



MASSACHUSETTS YOUTH SOCCER

GOAL Building through the midfield

Key Qualities Be Proactive, Take Initiative

Age Group 12-U

Team Tactical Principles Play forward when possible

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

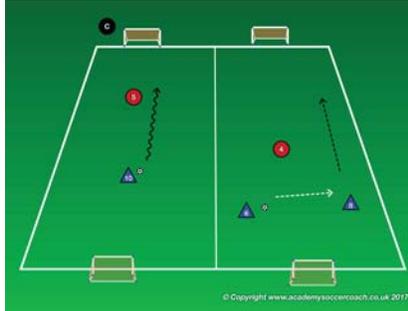
To outscore opponent, get players playing early as they arrive.

Organization

Two 20x30W fields with two small goals. Players play as they arrive 1v1, 2v2, 3v2 etc

Rules

Kick ins if the ball goes out. If a goal is scored conceding team start with the ball. Check local town rules



Coaching Points

Positive reinforcement of techniques such as passing dribbling. Understand when to play forward and when to keep the ball.

Guided Questions

What should you do if the players seem distracted? Take a water break speak to the players

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization

45Wx60L field expand field by 20W

Rules

Ball starts with the coach, Kick ins if the ball goes out, if a goal is score ball starts with the coach who plays to any blue player



Activity Duration 20

of Intervals 5

Time Active 3

Active Rest 1



More Challenging Activity

Organization

40Lx45W

Rules

Ball starts with the coach, Kick ins if the ball goes out, if a goal is score ball starts with the coach who plays ball to a blue.

Objectives

Create scoring chances through the midfield

Organization

45Wx40L field. with 6 goals, Play 6v4 in favor of blue team. Focus team (blue) attempt to score in the three goals by either dribbling or passing. Defending team tries to score in the other 3 goals

Rules

Ball starts with the coach, Kick ins if the ball goes out, if a goal is score ball starts with the coach who plays to any blue.

Coaching Points

Spread out, Play forward when possible. Create 2v1, 1v1. Using combination to penetrate past defensive line. Vary the running to get behind defensive line

Guided Questions

When should a player recognize they should make a run behind defensive line? When his team has the ball and defensive line has pushed up What combinations could the team use to penetrate the defensive line? Give and goes, overlaps, set passes

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To outscore opponent

Organization

55Lx80W field play 9v9 or as close to as possible. Focus team play 1-2-3-3 Defending team 1-3-2-3

Rules

All FIFA rules apply



Coaching Points

Spread out, Play forward when possible. Create 2v1, 1v1. Using combination to penetrate past defensive line. Vary the running to get behind defensive line

Guided Questions

What can you do if the players do not feel motivated? Take a water break and speak to the players individually, Mix up the teams