



MASSACHUSETTS YOUTH SOCCER

GOAL Defending

Key Qualities Take Initiative, Be Proactive

Age Group 8-U

Team Tactical Principles Press the player with the ball, regain the ball

Is Activity Organized? Game-like? Challenging?

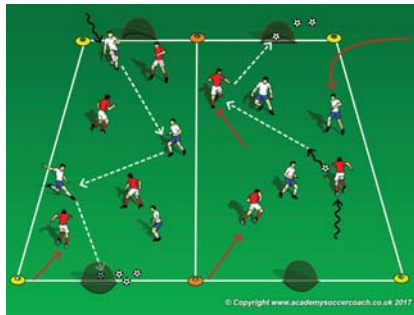
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Steal the ball from the other team to attack and score goals.

Organization: Make two or three 15W x 20L fields with a goal at each end. Goals, cones, pinnies, balls.

Rules: Games start with a kick off. Local rules for out of bounds. Monitor infractions. Play 2v2, or 3v3 game, up to a 4v4 game per field. Make sure players are allowed to have free play.



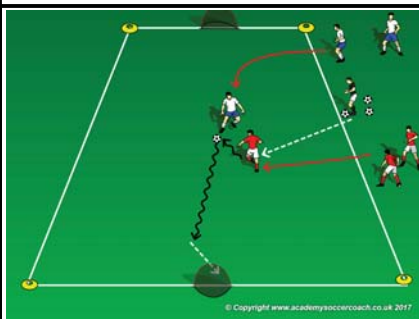
Coaching Points: Recognition by the closest player to the ball to go press the player with the ball. Steal (regain) the ball to go and score.

Guided Questions: What type of encouragement should you give? Positive responses to successful outcomes, like "good job, keep doing what you're doing". What is a successful outcome? When a player steals the ball from an opponent (not just kick it away), keeps it, and tries to score.

Is Activity Organized? Game-like? Challenging?

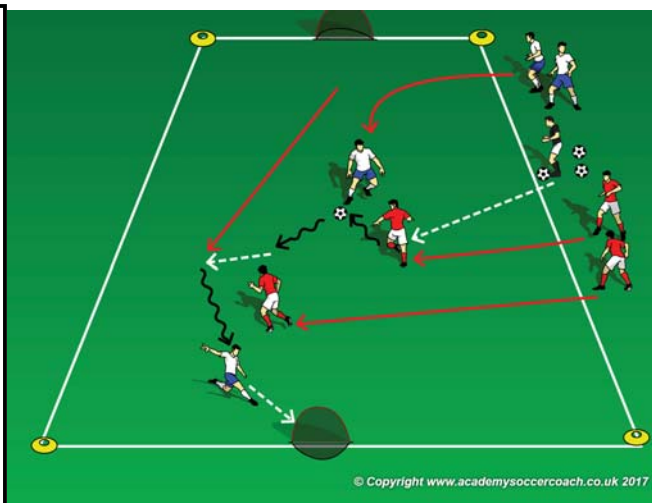
PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

1v1 Defending: Play 1v1 to score in the opponents goal.
Rules: Players in 2 teams on either side of coach at midfield sideline. Coach has all balls. Coach plays ball out onto field, 1 player from each team enters the field. Bonus pts for scoring after stealing the ball.

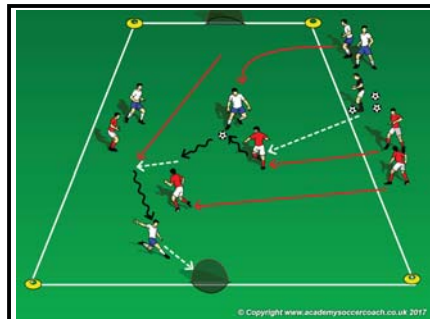


Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

3v3 Defending: Play 3v3 to score in opponents small goal.
Rules: Players in 2 teams on either side of the coach at midfield sideline. Coach has all balls. Coach plays ball out onto field, 3 players from each team enter the field. Bonus pts for scoring after stealing the ball.

2v2 Defending: Play 2v2 to score in the opponents goal.

Organization: Play 2v2 in a 15W x 20L grid w/a goal on the middle of each end line.

Rules: Players in 2 equal teams on either side of the coach at the midfield sideline. Coach has all the balls. Coach plays a ball out onto the field, 2 players from each team enter the field and play 2v2 to score. Bonus points for scoring after stealing the ball. Play until out of bounds, a goal, or 1 minute has passed.

Coaching Points: Player closest to the ball must go and pressure the player with the ball. Keep the attackers from playing forward by dribbling or passing. Steal (regain) the ball to go and score.

Guided Questions: What should you do if the defenders are just kicking the ball away from the attackers? Ask them, "If you just kick the ball away instead of stealing it, who gets the ball back?" Answer should be, "the other team". Show them how to go pressure the player with ball and steal it so now they can go and score.

Is Activity Organized? Game-like? Challenging?

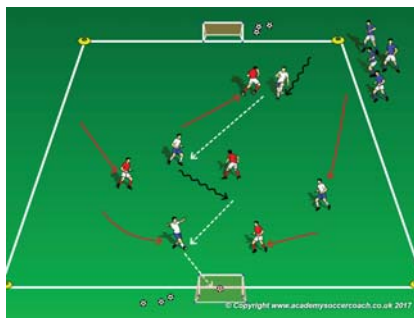
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Regain possession of the ball (steal it) from the opponents to go attack and try to score goals.

Organization: Lay out a 25W x 35L field w/ a small goal at each end. Make equal teams of 4, manage substitutions, fouls, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: All local organization 4v4 rules apply. Let the players have free play.



Coaching Points: Encourage the closest player to the ball to go steal it and to go forward and score.

Guided Questions: How do you know if the practice worked? The players are trying to steal the ball away from the attackers, not just kicking it away. How can you tell if the players are having fun? They are running around playing the game with very little distraction.