



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Dribbling the ball to score

**Key Qualities** Read and understand the game

**Age Group** 6-U

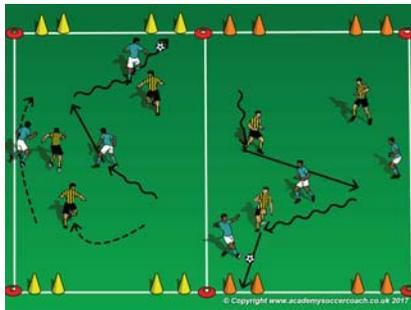
**Team Tactical Principles** Dribble forward when possible

*Is Activity Organized? Game-like? Challenging?*

## PLAY SMALL SIDED GAMES

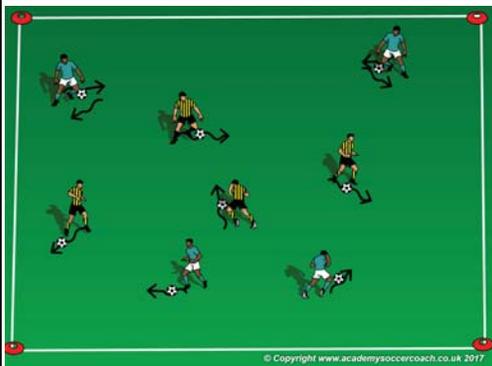
*Does activity allow for Repetition? Coaching?*

**Objective:** team with the ball attempts to score.  
**Organization:** set up two 15Wx20L fields with 2 cone goal on each end line. When 2 players arrive, start playing a game. Add players to the games as they arrive. Once 1 field is at 3v3, start the second game. (Play one 8 min game)  
**Game Starts:** the ball is given to the first player with their pinny on to start the game.  
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



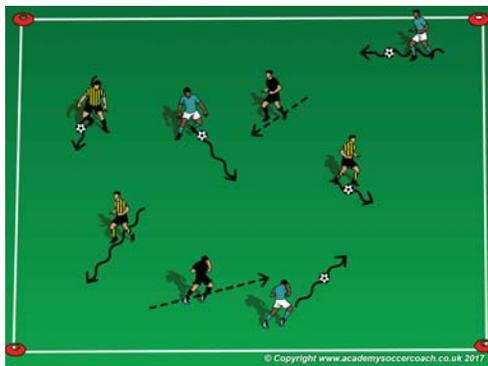
**Coaching Point:** try to get the game started in 1 minute or less. Only provide the players with the team they are on and the direction they are playing. Leave the rest of the details for the players to discover.  
**Guided Question:** what can you do if a game is lop-sided? If you are playing multiple games, switch a team from each field. If you only have enough for one game, rotate all players every few minutes.

### Big Hero 6 Surfaces - Dribble:



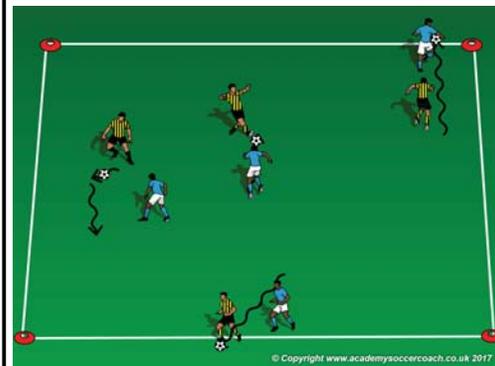
**Organization:** in a 15Wx20L grid & all players with a soccer ball. Have the players try to use the different surfaces of the foot in a pattern: outside right (pinky toe), inside right (big toe), outside left, inside left, 2 touches with the right foot laces & 2 touches with the left foot laces; repeat the pattern. Start with 1 surface, then add another surface. Once you have introduced all surfaces, try to put them all together. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals).  
**Rules:** play starts on coach's command. Players must stay within the field of play.  
**Coaching Point:** point the toe down and slightly in to use the pinky toe; up and to the side to use the big toe.  
**Guided Question:** what if the players cannot remember the pattern or the surfaces? Ask the players to say the surface they are going to use before the touch the ball with that surface. This will help them remember the pattern.

### Frozen Tag:



**Organization:** in a 15Wx20L grid, the coach with select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their ball around the grid. The Freeze Monsters will try to tag the dribblers with their hand. Once tagged, the dribbler is frozen and must stand still with their ball over their head. To get unfrozen, a teammate can pass their ball to hit their shin or pass through their legs. (Play for 9 min - 6 intervals of 1 min with 30 sec rest between intervals).  
**Rules:** play begins when coach says, "beware of the Freeze Monsters". Dribblers must stay within the grid. If their soccer ball leaves grid, have the player bring it back as fast as they can.  
**Coaching Point:** dribble with your head up to find the Freeze Monster, then use the inside or outside of your foot to go around the them.  
**Guided Question:** were the players engaged the entire game? If the players are getting board, play shorter intervals & rotate the roles of the players.

### Troll Hunters vs Bular the Troll:



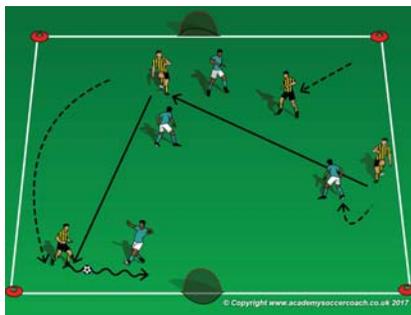
**Organization:** in a 15Wx20L grid, each player gets a partner and 1 soccer ball to share. Play a 1v1 game. 1 player is a Troll Hunter & attacks an end line and their partner/opponent Bular, the Troll, who attacks the opposite end line. All pairs play at the same time. (Play for 7 min - 7 intervals of 20 sec with 40 sec rest between intervals).  
**Rules:** play begins as soon as the player with the ball puts their first touch on the ball. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 20 seconds. Players must stay within the grid.  
**Coaching Point:** if you see space behind your opponent, use your laces to push the ball into the space and run onto it (remember to make softer touches as you get closer to the end line?)  
**Guided Question:** do the players understand how to score? After a quick explanation (20-30 sec. max.) have to players demonstrate the activity.

*Is Activity Organized? Game-like? Challenging?*

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

**Up to 4v4 Games:** team with the ball attempts to dribble past opponents and score.  
**Organization:** in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)  
**Rules:** game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



**Coaching Point:** dribble straight ahead if you have space in front of you by pointing your toe down and pushing the ball with your laces. Use the inside or outside of the foot if you need to go side to side.  
**Guided Question:** do the players try to dribble like they had to in the previous activities? Sometimes the players think they are always supposed to pass. Let them know it is ok to dribble whenever they can.