



MASSACHUSETTS YOUTH SOCCER

GOAL Attacking third build-up 3: 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

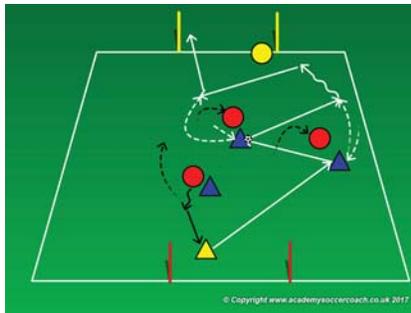
To score goals from low crosses. To move the ball forward to create scoring chances. Players arrive and get into a game.

Organization

Set up two or more 20Wx30L fields with a goal at each end. Play 4v4 shooting game.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

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

Guided Questions

How do you know the players are enjoying the game? The players are engaged, they are competing and they are smiling.

Duration: 3 games of 2 minutes/1 minute rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

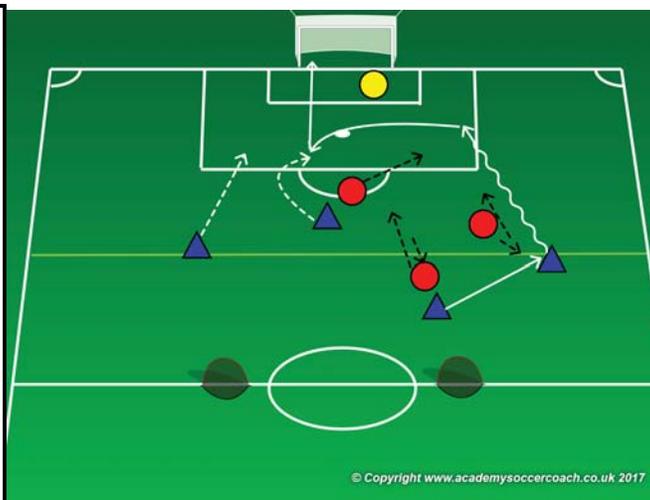
Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization - 3v3 Scoring: In a half field with a regular goal and 2 small goals on the sideline. Blue team scores in the regular goals and the red team scores in either of the 2 small goals.

Rules: All FIFA Laws apply. Blue team starts with the ball.



Activity Duration 24 min

of Intervals 4

Time Active 4 min

Active Rest 2 min



More Challenging Activity

Organization - 4v5 Scoring: In a half field with a regular goal and 2 small goals on the sideline. Blue team scores in the regular goal and the red teams scores in either of the two small goals.

Rules : All FIFA Laws apply. Blue team starts with the ball.

Objectives

To move the ball forward, and to create goal opportunities from wide areas with low ground crosses.

Organization - 4v4 Scoring: In a half field with a regular goal and two small goals on the sideline. Blue team scores in the regular goal and the red team in either of the two small goals.

Rules

All FIFA laws apply. Blue team starts with the ball after a goal.

Coaching Points

- Pass or dribble forward when possible or hold the ball
- Create 2v1 and 1v1, Get numbers into the box and play low crosses
- Crossing: Angle of approach, Head up to locate the target, Head down to strike the ball, Accuracy and Pace - Types of Crosses: Low on the ground, early and from the end line
- Receiving, Dribbling, Passing and Shooting

Guided Questions

When should players play wide? -- When defenders are compacted centrally and wingers are wide to receive the pass.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To move the ball forward, and to create goal opportunities from wide areas with low ground crosses.

Organization

Play a game based on the amount of players in attendance, make 2 equal teams. Organize them into the formations they will play on the weekend

Rules

All FIFA rules apply.



Coaching Points

- Pass or dribble forward when possible or hold the ball, Create 2v1 and 1v1, Get numbers into the box
- Receiving, Dribbling, Passing, Shooting and Crossing

Guided Questions

How are the players working together to score goals? -- By attacking down the flanks.

Duration: Two 11 minute halves/2 minutes rest.