



MASSACHUSETTS YOUTH SOCCER

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Play Up To A 3v3 Games Duration

Set up two 15W x 20L fields with a goal at each end. When practice is scheduled to start and as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the field next to it.

Coaching Points Activity Time Rest Intervals

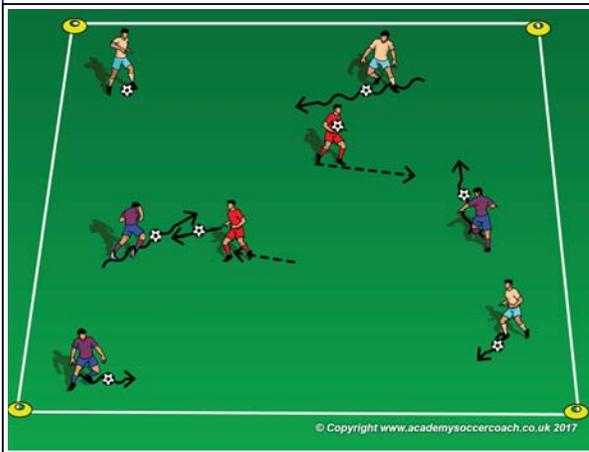
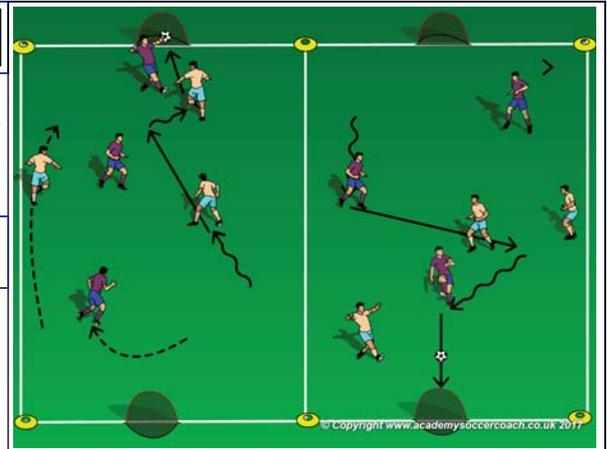
Is the activity organized? (cones, scrimmage vests, balls, players, goals)

Is it reality-based? (does it look like a soccer game?)

Is there repetition? (Focus on dribbling (session theme))

Is it challenging? (Players should be engaged not frustrated or bored)

Is there coaching? (Positive reinforcement of dribbling)



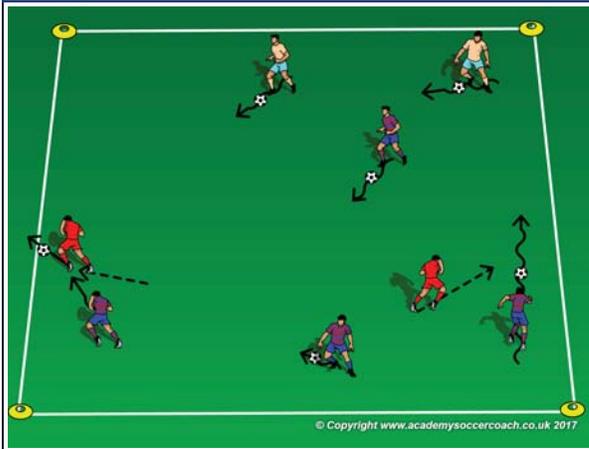
Practice Police Patrol Duration

In a 15W x 20L grid select 2-3 players to start with their soccer ball in their hands (Police Patrol). The rest of the players dribble their ball with their feet (like crazy drivers). The Police Patrol run around to and try to ticket the crazy drivers by hitting the driver's ball with their ball (can only toss underhand). The Police Patrol count the number of tickets given in 90 seconds. (coaches can start as Police Patrol)

Coaching Points Activity Time Rest Intervals

Observation: do the players avoid the Police Patrol?

Technical Tip: turn the ball with the inside, outside or drag it with the bottom to avoid the Police Patrol then speed up to get away.



Practice Crushing Monster Trucks Duration

In a 15W x 20L grid select 2-3 players to be Trucks (no soccer ball). All other players dribble their soccer ball around the grid and avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it and re-enter the game. Coach can ask them to complete a task before re-entering such as 5 toe taps.

Coaching Points Activity Time Rest Intervals

Observation: can the players avoid the Trucks?

Technical Tip: with the inside or outside of the foot, move the ball to the side of the oncoming Truck. Use your laces to push the ball away into open space.

Play Up To A 4v4 Game Duration

In a 20W x 30L field and a small goal on each end line, play a 4v4 game. If the roster & attendance is larger than 8, divide the group into 2 equal team, set up a second field and play 2 games at the same time. Take plenty of breaks for rest and water.

Coaching Points Activity Time Rest Intervals

Observation: do the players try to dribble around players or continue in straight lines?

Technical Tip: use the inside or the outside of the foot to dribble side to side and the laces to go forward.

