



MASSACHUSETTS YOUTH SOCCER

GOAL Creating scoring chances through the middle

Key Qualities Be Proactive, Take Initiative

Age Group 12-U

Team Tactical Principles Unbalance/disorganize opponent

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

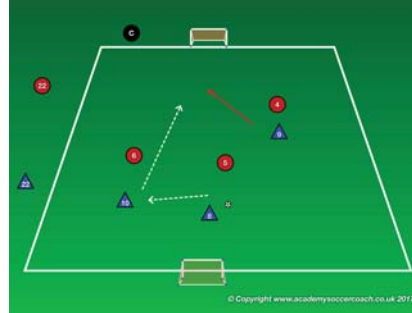
To outscore opponent, get players playing early as they arrive.

Organization

30Lx20W field with two small goals. Players play as they arrive 1v1,2v2,3v2etc

Rules

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



Coaching Points

Accurate passing, Dribbling, Make runs behind the defensive line to create scoring chances.

Guided Questions

How can you prepare the players? check the mood of the players, remind players of the topic. What should you do if the games are unbalanced? Add players to the team that has less players.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization

40Wx40L. 1 regulation goal 2 counter goals.

Rules

Ball starts with the 6, kick ins if the ball goes out, if a goal is scored ball starts with the 6. offside rule



Activity Duration

of Intervals

Time Active

Active Rest



More Challenging Activity

Organization

30Wx40L, 1 regulation goal and 2 counter goals. 5v4

Rules

Ball starts with the 6, Kick ins if the ball goes out, if a goal is score ball starts with the 6

Objectives

Create scoring chances by playing through the middle of opposition

Organization

30Wx40L 1 regulation goal 1 counter goal 4v4 Focus team (blue) Try to score in regulation goal, if reds win they try to score in counter goal.

Rules

Play starts with the 6, kick ins, Play restarts with the 6, offside rule.

Coaching Points

Accurate short passing, Dribbling, receiving. varying the runs to confuse and unbalance back line. Diagonal run, checked run. Set pass then run behind defensive.

Guided Questions

What should attackers look for when running behind defensive? Gap between two defenders, space between defenders and goal. How can you unbalance opposition? Combination play give and goes, overlaps. How do you recognize the players are succeeding in the practice? Attackers are getting through on goal

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To outscore opponent by creating chances through the middle.

Organization

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

Rules

All FIFA rules apply



Coaching Points

When to dribble or pass forward, Accurate passing, Varied runs behind defense to get through on goal.

Guided Questions

How would you determine if the practice was successful? Opposing team was unbalanced and focus team created lots of scoring chances. How do you make it enjoyable? Praise good behaviors and outcomes from team