



MASSACHUSETTS YOUTH SOCCER

GOAL Attacking third build-up 2: 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

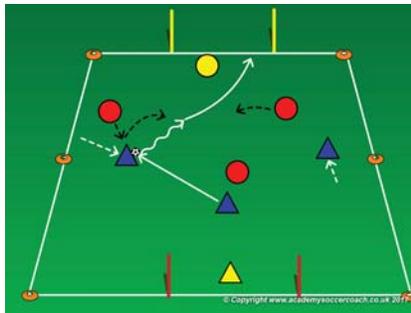
To play forward, create scoring chances and score goals. Get the players in a game as they get to training.

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, Spread out
- Create 2v1 and 1v1
- Receiving, Dribbling, Passing and shooting

Guided Questions

When should a player take a shot? When the player has a space (a shooting window) between defenders to release a shot.

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

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization - 3v4 Scoring: In a 24Wx30L grid with a regular goal and a two small goals. Blue team plays to score in the regular goal and the red team in either of the two small goals.

Rules: All Laws apply. When a goal is scored the blue teams starts with the ball



Activity Duration 24 min

of Intervals 4

Time Active 4 min

Active Rest 2 min



More Challenging Activity

Organization - 5v6 Scoring: In a 24Wx30L grid with a regular goal and a two small goals. Blue team plays to score in the regular goal and the red team in either of the two small goals.

Rules : All Laws apply. When a goal is scored the blue teams starts with the ball

Objectives

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

Organization - 4v5 Scoring: In a 24Wx30L grid with a regular goal and two small goals. Blue team plays to score in the regular goal and the red team in either of the two small goals. After a goal the Blue team starts with the ball from the midline.

Rules

All Laws apply. When a goals is scored the blue team starts with the ball.

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

What should you do if the activity is too easy or difficult? -- Too difficult - move to play 3v4 scoring -- Too easy, move to play 5v6 scoring.

What feedback can you give? -- We can tell players when to spread out, why to pass forward or backwards, how to recognize 1v1/2v1's.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To unbalance and disorganize the opponent in order to move the ball forward through the midfield 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 are the players working together to score goals? -- They are passing, dribbling, opening lanes and taking a shot to score.

Duration: Two 10 minute halves/3 minutes rest.