



# 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

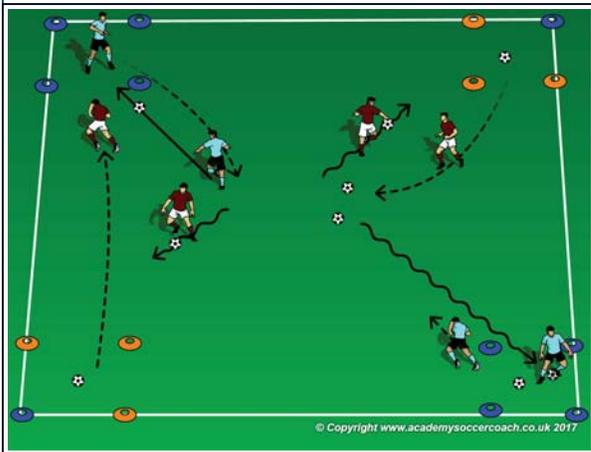
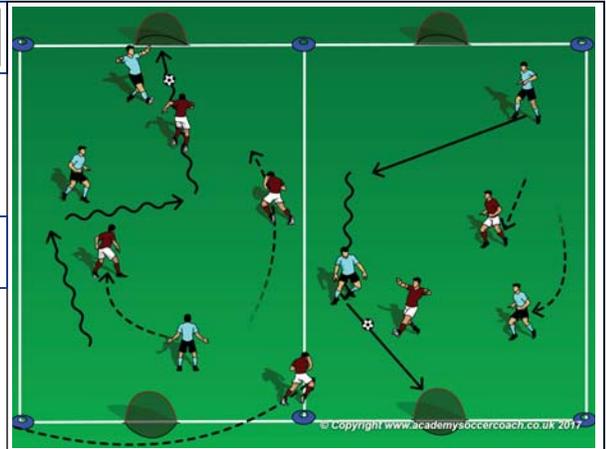
**Is the activity organized?** (cones, scrimmage vests, balls, players, goals)

**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)



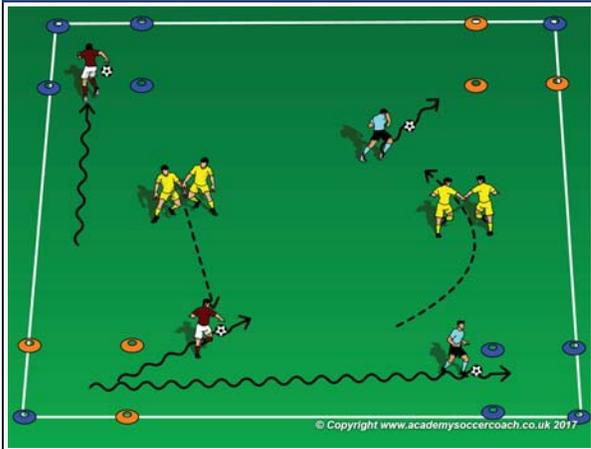
**Practice** Capture the Soccer Balls Duration

In a 15W x 20L grid, place a 4x4 square in each corner. Divide the players equally between the 4 corners (each team makes up a team name). All the soccer balls start in the center of the grid. On the coaches command, the players race into the middle, get a ball (with their feet only!) and take it back to their team's home space. Once all balls are gone from the middle, steal them from other teams.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players cooperate with their teammates?

**Technical Tip:** another way to get the ball to the home space is to pass it to a teammate by pointing the toe to the side and strike the ball with the inside of the foot.



**Practice** Two Headed Monster Invasion Duration

In a 15W x 20L grid, place a 4x4 square in each corner (cave). Divide the players equally between the 4 corners & each player has a soccer ball, except for 2 sets of 2 players join hands (Two Headed Monsters). The players try to dribble their ball into as many caves as possible. They get 1000 points for every cave they get into. If tagged by a Monster, they lose all their points and must start scoring again.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** can the dribblers avoid the Monsters?

**Technical Tip:** keep the ball close using the inside and outside of the foot but use the laces to push the ball away from the Monsters when needed.

**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.

