



MASSACHUSETTS YOUTH SOCCER

GOAL Attacking third build-up 1: Possession to create scoring chances **Key Qualities** Be Proactive and Take Initiative

Age Group 10-U **Team Tactical Principles** Pass or dribble forward when possible or hold the ball, Create 2v1 or 1v1

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

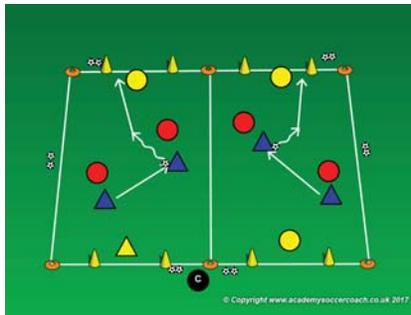
To create scoring chances to out score the opponent. Play a game as the players get to practice.

Organization

Set up two or more 20Wx30L fields with a goal at each end. Play 2v2, 2v3 up to 3v3.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Pass or dribble forward when possible or hold the ball, Spread out
- Create 2v1 and 1v1
- Receiving, Dribbling, Passing and Shooting

Guided Questions

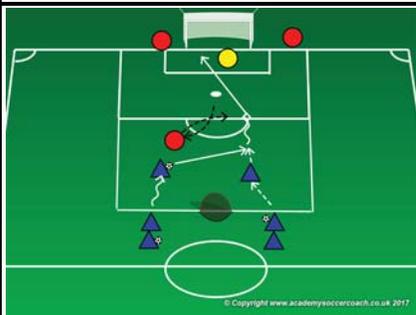
Why do we dribble and pass forward? To penetrate and create scoring chances.

Duration: 3 games of 2.5 minutes/30sec rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

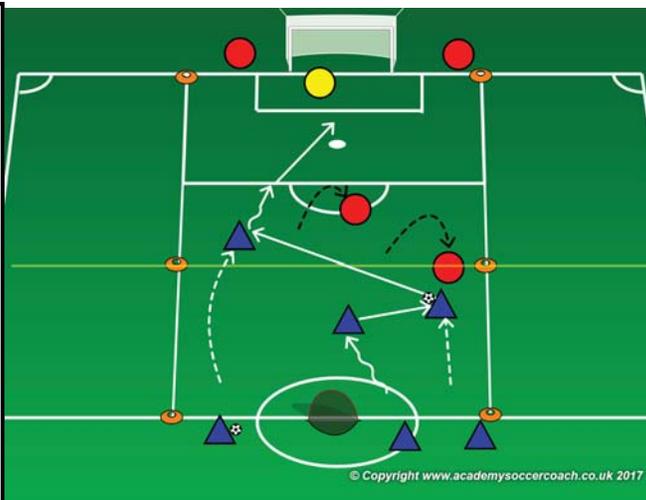
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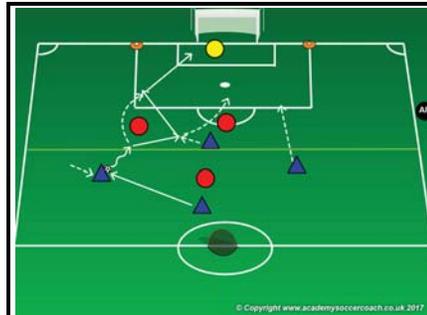
Less Challenging Activity

Organization - 2v2 Scoring: In a 24Wx24L grid play 2v2. The attacking player with the ball dribbles in or passes to his partner. The defender, starting at the PK point will try to regain the ball to score in the small goal.

Rules: Blue team gets two opportunities to score.



Activity Duration	24 min	# of Intervals	4
Time Active	4 min	Active Rest	2 min



More Challenging Activity

Organization - 4v4 Scoring: In a half field with a regular goal and a small goal. Defenders start from the PK point. Blue team scores in the regular goal and the red team in the small goal.

Rules : All FIFA Laws apply.

Objectives

To unbalance and disorganize the opponent in the attacking third in order to move the ball forward to create goal scoring opportunities.

Organization - 3v3 Scoring: In a 24Wx30L grid with a regular goal and small goal play 3v3. The attacking player with the ball dribbles in or passes to his partner to score in the regular goal. The defenders, starting from the PK point will try to regain the ball to score in the small goal.

Rules

The blue team gets two opportunities to score and switch.

Coaching Points

- Pass or dribble forward when possible or hold the ball, Spread out
- Create 2v1 and 1v1
- Receiving, Dribbling, Passing and Shooting

Guided Questions

When should the players play forward? -- The teammates have created a passing lane and can receive a pass, the dribbler has space to dribble forward or one defender to beat, or we can shoot at goal. What is influencing the topic in the session? -- The ability of the players to connect passes, to dribble forward and to shoot at goal.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To unbalance and disorganize the opponent in the attacking third in order to move the ball forward to create goal scoring opportunities.

Organization

7v7 game with regular goals. Split the players into two equal teams. Play with the formations you will use on game day.

Rules

All FIFA rules apply.



Coaching Points

- Pass or dribble forward when possible or hold the ball, Spread out, Create 2v1 and 1v1
- Receiving, Dribbling, Passing and Shooting

Guided Questions

How did the players feel after the game? Was it related to their performance? -- Ask this question to see how effective was the training session for the players.

Duration: Two 12 minute halves/3 minutes rest.