



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

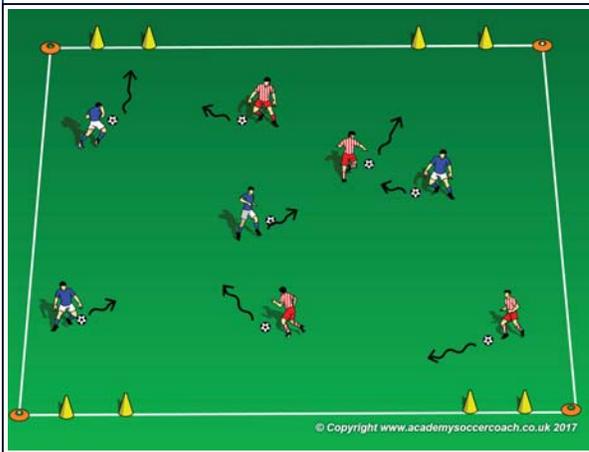
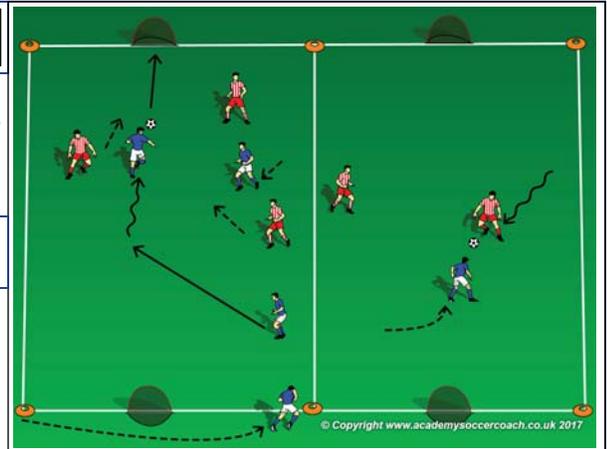
Is the activity organized? (cones, scrimmage vests, balls, players, goals)

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

Is there repetition? (Focus on dribbling (session theme))

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

Is there coaching? (Positive reinforcement of dribbling)



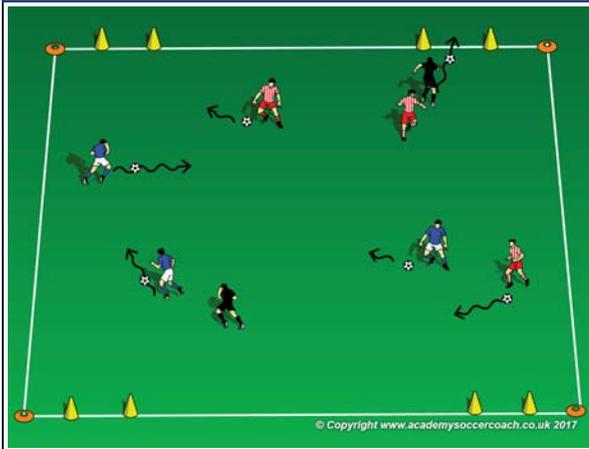
Practice 4 Surfaces - To the Drifting Continents Duration

In a 15W x 20L grid, 2 cone goals on each end line & each player with a soccer ball: The players dribble their soccer ball in a specific pattern: outside right foot (pinky toe)-inside right foot (big toe)-repeat with the left foot. On the coach's command (or whistle), the players will dribble their ball as fast as they can to any of the 4 goals and dribble through it.

Coaching Points Activity Time Rest Intervals

Observation: are the players keeping the ball close when using the inside or outside of the foot?

Technical Tip: use soft touches (baby touches) when using outside/inside



Practice Saber Tooth Squirrels (Scrat) Acorn Hunt Duration

In a 15W x 20L grid, 2 cone goals on each end line, select 2 players to be Scrats, all other players have a soccer ball: The players dribble their soccer ball (acorn) anywhere in the grid and avoid the Scrats. The Scrats try to steal their acorn and hide it in any of the 4 goals. The dribblers can try to steal their ball back and even steal it from the goal. Scrats get 1 point for every acorn they hide in a goal.

Coaching Points Activity Time Rest Intervals

Observation: are the players able to avoid the Scrats?

Technical Tip: keep your head up to find the Scrats. Dribble away from the Scrats with bigger touches on 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 team, 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 keep the ball close when in a crowd and bigger touches in open space?

Technical Tip: soft touches (baby touches) in a crowd and push the ball further in front when space is open.

