



MASSACHUSETTS YOUTH SOCCER

GOAL Dribbling & striking the ball to score **Key Qualities** Make autonomous decisions

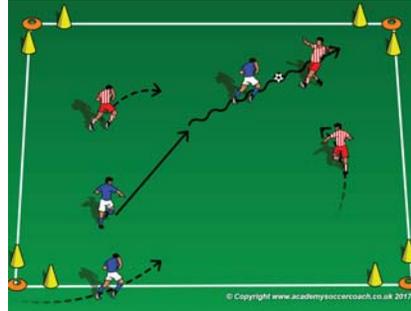
Age Group 6-U **Team Tactical Principles** Pass (strike the ball) or dribble forward when possible

Is Activity Organized? Game-like? Challenging?

PLAY SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

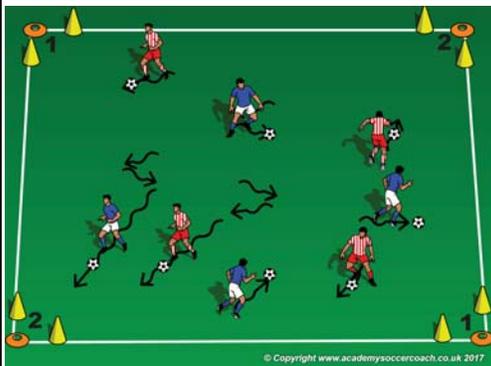
Objective: team with the ball attempts to score.
Organization: set up two 15Wx20L fields with a cone goal in every corner. When 2 players arrive, start playing a game. Add players to the games as they arrive. Once 1 field is at 3v3, start the second game. (Play one 8 min game)
Game Starts: the ball is 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: If the teams are struggling to score goals, make the goals a little bigger. If a lot of goals are getting scored, shrink the size of the goal. You can also use 1 bigger goal and 1 smaller goal at each end.

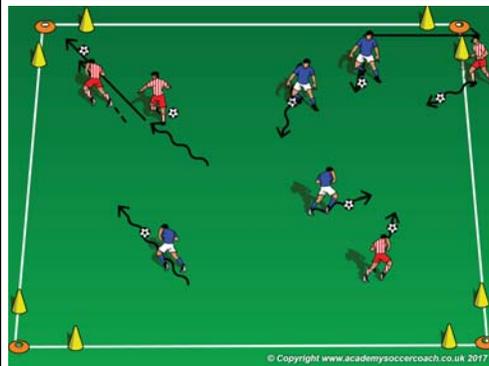
Guided Question: what is a good way to check for understanding? Ask the players what goal(s) they are scoring in.

Fuel Up:



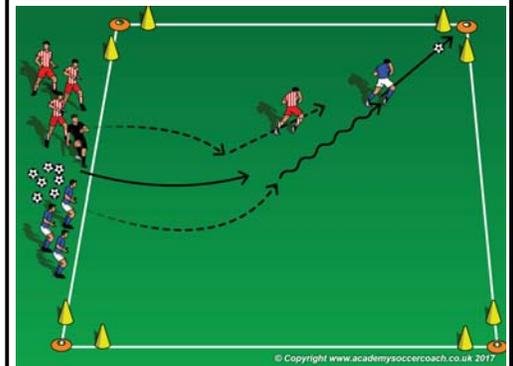
Organization: in a 15Wx20L grid, with a goal in every corner; goals marked with a 1 are gas stations and with a 2 are finish lines. Players dribble around and if the coach says, "oh no, out of gas!" the players have to dribble slowly to a gas station. If the coach says, "and the winner is?" The player have to get to either finish line (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals). Award points as needed for getting to the finish line. Coaches can play continuous by having players get to a gas station first and finish line second.
Rules: play begins when coach says, "start your engines". Players must dribble like they are out of gas to the gas station and race to the finish line.
Coaching Point: if you want to get to the finish line fast, push the ball in front with your laces so you can accelerate.
Guided Question: when do you dribble the ball fast. If you have space in front, dribble fast. If other cars are in your way, slow down.

Demolition Derby:



Organization: in a 15Wx20L grid, with a goal in every corner & every player with a soccer ball. Players try to protect their ball while dribble at the others to knock their ball into 1 of the 4 goals. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals).
Rules: play begins when coach says, "GO". If a player's ball gets kicked into a goal by an opponent, they must retrieve it & re-enter the Derby (game). Coaches can have the players perform a task before re-entering such as 5 toe taps.
Coaching Point: Put your body in the way to block it from the opponents (hide it/shielding).
Guided Question: What do you do to protect your ball? Keep the ball close and away from the other players.

Lightning McQueen vs Jackson Storm:



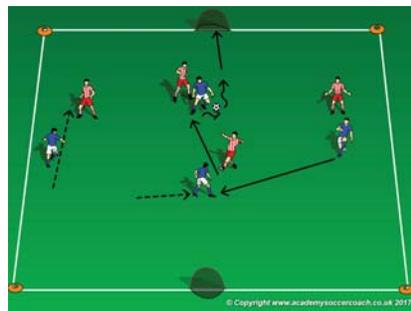
Organization: in a 15Wx20L grid, a goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; Team McQueen vs Team Storm. One team on the coaches right & one on the left. A player from each team goes after the ball and tries to score by striking the ball into either of the opponent's goals. (Play for 8 min - 12 intervals of 20 sec with 20 sec rest between intervals).
Rules: play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the teams prior to kicking a ball onto the field. Team's get 1,000 points if they can score in either of the opponent's goals.
Coaching Point: If one player is scoring every time, try playing that same player against 2 opponents.
Guided Question: what can you do to trick the defender? Pretend to go to one goal then change direction to go to the other.

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: If the players are not dribbling toward the goal show them how to use the inside or outside of the foot to change direction. Have the player show you what it looks like.

Guided Question: what are successful practice indicators? Players are engaged, enjoy practice & positive reinforcement was provided.