



MASSACHUSETTS YOUTH SOCCER

GOAL Defensive third build-up 1: Possession to pass/dribble forward **Key Qualities** Be Proactive and Take Initiative

Age Group 10-U **Team Tactical Principles** Pass or dribble forward when possible or hold the ball (Ball carrier)

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

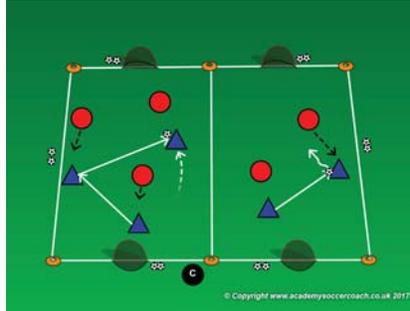
To score more goals than the opponent. To get players into a game as soon as they arrive.

Organization

Set up two or more 20Wx30L fields with a goal at each end. Play 1v1, 2v1, 2v3 up to 3v3.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Spread Out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling and Passing

Guided Questions:

What actions show that the players are engaged? Players are passing, dribbling, moving around playing the game.

Duration: 3 games of 2.5 minutes/30 sec. rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization: 4v0 Build Up: Half field with a regular goal and two small counter goals. The GK passes to any blue player. Everyone must touch the ball before scoring. Repeat to see how many goals can the blue team score in one minute.

Rules: All FIFA Laws apply.



Activity Duration	21 min	# of Intervals	3
Time Active	6 min	Active Rest	1 min



More Challenging Activity

Organization - 5v3 Build Up: In a half field with a regular goal and two small goals. The GK passes to a blue player and the red players enter the field. Blue scores in the small goals and Red in the regular goal.

Rules : All FIFA Laws apply

Objectives

To move the ball from the defending third into the midfield third in order to score goals.

Organization: 5v2 Build Up: In a half field with a regular goal and two small goals. The GK makes a pass to a blue player and the 2 Red players at the mid-line will enter the field. The blue team scores in either small goal and the red team scores in the regular goal.

Rules

All FIFA laws apply. After a goal the blue teams starts with the ball.

Coaching Points

- Spread out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, and Passing

Guided Questions

When should players try to play forward? -- When the players have space in front of them to dribble forward or when there are passing lanes to put the ball through to a teammate.

What do you do if players keep losing the ball? -- You stop the activity, recreate the situation and ask them what can they do better.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To move the ball from the defending third into the midfield third in order to score goals.

Organization

Make two equal teams based on the players you have in practice. If possible play 7v7. Organize them into the formations they will play on the weekend.

Rules

All FIFA rules apply.



Coaching Points

- Spread out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, Passing and Shooting

Guided Questions

Why do you praise positive outcomes? To encourage them to continue doing well. How can you tell if the session was successful? Players were able to play the ball forward.