



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Dribbling the ball to score **Key Qualities** Read and understand the game

**Age Group** 6-U **Team Tactical Principles** Dribble forward when possible

Is Activity Organized? Game-like? Challenging?

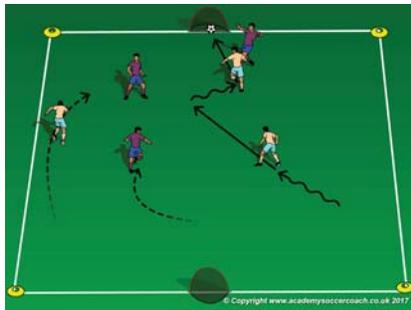
## PLAY SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

**Up to 3v3 Games:** team with the ball attempts to dribble past opponents and score.

**Organization:** set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & 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 a second game on the field next to it. (Play one 8 min game)

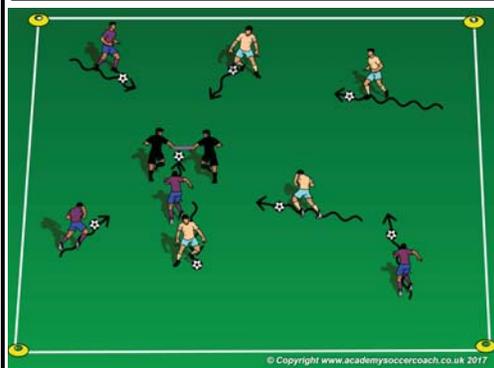
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



**Coaching Point:** give players specific tasks during the game. For example, challenge them to see how many of their teammates they can help to score.

**Guided Question:** what do you do if 1 player or team is not engaged? Award bonus points to any player who scores their first goal of the game. Challenge the team to score 1 goal before the other team gets to (3 or 4 more goals than they currently have).

### Moving Goal:



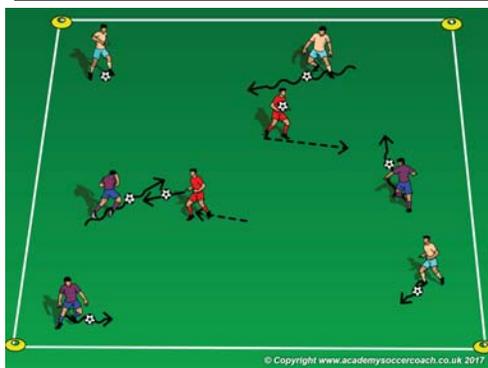
**Organization:** in a 15Wx20L grid, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving goal. Each player dribbles their soccer ball. The dribblers try to dribble their ball through the moving goal. Count the number of goals each can score in 1 minute. (Play for 8 min - 6 intervals of 1 min with 20 sec rest between intervals).

**Rules:** play begins as soon as the moving goal starts moving. Players must stay within the grid. Coach can award bonus points for dribbling with different surfaces of the foot.

**Coaching Point:** if you see that the goal is near & open, point your toe down to push the ball in front of you so you can run to the goal.

**Guided Question:** did the players have a lot of chances to score goals? The coaches can move closer to the players who are struggling to score or further away from the players who have scored more.

### Police Patrol:



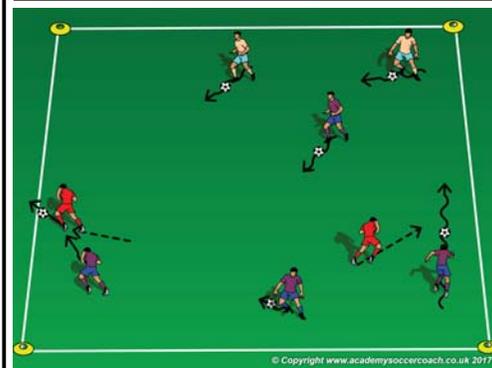
**Organization:** in a 15Wx20L grid, select 2-3 players start with their soccer ball in their hands (Police Patrol). The rest of the players dribble their soccer ball with their feet (like crazy drivers). The police patrol run around & try to ticket the crazy drivers by hitting the driver's ball with their ball (can only toss under hand). Police patrol count the number of tickets they can give in 1 minute. (Play for 8 min - 6 intervals of 1 min with 20 sec rest between intervals).

**Rules:** play begins as soon as the coach says, "police are on patrol!". Players must stay within the grid. Coaches can start as the Police Patrol.

**Coaching Point:** dribble with your head up to see where the patrol is then use your laces to push the ball away so you can run onto it.

**Guided Question:** what should the crazy drivers do if their soccer ball gets away from them? It will be challenging if they make lots of turns to control their ball so encourage them to use softer touches to keep the ball close.

### Crushing Monster Trucks:



**Organization:** in a 15Wx20L grid, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid & avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game. Coach can ask them to complete a task before re-entering such as 5 toe taps. Count the number of smashed trucks at the end of an interval. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals).

**Rules:** play begins as soon as the coach says, "let the crushing begin!". Players must stay within the grid.

**Coaching Point:** use the inside or outside of your foot to move out of the way of the Monster Trucks.

**Guided Question:** what can you do if the same player keeps getting his/her ball kicked out? The coach can be a monster truck & encourage the player from staying away from the coach. You can also select that player to be a truck.

Is Activity Organized? Game-like? Challenging?

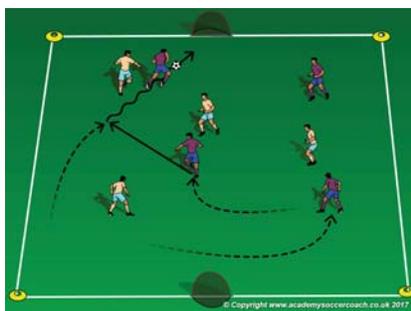
## PLAY - LET THEM PLAY

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 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 you see space behind the opponent, see if they can find a way to get into the space & to the goal.

**Guided Question:** What are some key problems the players will have to solve? Keeping the ball on the field, finding the goal they need to score in, scoring in it & dealing with all the chaos of all the players on the field.