions:

- How do you gauge the players' attitude when they arrive? What are the players doing to prevent any passing or dribbling forward?

Answer: By asking them how was their day. Players are getting in front of the ball forcing the attacker to play backwards or sideways.

PRACTICE - CORE ACTIVITY

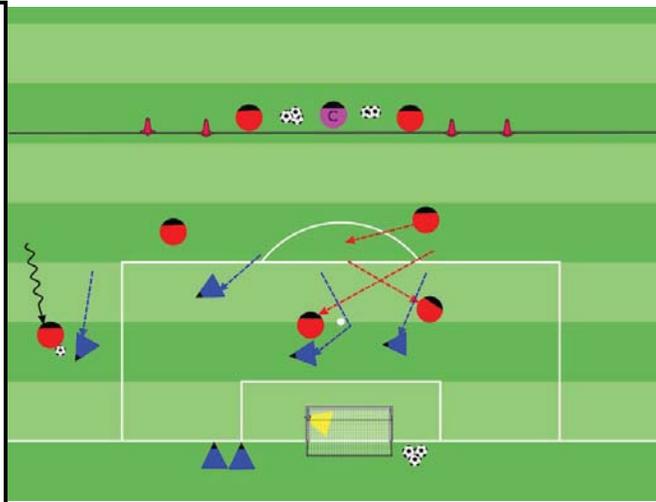


Less Challenging Activity

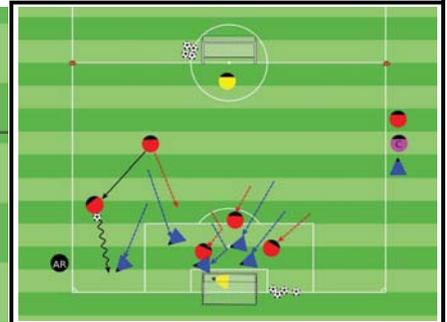
Organization:

- Play 2v3's in two 20Wx30L fields with a cone goal on one end line and a corner goal on the other. When Blue players block a pass/shot from the flank they get a point.

Rules: Pass or dribble the ball in.



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



More Challenging Activity

Organization:

- Play 6v6.
- In a Half field (50Wx37L) with two regular goals.
- Substitute the players every two intervals.

Rules: All FIFA Laws apply.

Objective:

Prevent the opponent from creating scoring opportunities from wide areas by denying passing (Crosses), dribbling penetration or shooting the ball.

Organization:

- Play 5v5 in a 50Wx30L field with a regular goal and two cone goals. Red team scores in the regular goal, Blue team in the cone goals. The Red team gets 3 opportunities to score.

Rules: All FIFA Rules Apply.

Key Words: Get in front of the ball to deny the pass or cross. Force the ball backwards. Work together to close and keep the opening closed. Tackle (Poke or Block).

Guided Questions:

- Why must the defenders move with the ball? What defender should go and get in front of the ball when the flank player has it?

Answers: The defenders move to close possible openings, to stay organized behind the ball to keep the opening closed. The closest defender gets in front of the ball, tries to deny any forward passing or dribbling. The other defenders get behind him/her to help.

PLAY - LET THEM PLAY

Objective:

Prevent the opponent from creating scoring opportunities from wide areas by denying passing (Crosses), dribbling penetration or shooting 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 in front of the ball to deny the pass or cross. Force the ball backwards. Work together to close and keep the opening closed. Tackle (Poke or Block).

Guided Questions:

- What did the players learn from the main activity?

Answer: To move together with the ball, to protect the goal by getting in front of the ball and to deny passes (crosses from the flanks).