



**U10 Session Plan**

# MASSACHUSETTS YOUTH SOCCER

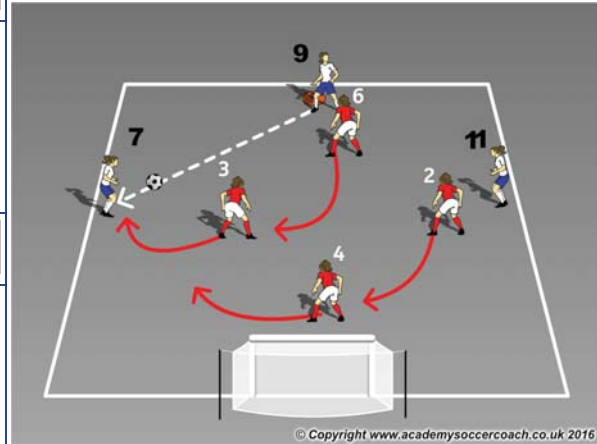
**Season** Spring 2016      **Topic** DEFENDING 2 - PRESURE, DELAY, COVER & BALANCE

**Objectives (5 W's)**  
**Who:** #2, #3, #4, #6    **Where:** In the central and flank channels of the field  
**What:** Pressure: Speed and Angle of Approach, Distance, Body shape, Foot work, Type of tackle, Delay, Cover & Balance  
**When:** At loss of possession    **Why:** To deny penetration and shooting opportunities

**Organization**      Duration  Intensity

• Area: In a 20Wx15L yard grid (Half Field) with a goal at the end line  
 • Target team (Red): #2, #3, #4, #6 - Opposition team (White): #7, #9, #11 - The White will pass the ball among the 3 players. The red team will try to move as a group to defend the goal. Intervals 1: Pressure and Delay. The attacking player can dribble forward. ~ 2: Pressure, Delay and Cover ~ 3: Pressure, Delay, Cover and Balance

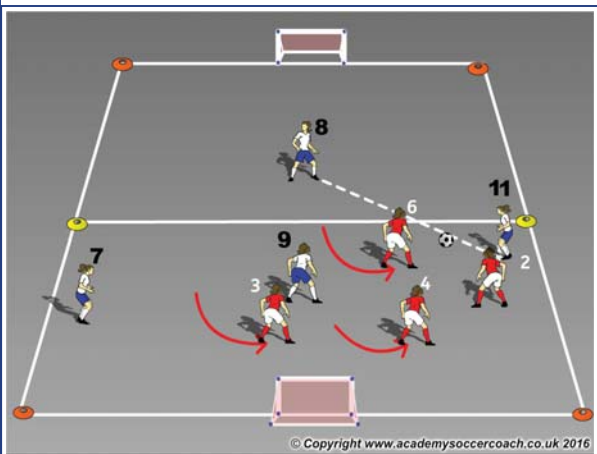
**Stage 1**      3 v 4 to One Goal



**Coaching Points**      Activity Time  Rest  Intervals

• What? Technique of Defending:  
 ~ Pressure: Speed of Approach, Angle of approach, Pressing Distance, Body shape and Foot work ~ Delay: Jockeying the dribbler, Foot work  
 ~ Cover: Angle/Distance of Cover, What does he/she say to the pressing defender?  
 ~ Balance: Angle and Distance

**Stage 2**      4 v 4 - 5 Seconds Block Defending



**Organization**      Duration  Intensity

• Area: In a 20Wx30L yard field with goals  
 • Target team (Red): #2, #3, #4, #6 - Opposition team (White): #7, #8, #9, #11 - When a player loses the ball the team has 5 seconds to move as a group to pressure, delay the ball and win it back. If the defending team regains possession they get 5 points, if they score they get 10 points

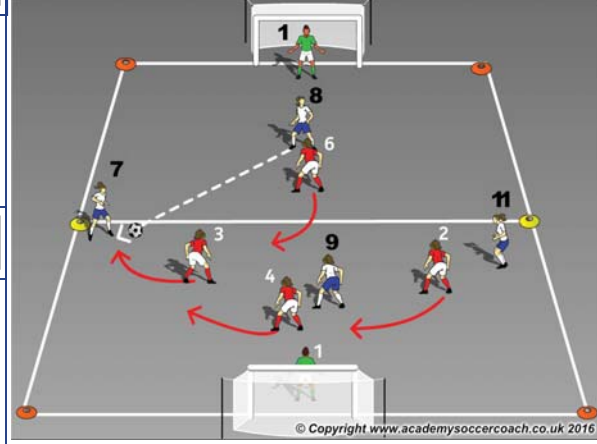
**Coaching Points**      Activity Time  Rest  Intervals

• What? Technique - Speed and Angle of approach, Pressing Distance, Body shape, Foot work, Type of Tackle (Poke or Block) - Angle, Speed and Distance of Cover  
 • Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why? Balance: Who? Where?

**Organization**      Duration  Intensity

• Area: In a 20Wx30L yard field with goals  
 • Target team (Red): #1, #2, #3, #4, #6 - Opposition team (White): #1, #7, #8, #9, #11. Play to score in the opponent's goal. All rules apply.

**Stage 3**      5v5 to Goal



**Coaching Points**      Activity Time  Rest  Intervals

• What? Technique - Speed and Angle of approach, Pressing Distance, Body shape, Foot work, Type of Tackle (Poke or Block) - Angle, Speed and Distance of Cover  
 • Principles of Defense ~ Pressure: Who?, When? Where? When? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why? ~ Balance: Who? Where?

**Stage 4 - 7v7**      Duration  Formation  Activity Time  Rest  Intervals

**Organization**      In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #2, #3, #4, #6 to move as block to defend

**Coaching Points**      Technical Execution, Roles and responsibilities of #2, #3, #4, #6. Defending Principles, 5W's, Speed of Play.