



MASSACHUSETTS YOUTH SOCCER

www.mayouthsoccer.org

@MAYouthSoccer

@mayouthsoccer

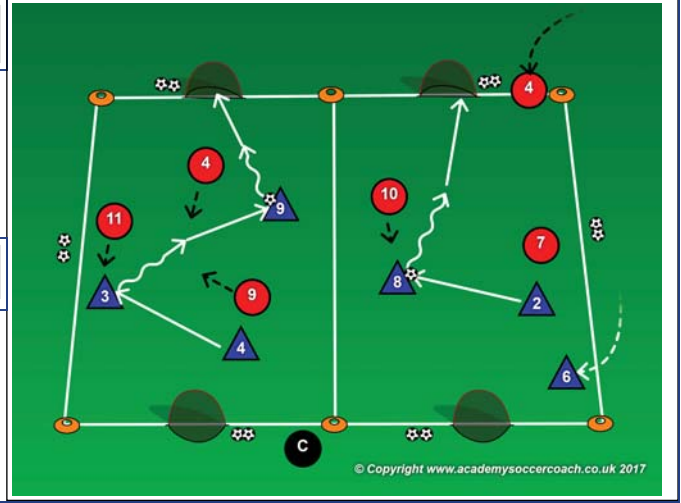
@massyouthsoccer

Age Group	U10	Topic	Individual Attacking
------------------	-----	--------------	----------------------

Who #6, #8 and #9
What: Dribbling, Passing, Receiving & Shooting to create scoring chances
Where: In the attacking third of the field (around and inside the box)
When: When in possession of the ball and in striking range of the goal
Why: Create more scoring chances when within striking range of the goal

Play	Up to a 3v3 Game	Duration	9 min
-------------	-------------------------	----------	-------

Set up two or three 20W x 30L fields with a goal at each end. 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 next field.



Coaching Points	Activity Time	2.5 min	Rest	30 secs	Intervals	3
------------------------	---------------	---------	------	---------	-----------	---

1. **Is the activity organized?** - Cones, scrimmage vests, balls, goals, field and players
2. **Is it reality based (is it soccer?)** - Related to Dribbling and Passing the ball
3. **Is there repetition?** - Dribbling and Passing
4. **Is it challenging?** Check if the players seem engaged, frustrated or bored
5. **Is there coaching?** - Positive reinforcement for Dribbling and Passing the ball



Practice	4v5 to Small Goals	Duration	21 min
-----------------	---------------------------	----------	--------

In a 30Wx30L grid with a regular goal and a small counter goal.
 Focus Team (Blue): #'s 4, 6, 8 and 9 - Defending Team (Red): #'s 1, 4, 5 and 8, and 9. Scoring: Blue team scores in the Regular goal and the Red team in the counter goal.

Coaching Points	Activity Time	6 min	Rest	1 min	Intervals	3
------------------------	---------------	-------	------	-------	-----------	---

What? Technique of Dribbling: To beat an opponent. Running with the ball..
Passing: Non kicking foot pointed to the target, striking foot ankle locked and toe pointing up, strike the ball through the middle. **Receiving:** body behind the ball, eyes on the ball at instant of reception, cushion and redirect the ball out of trouble or into space. **Shooting:** Head down, preparation touch, standing foot next to the ball, strike with the laces or the inside of the foot.

Play	Scrimmage	Duration	30 min
-------------	------------------	----------	--------

Create two equal teams based on the number of players at practice. If possible play 7v7. Play to score in the opponent's goal! All FIFA Laws apply.
 Focus Team Blue Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)
 Defending Team Red Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11)

Coaching Points	Activity Time	12 min	Rest	3 min	Intervals	2
------------------------	---------------	--------	------	-------	-----------	---

What? Technique - Passing, Receiving, Dribbling and Shooting
Where on the field is this likely to happen most often? In the attacking half of the field.
Why do we pass, dribble or shoot the ball forward? To penetrate the defending team's line and create scoring opportunities.

