



# 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

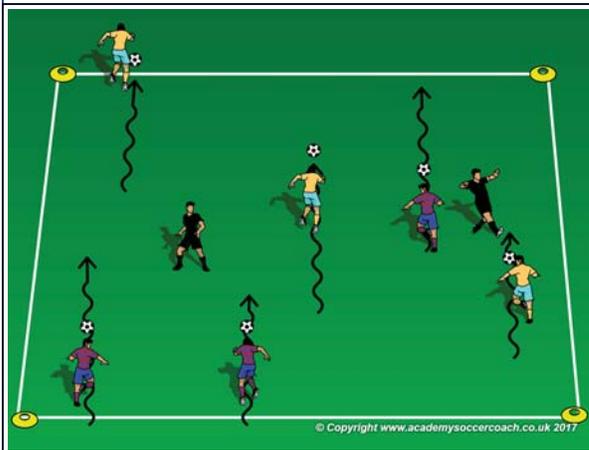
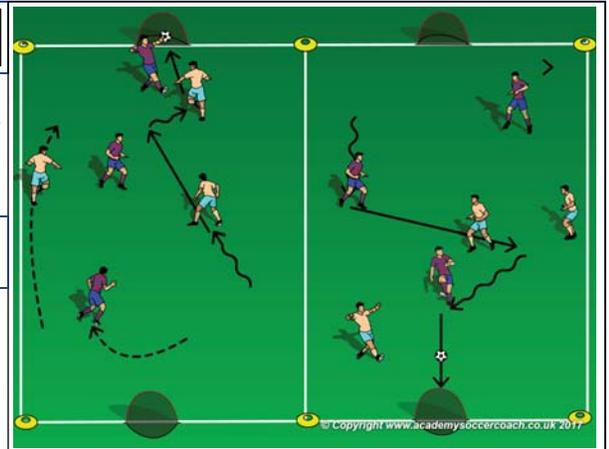
**Is the activity organized?** (cones, scrimmage vests, balls, players, goals)

**Is it reality-based?** (does it look like a soccer game?)

**Is there repetition?** (Focus on dribbling & striking the ball (session themes))

**Is it challenging?** (Players should be engaged not frustrated or bored)

**Is there coaching?** (Positive reinforcement of dribbling)



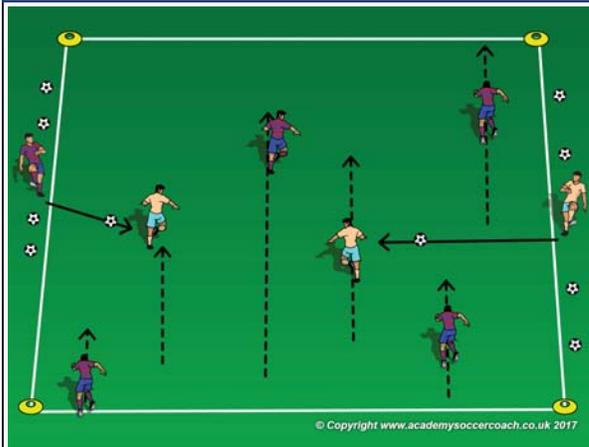
**Practice** Bruce the Shark & Nemo Duration

In a 15W x 20L grid, coach selects 1-3 players to be Bruce the Sharks. Sharks must stay inside the grid and do not need soccer balls. The rest of the players are Nemo or Dori. They all have a soccer ball and start at one end of the grid. When Bruce says, "Nemo, cross my ocean!", the Nemos have to swim (dribble) their ball to the other side. If Bruce the Shark steals their ball, they become Sharks also.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players avoiding the Sharks or dribbling into them?

**Technical Tip:** Use the inside or outside of the foot to move side to side and the laces to push the ball past the Sharks to get to the end line.



**Practice** Pirates of the Caribbean Duration

In a 15W x 20L grid (the ship), place all the players (Captain Jack Sparrows) on one end line without soccer balls. All soccer balls (cannon balls) are lined up on either side of the grid. On the coach's command, the pirates will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbossa) will be the shooters to start. Pirates who get hit are now shooters.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the Pirates strike the ball so it stays on the ground?

**Technical Tip:** have them try to point their toe to side and up so they can strike the ball with the middle of their foot and hit the middle of the ball.

**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 teams, 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:** have them try to point their toe to the ground then make a fist with their foot before striking the ball.

