



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improving team/player in preventing scoring from central areas **Key Qualities** Read the game, Be pro-active, Focus

**Age Group** 12-U **Team Tactical Principles** Protect the goal, Steal the ball, Make it compact and Keep it compact

## PLAY - SMALL SIDED GAMES

### Objective:

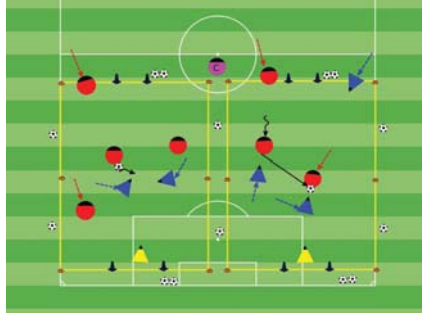
To play when they arrive. To score and prevent the opponent from scoring.

### 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.

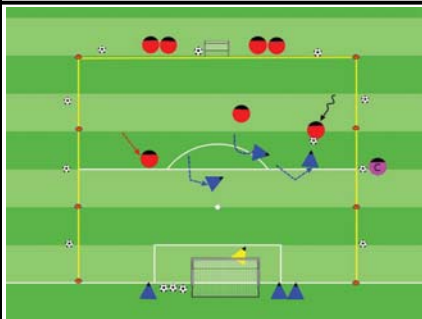


**Key Words:** Get in front of the ball to close the opening and deny the shot. Work together to close and keep the opening closed.

**Guided Questions:** How should you greet the players? What are the players doing to prevent any shots?

**Answer:** By saying hello and with a high five or a fist bump. Defenders are getting in front of the ball to close the opening and shutting down the shot.

## PRACTICE - CORE ACTIVITY



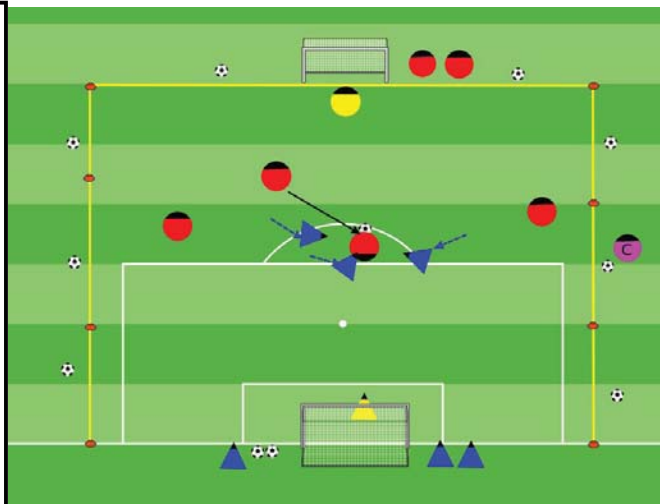
### Less Challenging Activity

### Organization:

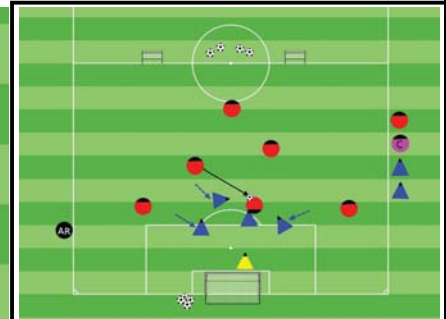
- Play 3v3's in two 36Wx36L fields with a regular goal and a small goals.

**Scoring:** Every time the Blue players block a shot they get a point.

**Rules:** Out of bounds - Pass or dribble the ball in.



<b>Activity Duration</b>	21 min	<b># of Intervals</b>	6
<b>Time Active</b>	3 min	<b>Active Rest</b>	30 sec



### More Challenging Activity

### Organization:

- Play 5v6.  
- In a half field (50Wx37L) with a regular goal and two counter goals.  
- Substitute players every two intervals.

**Rules:** All FIFA Laws apply.

### Objective:

Prevent the opponent from creating scoring opportunities by denying passing, dribbling penetration, or shooting the ball.

### Organization:

- Play 4v5 in a 40Wx28L field with regular goals. If the ball goes out of bounds by the side line the attacking team can restart the game by passing or dribbling in the closest ball.

Substitute the players every interval.

**Rules:** All FIFA Rules Apply.

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

**Guided Questions:** What should a defender do as soon as an attacker receives the ball facing the goal in shooting range? When can the other defenders help?

**Answers:** The closest defender gets in between the ball and the goal to close the opening and prevent the shot. As soon as they see the defenders getting in front of the ball, they get behind the ball to keep the opening closed, double team and/or tackle or steal the ball.

## PLAY - LET THEM PLAY

### Objective:

Prevent the opponent from creating scoring opportunities by denying passing, 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 close the opening and deny the shot. Work together to keep the opening closed., Tackle (Poke or Block).

### Guided Questions:

- What actions are the players doing that shows a positive transfer for the upcoming game?

### Answer:

Defenders are protecting the goal, denying shots and working together to close opening and keep it closed.