



MASSACHUSETTS YOUTH SOCCER

GOAL Defensive Third Build Up

Key Qualities Be Proactive, Take initiative

Age Group 14-U

Team Tactical Principles Possession to Play Forward

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

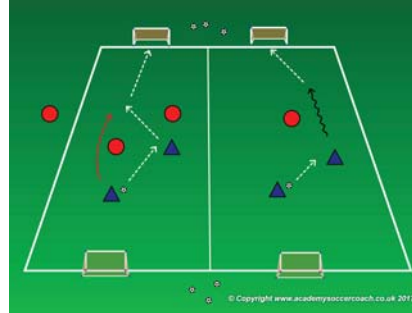
To outscore opponent, get players playing early as they arrive.

Organization

20Lx30W field with two small goals. Players play as they arrive 1v1,2v1 etc

Rules

Kick ins if the ball goes out. If a goal is scored conceding team start with the ball



Coaching Points

Spread out, Play forward when possible

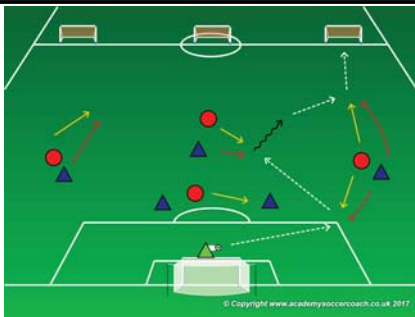
Guided Questions

What is the players attitude like at the start of the session? Players look focused and ready to perform.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



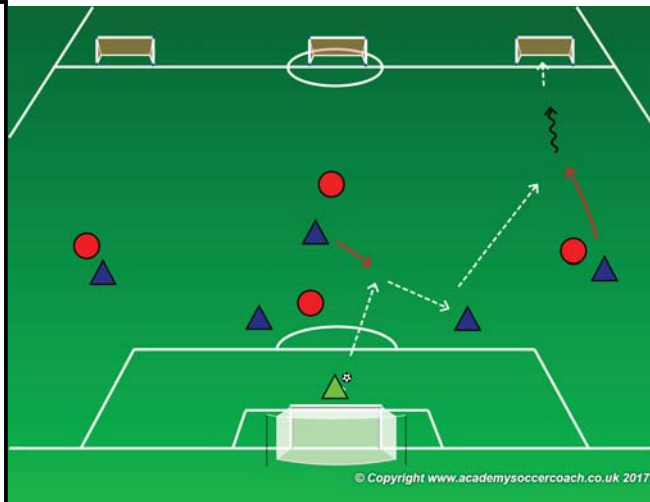
Less Challenging Activity

Organization

L50xW50 field with 1 regulation goal and 3 counter goals.

Rules

Opposition Team (Red) must tag Focus Team (Blue) to gain points. Focus team score in counter goals.

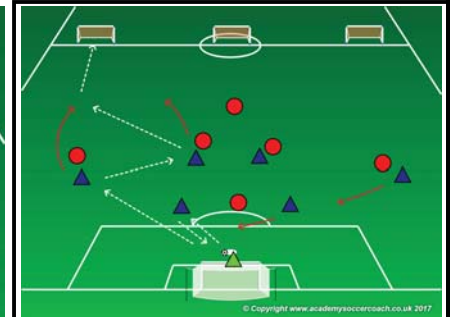


Activity Duration 20 min

of Intervals 5

Time Active 3 mins

Active Rest 1 min



More Challenging Activity

Organization

L50xW50 field with 1 regulation goal and 3 counter goals. 7v6 including GK

Rules

FIFA Laws Apply

Objectives

Build up from the back creating scoring opportunities

Organization

L50xW50 field 1 regulation goal and 3 counter goals. 6v4. Focus team (blue) attempt to score in the three goals. If defending team win the ball they score on the regulation goal.

Rules

FIFA Laws Apply

Coaching Points

Spread Out, Occupy all spaces, triangulate to create passing lanes, Keep possession to disorganize opposition team, play quick to move opposition team, weight of pass, timing of pass

Guided Questions

How can you get the team to make the field look bigger? Wide defenders go wide to the side line allowing space for passes forward. What indication is given that the players are challenged? Players are being pressed meaning passes may go back to go forward. How do you know players understand topic? Players are spreading out to create passing lanes.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

Build up from the back creating scoring opportunities

Organization

L100xW50 field. Focus Team: 1-4-3-3 Opposition Team: 1-4-3-3 (Formation as close as possible)

Rules

All FIFA laws apply



Coaching Points

Spread out, Play forward when possible. Look to create overloads by speeding up play. Use the GK as an extra attacker. Maintain possession if forward pass is not on

Guided Questions

What influenced the attitude and participation of the session? movement and intensity



MASSACHUSETTS YOUTH SOCCER

GOAL Defending in the attacking third

Key Qualities Be Disciplined, Be Organized

Age Group 14-U

Team Tactical Principles Deny forward passing options higher up the field.

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

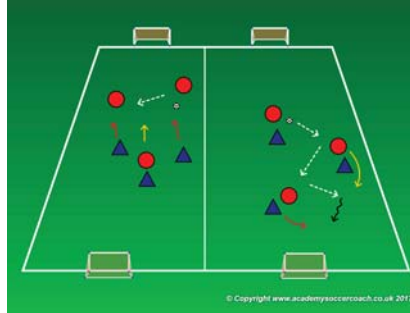
Press high to win the ball

Organization

30Lx20W field with two small goals. Players play as they arrive 1v1,2v2,3v2etc

Rules

Check local town rules and regulations and apply to your games



Coaching Points

Pressure, cover, balance. Closest player applies pressure to the ball.

Guided Questions

How is the organization of the session? Fields were set up prior to players arriving ready to play straight away. How can you tell the players are engaged? Players are dribbling passing and moving

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



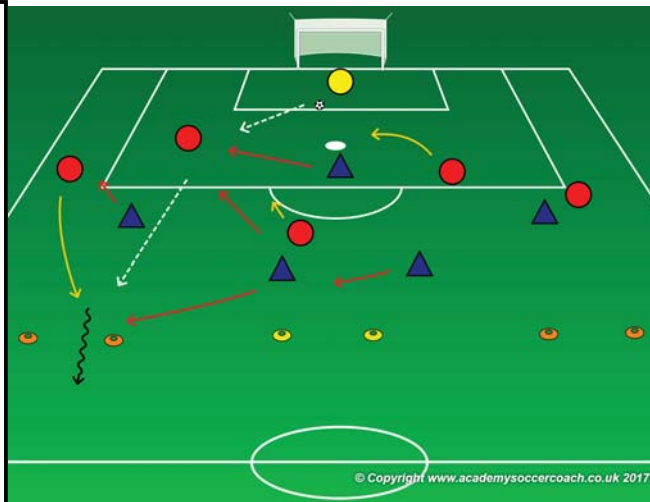
Less Challenging Activity

Organization

L40xW50 1 regulation goal 2 counter goals/gates. Play 6v5 in favor of red team

Rules

Ball starts with GK. Kick ins, offside, If a goal is scored restart with GK.



Activity Duration 20 mins

of Intervals 5

Time Active 3 mins

Active Rest 1 min



More Challenging Activity

Organization

L50xW50 1 regulation goal and 3 counter goals. 7v5 in favor of reds

Rules

Opposition teams scores one by dribbling/passing through gates

Objectives

Win the ball in the attacking third to set up a scoring opportunity

Organization

L40xW50 1 regulation goal, 3 counter goals/gates. Play 6v5. Focus Team to try win the ball high up the attacking third. Opposition team must try keep possession and score in the 3 counter goals/gates. If Focus Team win ball high and score they get 2 goals.

Rules

Ball starts with GK. Kick ins, offside, If a goal is scored restart with GK.

Coaching Points

Press as a group rather than individually. Closest player to the ball presses the ball. Pressure cover balance. Stay compact. Stay Disciplined and wait for a mistake

Guided Questions

What tells you that the players understand the session topic? Players are pressing higher up the field in groups rather than individuals. How can you prevent forward passes from defenders? By cutting of passing lanes. What tells you that the session is working? Focus team are winning the ball more frequent due to a higher press.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

Win the ball in the attacking third to set up a scoring opportunity

Organization

L100xW50 Play 11v11 (formation and numbers based on players at practice) Focus Team 1-4-3-3 Opposition Team 1-4-3-3

Rules

All FIFA Laws apply



Coaching Points

Press as a group rather than individually. Closest player to the ball presses the ball. Pressure cover balance. Stay compact. Stay Disciplined and wait for a mistake

Guided Questions

How did the players react to the session topic? Players showed a positive attitude towards the session.



MASSACHUSETTS YOUTH SOCCER

GOAL Middle Third Build Up to Disorganize the Defence

Key Qualities Be Confident, Take Initiative

Age Group 14-U

Team Tactical Principles Create Diagonal Passing Lanes

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

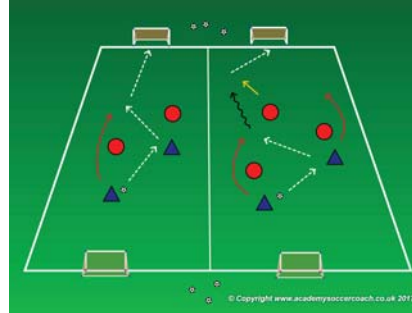
To outscore opponent, get players playing early as they arrive.

Organization

20Lx30W field with two small goals. Players play as they arrive 1v1, 2v1 etc

Rules

Check your local town rules and apply them to the games



Coaching Points

Spread out, play forward when possible, create diagonal passing lanes, Accurate passing, Eyes on the ball when receiving, Part of the body to receive, Body behind the ball to receive

Guided Questions

When would you look to play forward? Space has been created behind or between the defensive line

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization

L30xW50 field. 7v5 with 2 Focus Team players as target players. Focus team score by passing through, Opposing team score by tagging

Rules

FIFA Laws Apply



Activity Duration 20 min

of Intervals 5

Time Active 3 mins

Active Rest 1 min



More Challenging Activity

Organization

L30xW50 field with 1 regulation goal and 2 counter goals. 7v6 in favour of opposing team including GK (Players dependant at practice)

Rules

FIFA Laws Apply

Objectives

Build up play through middle third to create scoring chances

Organization

L30xW50 with wide areas marked. 6v5 (5v5 in middle third). Focus Team (Blue) try to maintain possession until passing lane opens to play in to target player (number 9) outside of middle third area to score a point. If Opposing Team (Red) win ball they score in counter goals.

Rules

FIFA Laws Apply

Coaching Points

Spread out, triangulate around the player in possession, create diagonal passing lanes, create 2v1 situations, play forward when possible, Accurate passing, body in line to receive, plant foot when shooting.

Guided Questions

How can you move the midfield line more effectively? By moving the ball quicker with more accuracy. What is a good indication of when to play forward? Gaps have been created allowing for the forward pass or dribble from ball carrier. What indication is there that the players understand the session topic? Players are being patient on the ball

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

Build up play through the middle third

Organization

L100xW50 field play 11v11 (close to as possible) Focus Team: 1-4-3-3 (Line them up in formation used for upcoming game) Opposing Team: 1-4-3-3

Rules

All FIFA laws apply



Coaching Points

Spread out, triangulate around the player in possession, create diagonal passing lanes, create 2v1 situations, play forward when possible, Accurate passing, body in line to receive, plant foot when shooting.

Guided Questions

How can you tell if the session was successful? Players were able to move the ball accurately with speed creating frequent scoring chances



MASSACHUSETTS YOUTH SOCCER

GOAL Defending in the middle third

Key Qualities Be Compact, Be Organized

Age Group 14-U

Team Tactical Principles Deny Forward play through middle third

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

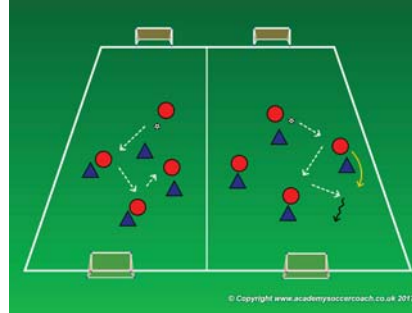
To close down central attacking options

Organization

30Lx20W field with two small goals. Players play as they arrive 1v1,2v2,3v2etc

Rules

Check local town rules and apply them to your games



Coaching Points

Pressure, cover, balance

Guided Questions

How does the organization of the session look? Players can clearly see the small sided fields marked out. What are the players attitude like upon arrival? Players were slightly slower to arrive but played the games with good intensity

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization

L30xW50.5v5 (4v5 in playing area) 2 counter goals, 2 gates

Rules

Opposition player must be outside playing area acting as 'bounce player'
Opposition score through gate, focus team score in counter goals.



Activity Duration 20mins

of Intervals 5

Time Active 3 mins

Active Rest 1 min



More Challenging Activity

Organization

L30xW50 2 gates 2 counter goals. Play 5v5 in middle opposition team have target player (number 9)

Rules

Same as core activity

Objectives

To deny forward play through the middle third

Organization

L30xW50 with 2 counter goals, 2 gates play 5v5 in middle. Focus Team (Blue) score in 2 counter goals. Opposition team must dribble or pass through gates to score.

Rules

Kick ins, team that concedes starts with the ball. If players miss the gate other team gets the ball

Coaching Points

Pressure, cover, balance, stay disciplined in defensive shape, stay compact, be patient and wait for opposition mistake, closest player to the ball presses (first defender)

Guided Questions

What is a good indication of when to go and win the ball in midfield? When the opposition have a bad touch or make a bad pass. How can the focus team make it difficult to play through? Make it compact centrally and be quick to cover when the ball goes wide. How often was the midfield exploited? Focus team managed to limit chance

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To deny forward play through the middle third creating a counter attack

Organization

L100xW50 11v11 Focus Team: 1-4-3-3
Opposition Team: 1-4-3-3 (play as close to as possible depending on players at practice)

Rules

All FIFA Laws apply



Coaching Points

Pressure, cover, balance, stay disciplined in defensive shape, stay compact, be patient and wait for opposition mistake, closest player to the ball presses (first defender)

Guided Questions

How can you tell if the session was a success? Chances became less frequent and was able to win the ball more in the midfield



MASSACHUSETTS YOUTH SOCCER

GOAL Attacking Third Build Up

Key Qualities Be Proactive, Be Confident

Age Group 14-U

Team Tactical Principles Possession to play forward

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

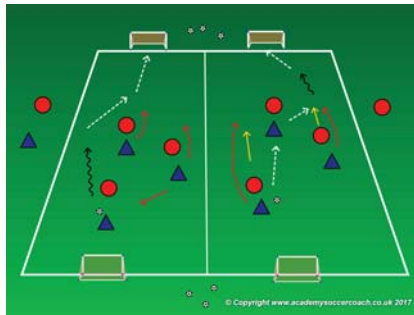
To outscore opponent, get players playing early as they arrive.

Organization

20Lx30W field with two small goals. Players play as they arrive 1v1,2v1 etc

Rules

Check local town rules and apply to your games.



Coaching Points

Spread out, play forward when possible, create diagonal passing lanes, passing, body in line when receiving, plant foot when shooting.

Guided Questions

What tells you the players are engaged in the activity? Everyone is playing, nobody is distracted. How do you know they understand the session topic? They are making lots of forward passes.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization

L30xW50 field. 6v4 including GK. Focus Team keep possession to score, Opposition get 1 point for a tag 2 if they intercept and score

Rules

Same as core activity



Activity Duration 20mins

of Intervals 5

Time Active 3 mins

Active Rest 1 min



More Challenging Activity

Organization

L50xW50 field, 1 regulation goal, 2 counter goals, 6v7 including opposition GK

Rules

Same as core activity

Objectives

Build up through attacking third to create scoring chances

Organization

L30xW50 field, 1 regulation goal, 2 counter goals, 6v6. Focus Team maintain possession until passing lane forward opens up and can penetrate defensive line. If Opposition Team win ball they score in counter goals. First to 5 then re set.

Rules

Throw ins when ball goes out, if a goal is scored then Focus Team regain possession. Progress to opposition then gain ball.

Coaching Points

Spread out, look to play forward when possible, maintain possession, triangulate ball carrier, shoot when a yard is gained (The shooting window? Passing, Receiving and shooting.

Guided Questions

How can you measure repetition? There are lots of passes, frequent scoring chances are being created. Where in the field are most passes taking place? Midfield - Good. Near the goal - Okay. Near our goal - Needs fixing. How do you make the defense move more effective? Move the ball quicker and more accurate.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

Build up play through the attacking third

Organization

L100xW50 field play 11v11 (close to as possible)
Focus Team: 1-4-3-3 Opposing Team: 1-4-3-3

Rules

All FIFA laws apply



Coaching Points

Spread out, look to play forward when possible, maintain possession, create diagonal passing lanes, shoot when space is created, passing, receiving, plant foot when shooting.

Guided Questions

Who would you praise after positive outcomes? Goal scorer and players involved in build up. What influenced the session? Passing, dribbling, movement and player attitude.



MASSACHUSETTS YOUTH SOCCER

GOAL Defending in the Defensive Third

Key Qualities Stay Compact, Be Disciplined

Age Group 14-U

Team Tactical Principles Deny scoring chances in the defensive third

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

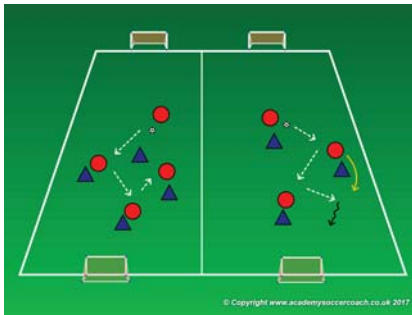
Deny scoring chances

Organization

Two 30Lx20W fields with two small goals. Players play as they arrive 1v1,2v2,3v2etc

Rules

Check town rules and apply to your games



Coaching Points

Pressure, cover, balance. stay compact

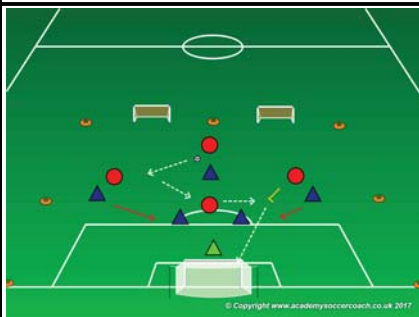
Guided Questions

What is the attitude of the players? Players are playing with a good intensity and a willing to win the ball back.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



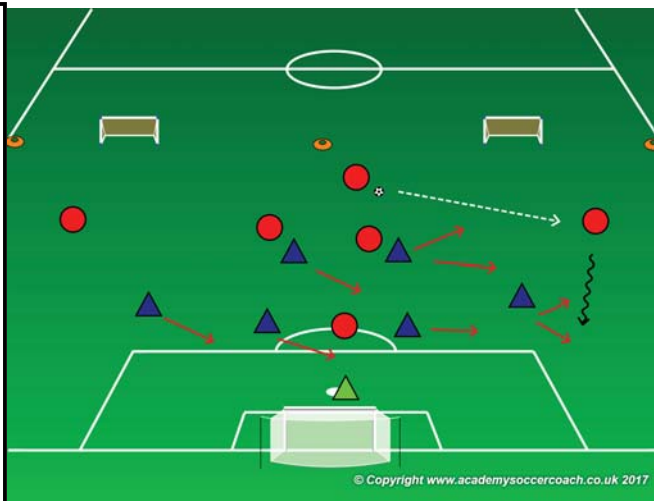
Less Challenging Activity

Organization

L35xW25 5v4 in favour of Focus Team (Blue) 2 counter goals, 1 regulation goal

Rules

Focus Team score in 2 counter goals, Opposition score in regulation goal.

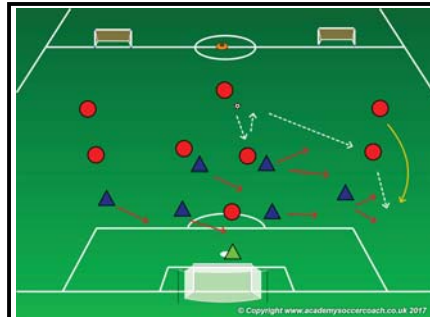


Activity Duration 20mins

of Intervals 5

Time Active 3 mins

Active Rest 1 min



More Challenging Activity

Organization

L50xW50 2 counter goals, 1 regulation goal, 8v7 in favour of opposition team.

Rules

Focus Team score in 2 counter goals, Opposition score in regulation goal.

Objectives

To deny forward play in to the final third and prevent scoring chances

Organization

L40xW50 1 regulation goal, 2 counter goals, 7v6. Focus Team (Blue) Look to contain and stay disciplined in defensive positions, wait for a mistake and then win ball and attack counter goals. Opposition team try score in regulation goal from central or wide areas.

Rules

Reds start with the ball. kick ins, Corner kicks, offside. goal kicks. If a goal is scored red team starts with the ball.

Coaching Points

Pressure, cover, balance, stay disciplined in defensive shape, stay compact, be patient and wait for opposition mistake, closest player to the ball presses (first defender)

Guided Questions

When would be a good indication to go and win the ball back? When the opposition make a bad pass or have a bad touch. How can you slow down the opposition attacks? By staying compact and communicating. What tells you that the players understand the session topic? Opposition team created less scoring opportunities

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To deny forward play in to the final third and prevent scoring opportunities

Organization

L100xW50 11v11 Focus Team: 1-4-3-3
Opposition Team: 1-4-3-3 (play as close to as possible depending on players at practice)

Rules

All FIFA laws apply



Coaching Points

Pressure, cover, balance, stay disciplined in defensive shape, stay compact, be patient and wait for opposition mistake, closest player to the ball presses (first defender)

Guided Questions

What told you that the players improved? fewer chances were created centrally, although chances were created from wide areas.



MASSACHUSETTS YOUTH SOCCER

GOAL Create Central Scoring Opportunities

Key Qualities Proactive, Take initiative

Age Group 14-U

Team Tactical Principles Possession to Play Forward

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

Play forward when possible to score

Organization

20Lx30W field with two small goals. Players play as they arrive 1v1,2v1 etc

Rules

Follow local town rules and regulations (each town may differ)



Coaching Points

Unbalance the defence, Passing, Receiving and dribbling

Guided Questions

How can you tell the players are engaged in the session? Players are constantly passing, moving and scoring goals. What if the game is lopsided? Allow for a water break and then re make teams.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



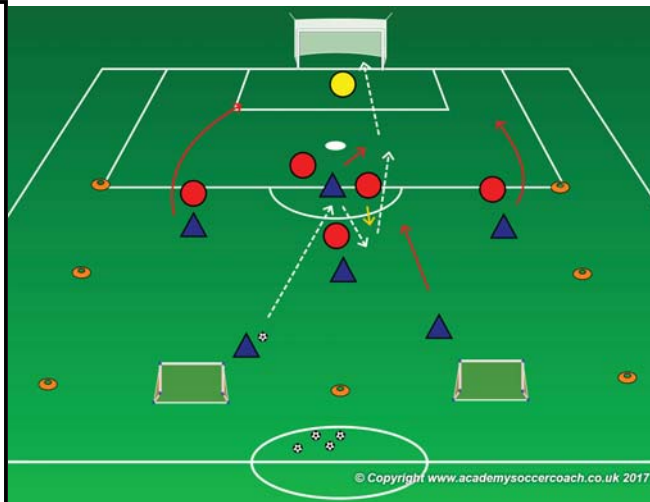
Less Challenging Activity

Organization

L30xW25 field with 2 counter goals and one regulation goal. Play 6v5 with GK in favour of Focus Team

Rules

FIFA Laws Apply



Activity Duration 20mins

of Intervals 5

Time Active 3 mins

Active Rest 1 min



More Challenging Activity

Organization

L50xW50 field with the counter goals and one regulation goal. 8v in favor of opposing team

Rules

FIFA Laws Apply

Objectives

Create scoring chances through central areas

Organization

L50xW50 field with the counter goals and one regulation goal. Play 6v6. Focus Team (Blue) with a numerical advantage through central areas Opposition Team (Red) are outnumbered. Focus Team maintain possession till forward opportunity is available to score.

Rules

FIFA Laws Apply

Coaching Points

Play forward when possible or hold the ball (ball carrier), Shots when a yard is gained (The Shooting Window) Passing, receiving shooting

Guided Questions

When should you look to play forward? Players have created space from there defending player and are able to receive a pass. What tells you that the players are understanding the session topic? Players are trying to move the defending team by keeping possession waiting for the forward passing option. Where in the final third are the most scoring opportunities being created? Chances are being created close to the opposition goal as well as shots from distance.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To create scoring opportunities through central areas.

Organization

L100xW50 field play 11v11 (close to as possible) Focus Team: 1-4-3-3 Opposing Team: 1-4-3-3

Rules

All FIFA laws apply



Coaching Points

Maintain possession to disorganize the defending team, Pass forward when gaps form through midfield/defence, shoot when possible

Guided Questions

Who did you praise after positive outcomes happened in the final third? Players involved in the build up and the goal scorer. How did the players influence the session? Passing and creating scoring opportunities



MASSACHUSETTS YOUTH SOCCER

GOAL Create Scoring Chances from Wide Areas

Key Qualities Be Proactive, Take initiative

Age Group 14-U

Team Tactical Principles Create attacking overloads (2v1) in wide areas

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

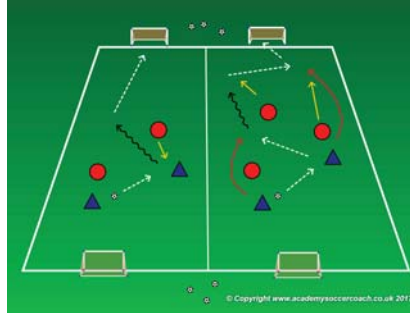
To outscore opponent, get players playing early as they arrive.

Organization

20Lx30W field with two small goals. Players play as they arrive 1v1, 2v1 etc

Rules

Check Local Town rules (each town may be different)



Coaching Points

Speed of play, Spread out, Move defending team with possession of the ball. Eye on the ball, Part of the ball to hit depending on the cross type (middle to bottom for lofted cross)

Guided Questions

How do you know the players understand the topic? Players are moving on and off the ball to create 2v1 situations especially down the outside of the field.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



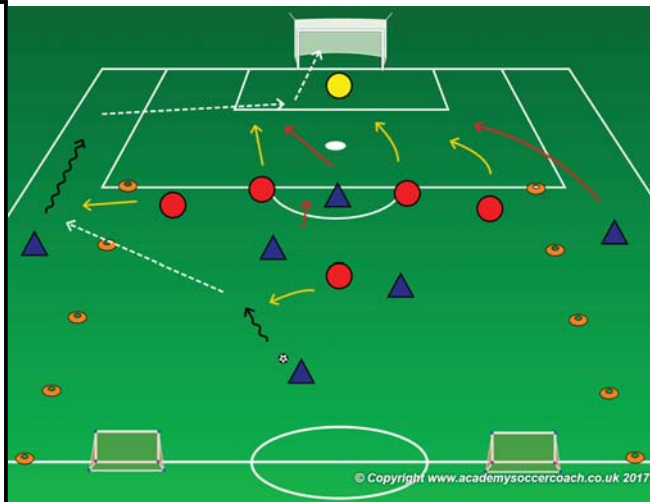
Less Challenging Activity

Organization

L50xW50 field with 1 regulation goal and 2 counter goals. Focus Team with 2 wide players. No defender aloud in. 4v3 in central area

Rules

FIFA Laws Apply



Activity Duration 20 mins

of Intervals 5

Time Active 3 mins

Active Rest 1 min



More Challenging Activity

Organization

L50xW50 field with 1 regulation goal and 3 counter goals. 10v8 including GK (Players dependant at practice)

Rules

FIFA Laws Apply

Objectives

To create scoring chances from wide areas and to out score your opponent.

Organization

L50xW50 with wide areas marked. 6v6. Focus Team (Blue) attack regulation goal. If goal is scored from wide play they get 2 goals, if goal from central only 1 goal awarded. Opposition Team (Red) score in counter goals. First to 5 at first.

Rules

FIFA Laws Apply

Coaching Points

Spread Out, create a 2v1 or 1v1 situation in wide areas, triangulate to create passing lanes, get numbers in the box, play an early cross if there is space in behind defensive line. Passing, receiving, shooting

Guided Questions

How can you tell that the players understand what is being asked of them? The players are playing the ball wide when possible. How can you tell that the players are engaged in the session? Players are always moving and wanting the ball, no player is standing around. How do you know when to play the ball wide? When the defending team has collapsed the middle of the field allowing a space wide

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To create scoring chances from wide areas and to out score your opponent.

Organization

L100xW50 field play 11v11 (close to as possible)
Focus Team: 1-3-5-2 Opposing Team: 1-4-3-3

Rules

All FIFA laws apply



Coaching Points

Spread Out, create a 2v1 or 1v1 situation in wide areas, triangulate to create passing lanes, play an early cross if space is in behind defensive line.

Guided Questions

How can you tell that the players improved? Players created more scoring chances from wide areas. Why is it important to speak to every player? To create a positive environment where everyone feels including and important.



MASSACHUSETTS YOUTH SOCCER

GOAL Defending Wide Play

Key Qualities Stay Focused, Stay organized

Age Group 14-U

Team Tactical Principles Prevent Opposition playing wide

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

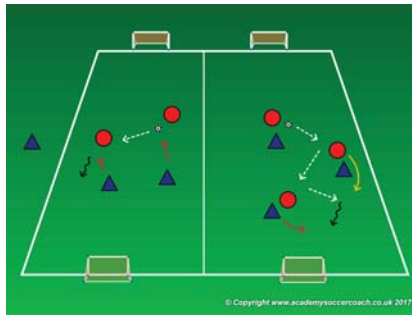
Prevent wide attacking opportunities

Organization

20Lx30W field with two small goals. Players play as they arrive 1v1, 2v1 etc

Rules

Check local town rules and apply them to your games.



Coaching Points

Keep it compact, pressure, cover, balance,

Guided Questions

How do you know the players understand the session topic? Defending players are reacting quickly to attacking 2v1 situations

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



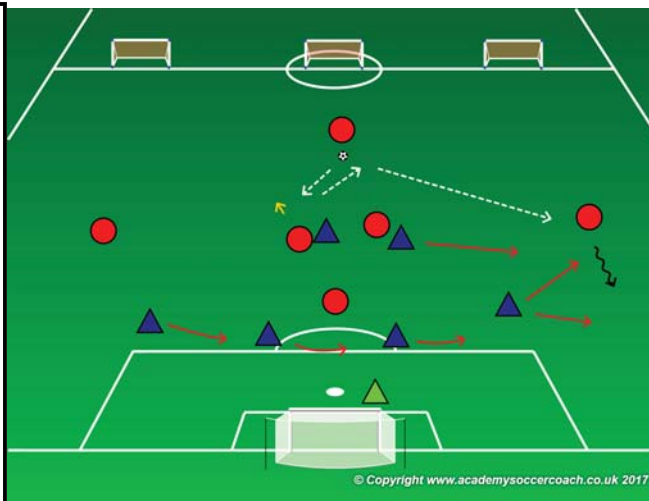
Less Challenging Activity

Organization

L50xW50 1 regulation goal 3 counter goals. 7v6 in favour of focus team including GK L50xW10 flank

Rules

Throw in if goal scored focus team start

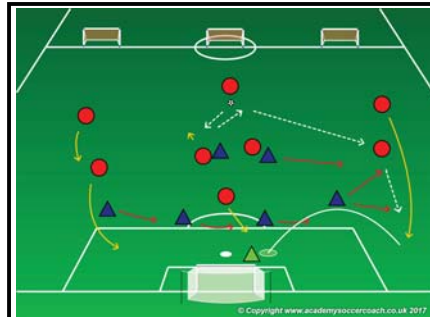


Activity Duration 20 mins

of Intervals 5

Time Active 3 mins

Active Rest 1 min



More Challenging Activity

Organization

L50xW30 8v7 in favour of opposition team. 1 regulation goal 3 counter goals

Rules

Same as core activity

Objectives

Prevent wide attacking opportunities

Organization

L50xW30 7v6 in favour of Focus Team. 1 regulation goal 3 counter goals. Focus Team to defend regulation goal. Opposition team attack regulation goal. If focus team break up play from wide and score they get 2 points. Opposition team try score from wide.

Rules

Throw ins when ball goes out, if a goal is scored then Focus Team regain possession. Progress to opposition then gain ball.

Coaching Points

Keep it compact, cover, balance, pressure, stay in defensive zone when opposition change positions, remain organized when in defensive shape

Guided Questions

How can you prevent opposition playing to wide areas? By keeping good defensive shape and position when the ball is moving from player to player. How can you tell the players are engaged in the session? All players are active and showing a good attitude towards the session topic.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

Prevent wide attacking opportunities, turn defence in to attack and create scoring chances.

Organization

L100xW50 field play 11v11 (close to as possible)
Focus Team: 1-4-3-3 Opposing Team: 1-4-3-3

Rules

All FIFA laws apply



Coaching Points

Keep it compact, cover, balance, pressure, stay in defensive zone when opposition change positions, remain organized when in defensive shape

Guided Questions

What tells you that the players improved? Players were able to deny more scoring opportunities.



MASSACHUSETTS YOUTH SOCCER

GOAL Defending When Outnumbered

Key Qualities Be Disciplined, Organized

Age Group 14-U

Team Tactical Principles Deny and Prevent scoring opportunities

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

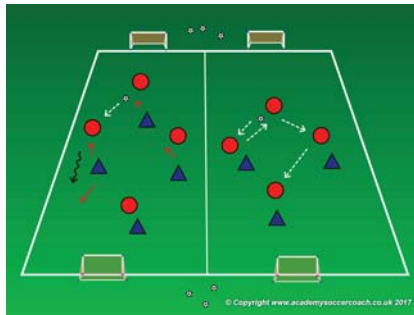
To contain the defence until a chance to win ball and score arises

Organization

20Lx30W field with two small goals. Players play as they arrive 1v1,2v1 etc

Rules

Follow town rules and apply them to your games



Coaching Points

Pressure, cover, balance

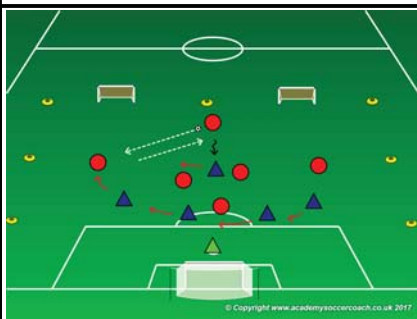
Guided Questions

How do you know all the players are engaged in the session? Each player is moving both on and off the ball, passing and dribbling

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



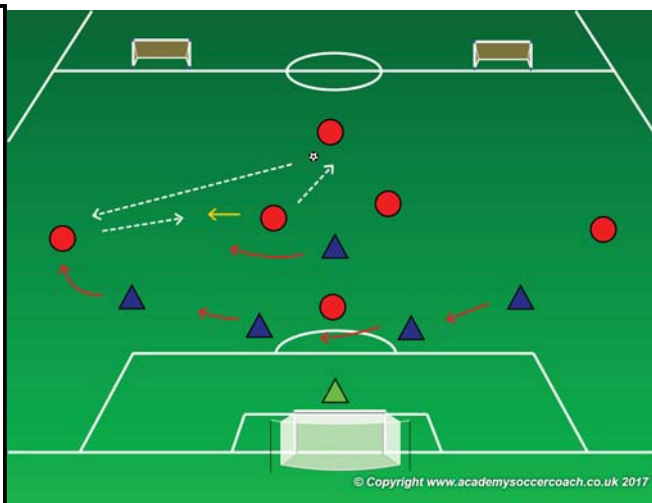
Less Challenging Activity

Organization

L30xW25 field with 2 counter goals and one regulation goal. Play 6v6 with GK

Rules

Defending team contain and force mistake allowing to counter

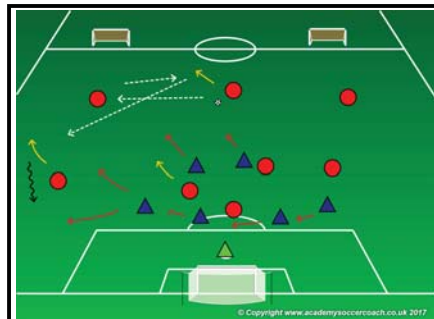


Activity Duration 20 mins

of Intervals 5

Time Active 3 mins

Active Rest 1 min



More Challenging Activity

Organization

L50xW50 field with the counter goals and one regulation goal. 8v7 in favor of red team

Rules

Same as core activity

Objectives

To contain the defence until a chance to win ball arises

Organization

L50xW50 field with the counter goals and one regulation goal. Play 6v6. Focus Team (Blue) playing outnumbered against Opposing Team (Red). Hold up play focusing on positioning and identifying when to win ball to turn defense in to attack and score in counter goals

Rules

Opposing Team start with ball. If they score they start with ball again, if keeper saves he can start a Focus team attack.

Coaching Points

Condense the field making it hard to play through, pressure, cover and balance, discipline with shape and organization, patience when other team are in possession allow them to make a mistake

Guided Questions

When would be a good time to go and win the ball? Opposition team makes a mistake with a bad pass. How can you make it difficult to play through when outnumbered? Maintain defensive positioning when the ball is moved. What indication was there that the players understood the session? Scoring chances were created less often

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To slow down attacking team allowing to gain defensive shape

Organization

L100xW50 field play 11v11 (close to as possible)
Focus Team: 1-4-3-3 Opposing Team: 1-4-3-3

Rules

All FIFA laws apply



Coaching Points

Stay compact when outnumbered, Pressure, cover, balance, straight line runs to keep balance and shape (recovery runs)

Guided Questions

How could you tell that the players understood the session topic? Players were able to condense the field when attacks were down the centre. What influenced the session? Players attitudes, passing, dribbling and ability to win the ball back