



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

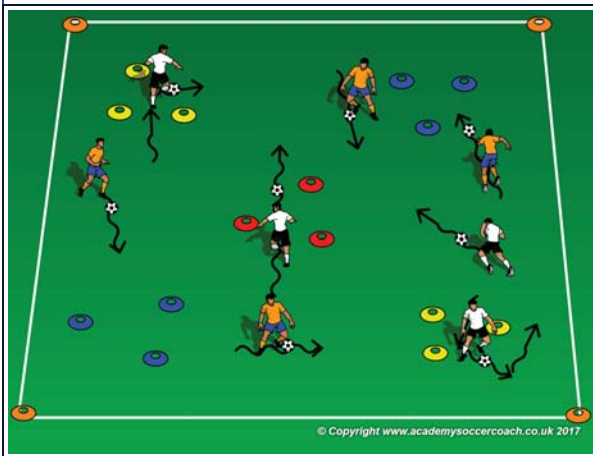
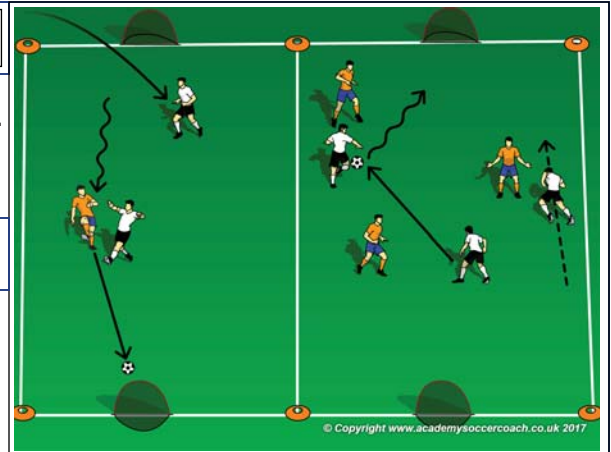
Is the activity organized? (cones, scrimmage vests, balls, players, goals)

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 Dribbling Galaxy Hoppers Duration

In a 15W x 20L, with several 3 yard triangular shaped Galaxies and all the players have a soccer ball. In 90 seconds, challenge the players to get into and out of as many Galaxies as they can. Interval 2 & 3, have them try to beat their previous score. Intervals 4 & 5, have them stop their ball in the Galaxy and exit the Galaxy with a different turn.

Coaching Points Activity Time Rest Intervals

Observation: are the players able to stop the ball in the different Galaxies?

Technical Tip: stop the ball with a soft touch with the bottom of the foot, the inside or the outside.



Practice Guardians of the Galaxy Duration

In a 15Wx20L yard grid with several 3 yard Space Ships (bases). Select 2 players to be it. They have their ball in their hands and are the Guardians of the Galaxy who protect the ships. The rest of the players dribble their soccer ball and are space fighters why try to land on a ship to be safe. The Guardians try to toss their ball (underhand only) and hit the space fighter's ball. Have the space fighters count the number of ships they can get to.

Coaching Points Activity Time Rest Intervals

Observation: are the space fighters able to avoid the Guardians of the Galaxy?

Technical Tip: try to dribble with the head up to locate the Guardians then turn and dribble away.

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 strike the ball with a surface other than the toe?

Technical Tip: encourage the players to move the ball slightly to the side and away from their body so they have room to rotate the foot for other surfaces.

