



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**DRIBBLING FOR PENETRATION**

**Objectives (5 W's)**

**Who:** #8, #9, #10

**Where:** In the attacking half of the field

**What:** Dribbling and Running with the Ball to Penetrate

**When:** In possession of the ball with space to attack behind the defense

**Why:** To penetrate the opponent's defense and create goal scoring opportunities

**Organization**

Duration

15 min

Intensity

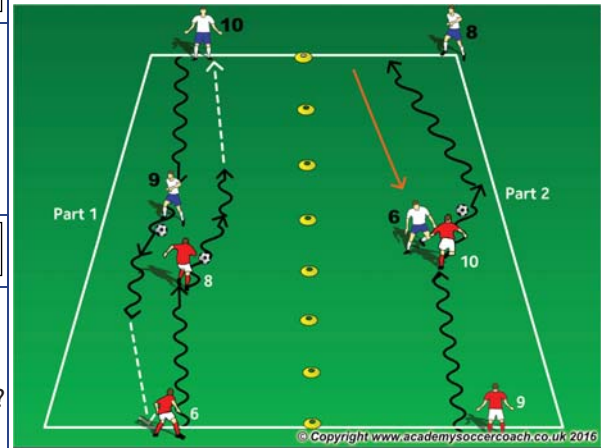
Med-High

Area: 30Wx 40L yard grid divided into 2, 15 yard wide channels.

Part 1. A player from each endline dribbles toward each other in the channel, performs a move to right side, accelerates past and passes to next player (repeat). Same as before now perform a move to left.

Part 2. Play a 1v1 game in the channel to the end-lines.

**Warm-up / Orientation** Dribbling Lanes



**Coaching Points**

Activity Time

2 min

Rest

30 sec

Intervals

6

**•What? Technique** - Dribbling, running w/the ball, head up, surface of foot to touch ball forward, distance of dribble touch, acceleration into space behind defender, change of direction/pace, use of turns, moves, feints.

**•Team Tactical Attacking Principles** - Play Forward or Hold the ball: Where? When? Why?

**Orientation** 4 v 3 to Goal w/Counter Goals



**Organization**

Duration

25 min

Intensity

Med-High

Area: 50Wx40L yard area with a big goal and 2 counter goals

Target Team (Red): #'s 6, 8, 9, 10 - Opposition Team (White): #'s 1, 4, 5

Red players alternate dribbling the ball onto the field to start play. Red plays to score on big goal. If White wins the ball they score in the counter goals.

Goals scored after dribbling by an opponent is 10pts, all other goals are 1pt.

**Coaching Points**

Activity Time

45 sec

Rest

45 sec

Intervals

15+

**•What? Technique** - Dribbling to penetrate & beat an opponent, surface of foot, distance of dribble touch. Receiving the ball to go forward, change of direction/pace, acceleration past defender.

**•Team Tactical Attacking Principles** - Play Forward or Hold the ball: Where? When? Create 1v1: Who? Where?

**Organization**

Duration

25 min

Intensity

Medium

Area: 50Wx60L yard with 2 big goals

Target Team (Red): #'s 1, 6, 7, 8, 9, 10, 11

Opposition Team (White): #'s 1, 2, 3, 4, 5, 6, 8

Each team is trying to score in opponent's goal. All rules apply. Goals scored after dribbling behind an opponent is 10pts, all other goals are 1pt.

**Coaching Points**

Activity Time

11 min

Rest

3 min

Intervals

2

**•What? Technique** - Dribbling to penetrate. Receiving to go forward.

**•Team Tactical Attacking Principles** - Play Forward or Hold the ball: Where? When? Why? Create 1v1: Who? Where? Why?

**Learning** 7 v 7 to Goal



**Implementation**

**9v9**

Duration

28 mins

Formation

R GK-3-3-2 v W GK-4-3-1

Activity Time

11 mins

Rest

3 mins

Intervals

2

**Organization**

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

**Coaching Points**

Technical execution - Team Tactical Attacking Principles, 5W's, Speed of Play



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**DRIBBLING OF THE #'s 7 & 11**

**Objectives (5 W's)**

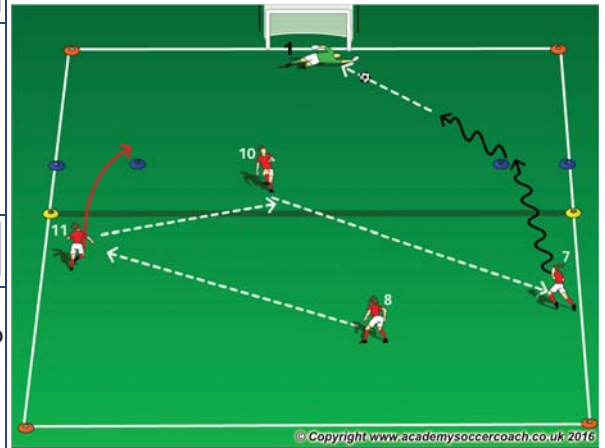
**Who:** #7 & #11  
**What:** Dribbling & Running with the ball to Penetrate  
**Where:** In the flanks of the attacking half  
**When:** When in possession of the ball & there is space to attack behind the defense  
**Why:** Create more scoring chances when close to goal

**Organization**

Duration  Intensity

Area: 40Wx50L yard field, a 4 yard gate by each sideline in the attacking half, 1 big goal. Target team (Red): #'s 7, 8, 10, 11 – Opposition team (White): #1. Everyone on the red team needs at least 1 touch on the ball. The #7 or #11 have to be the final player to receive the ball. Once he/she receives it, they dribble through their gate toward the goal and strike the ball into the gk's (#1) hands.

**Warm-up / Orientation** 4v1 to Goal (Patterns)



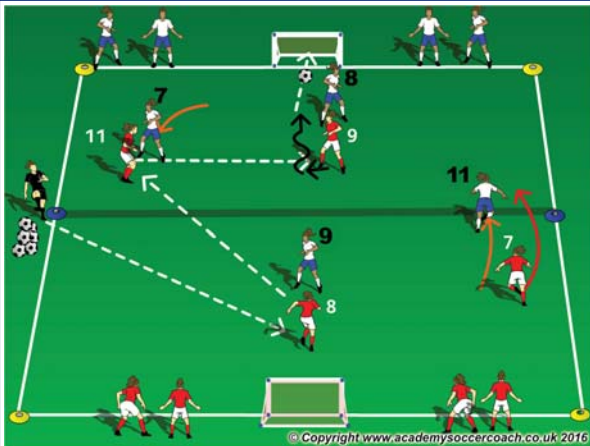
**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Dribbling/Running with the ball. Get in line with the flight of the ball. Head Still and eyes on the ball. Receiving. Surface of the foot and the ball to move forward. Preparation touch to play forward (distance). Change of pace.

**Orientation**

4v4 to Goal & Counters



**Organization**

Duration  Intensity

Area: 40Wx50L yard field with 1 big goal and 2 counters. Target team (Red): #'s 7, 8, 10 & 11 – Opposition team (White): #'s 1, 2, 3 & 6. Red scores in the big goal & White in either counter goal. If a goal is scored or assisted by #'s 7 or 11, the goal is worth 5 points, all other goals, 1 point. Challenge the Red to score 10 points before White scores 5 points.

**Coaching Points**

Activity Time  Rest  Intervals

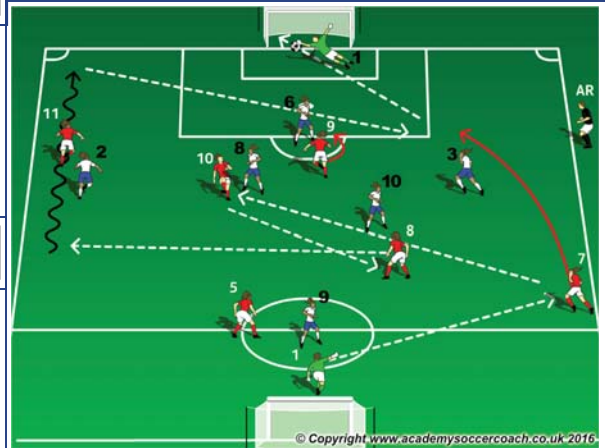
**What? Technique** - Dribbling to beat an opponent: Different moves to get around an opponent. Accelerate once past the opponent. Receiving: surface of the foot and the ball to move forward. Turning and preparation touch to play forward.  
**Team Tactical Attacking Principles** - Spread out: Who? When? Triangulate: Who? Where? Create Diagonal Passing Lines: Who? When? Where? Why?

**Organization**

Duration  Intensity

Area: 50Wx60L yard field, big goal both ends. Target team (Red): #'s 1, 5, 7, 8, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 6, 8, 9, 10. Both teams attack and defend 1 big goal. All rules of soccer apply. Goals or assists by #7 or #11, add bonus (coaches choice).

**Learning** 7v7 to Goal



**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Dribbling. Passing. Receiving. Shooting.

**Team Tactical Attacking Principles** - Play Forward or Hold the Ball: Who? Where? When? Create 2v1 or 1v1 : Who? Where? When? Triangulate: Who? Where? When? Vary the Runs to Get Behind or Between the Defense: Who? When? Where?

**Implementation**

**9v9** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

**Coaching Points**

Technical execution, Team Tactical Attacking Principles (5 W's), Speed of play



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**PASSING AND COMBINING**

**Objectives (5 W's)**

**Who:** #7, #8, #9, #11

**What:** Passing, receiving, spreading out, playing forward, diagonal passing lanes, triangulation

**Where:** In the defensive and attacking half of the field

**When:** In possessions of the ball in the central and flank areas

**Why:** To penetrate the opponent's defense and create scoring opportunities

**Organization**

Duration

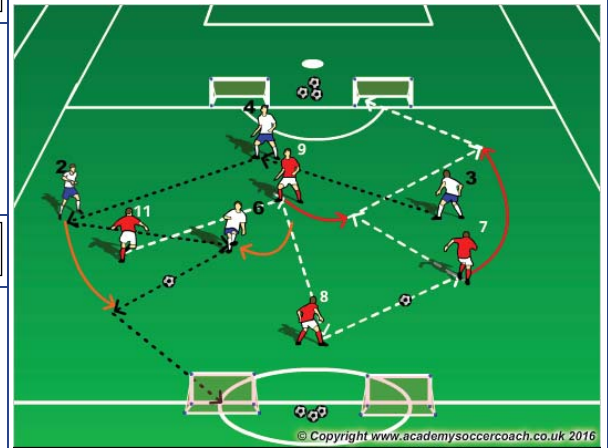
18 mins

Intensity

Med-High

Area: in a 32Wx20L yard field with two small goals on each end-line  
 Target team (Red) #'s 7, 8, 9, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups try to score as many goals as they can in either side while completing the following intervals - 1: Everyone touches the ball - 2: Complete one Wall Pass through the other team - 3: Complete one Up, Back and Through.

**Warm-up / Orientation** Pass, Move and Split



**Coaching Points**

Activity Time

4.5 min

Rest

1.5min

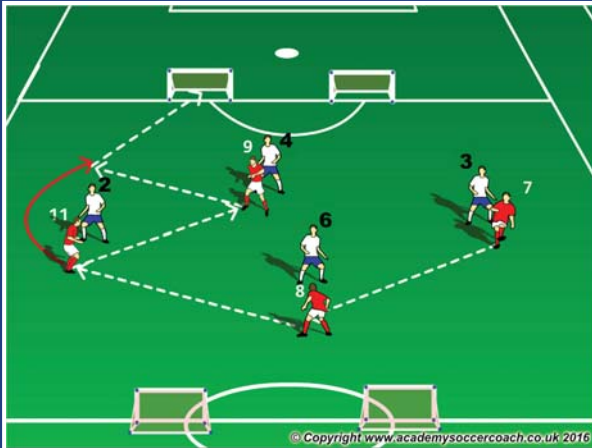
Intervals

3

**What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent, locked ankle with toe up (inside of the foot), eyes on ball at instant of contact, strike the ball through the center - **Receiving:** Get the body behind the ball, ankle locked and toes up, Eyes on the ball, 1st touch pushes the ball where you want to go or away from pressure

**Orientation**

4v4: 3 Plus Passes



**Organization**

Duration

20 mins

Intensity

Med-High

Area: in a 32Wx20L yard field with two small goals on each end-line  
 Target team: #'s 7, 8, 9, 11 - Opposition team: #'s 2, 3, 4, 6 - Play to score in the opponent's goal.

When a team makes a wall pass or 3 players make consecutive passes and score the goal is worth 100 points. Play to 300 points. Any other goal is 1 point

**Coaching Points**

Activity Time

5 mins

Rest

1.5min

Intervals

3

**What? Technique** - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance

**Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Triangulate: Who? Where? Why?

**Organization**

Duration

22 mins

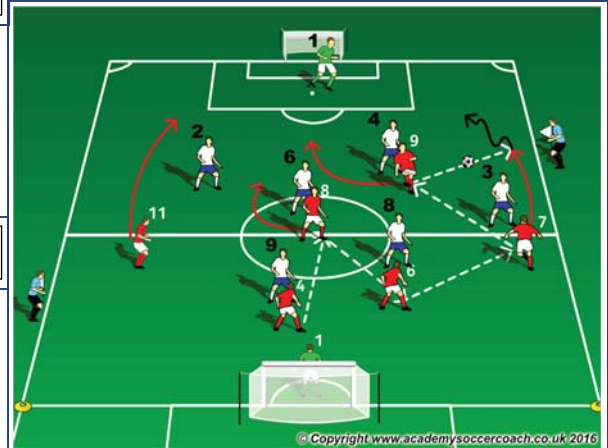
Intensity

Medium

Area: in a 50Wx60L yard field with goals  
 Target team: #'s 1, 4, 6, 7, 8, 9, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All laws apply.

**Learning**

7v7 to Goals



**Coaching Points**

Activity Time

9 mins

Rest

2 mins

Intervals

2

**What? Technique** - Passing, Receiving, Shooting

**Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - 2v1's: Where? When? Why? - Runs in behind/between the defensive line: Who? When?

**Implementation**

9v9

Duration

30 mins

Formation

R GK-3-2-3 v W GK-3-3-2

Activity Time

12 mins

Rest

3 mins

Intervals

2

**Organization**

In a 50Wx75L field play 9v9. All FIFA laws apply. Encourage #'s 7, 8, 9, 11 to combine with each other.

**Coaching Points**

Technical Execution, Team Tactical Attacking Principles, 5W's, Speed of Play



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**PASSING FROM WIDE AREAS**

**Objectives (5 W's)**

**Who:** #2, #3, #7, #11  
**Where:** Attacking half of the field  
**What:** Passing, Receiving, Shooting  
**When:** In possession of the ball when the defense is compact centrally  
**Why:** To penetrate the defense and create scoring opportunities

**Organization**

Duration  Intensity

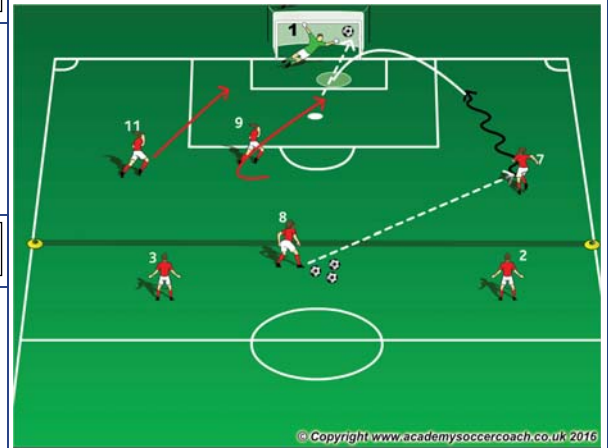
Area: 50Wx40L yard, one goal, area outside the penalty area, Target Team (Red) - #2,3,7, 9 & 11, #8 acts as server to start play. Opposition - #1  
 #8 serves ball in to a #7, 11 or #2, 3. #9 joins the play and they try to score on the #1. Service from the flank should vary from aerial, to low and driven across the area. Switch sides of the service. Add a chaser to catch the flank server.

**Coaching Points**

Activity Time  Rest  Intervals 

**What? Technique** - Dribbling to set up a pass, prep touch, surface of foot. Passing, surfaces of the foot, types of pass, aerial, lofted, driven, bent.  
**Attacking** - Team Tactical Principles - Spread Out: Who? Where? When? Occupy All Spaces: Who? Where? Create Passing Options: Who? Where? When?

**Warm-up / Orientation** 3 v 1 to Goal



**Orientation** 6 v 4 to Goal with Counter Goals

**Organization**

Duration  Intensity



Area: 50Wx40L yard field with one big goal and 2 counter goals  
 Target Team (Red): #'s 2, 3, 7, 8, 9, 11 - Opposition Team (White): #'s 1, 2, 3, 4  
 Red Team plays to score on the big goal. If the White Team wins the ball they score in the counter goals. Offside is applied for the Red Team.  
 Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Dribbling to set up a pass. Passing types, aerial, driven, lofted, bent. Receiving, foot/body surface based on type of service from the flank, redirecting service to score.  
**Team Tactical Attacking Principles** - Create Passing Options: Who? When? Play Forward: When? Where? Why? Create 2v1 or 1v1: Who? Where? When?

**Organization**

Duration  Intensity

Area: 50Wx60L yard field, big goal on each end-line  
 Target Team (Red): #'s 1, 2, 3, 4, 7, 8, 9, 11  
 Opposition Team (White): #'s 1, 2, 3, 4, 6, 8, 10  
 Both teams attack and defend a big goal. All rules of the game apply.  
 Goals scored from flank play is 10pts. Goal scored directly from flank service is 50pts

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Dribbling. Passing from wide positions. Receiving flank service. Shooting.  
**Team Tactical Attacking Principles** - Create Passing Options: Who? When? Play Forward: When? Where? Create 2v1 or 1v1: When? Where? Why? Vary Runs to Get Behind/Between the Defensive Line(s): Who? Where? When? Why?

**Learning** 8 v 7 to Goal



**Implementation**

**9v9** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

**Coaching Points**

Technical execution, Team Tactical Attacking Principles (5W's), Speed of Play



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**INDIVIDUAL ATTACKING OF THE #9**

**Objectives**  
(5 W's)

**Who:** #9  
**What:** Dribbling, Passing, Receiving & Shooting to create scoring chances  
**Where:** In the attacking (final) third of the field  
**When:** When in possession of the ball and within striking range  
**Why:** Create more scoring chances when within striking range

**Organization**

Duration  Intensity

Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls by the goals. Target team (Red): #'s 7, 8, 9, 11 - Opposition team (White): #'s 7, 8, 9 & 11. Each team has 4 players on the field & 4 on deck. All the players must touch the ball then score. Once goal is scored, exit the field and team on deck enters the field. Play till 1 team scores eight goals before the other team does.

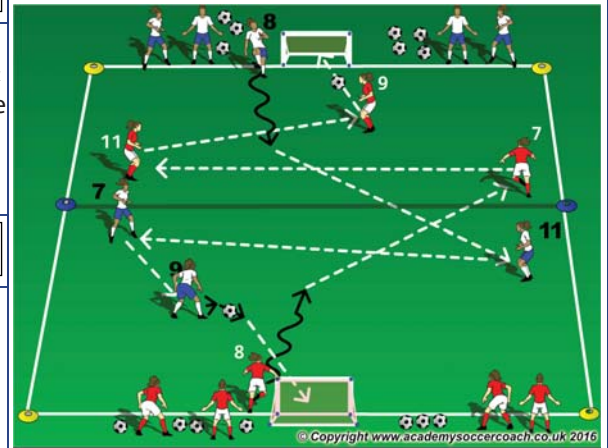
**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Dribbling: running with the ball. Passing: surface of the foot and ball to move forward. Head still & eyes on the ball. Receiving: get in line with the flight of the ball. Watch the ball onto your foot. Turning when back is to goal. Shooting: Head down to watch the ball off your foot. Preparation touch to play forward (distance from body). None kicking foot along side of the ball.

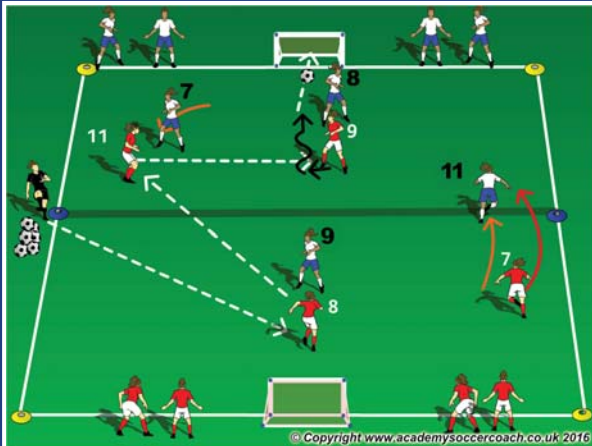
**Warm-up / Orientation**

4v0 to Goal



**Orientation**

4v4 to Goal



**Organization**

Duration  Intensity

Area: 40Wx50L yard field with a small goal on each end line and all the soccer balls at midfield with the coach. Target team (Red): #'s 7, 8, 9, 11 - Opposition team (White): #'s 7, 8, 9, 11. 4 players on the field and 4 on deck. Play a game for 3 minutes or 2 goals. If a goal is scored, the coach will put a new ball into play Any goal scored by the #9 is worth 3 points and a game winner.

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Dribbling: To beat an opponent. Running with the ball. Turning to beat an opponent. Passing/Receiving: Head down. Proper surface for a long/short pass. Watch the ball off your foot. Watch the ball onto your foot.  
**Team Tactical Attacking Principles** - Spread Out: Where? When? Triangulate: Who? Where? When? Play forward when possible: Who? When? Where?

**Organization**

Duration  Intensity

Area: 50Wx60L yard field, a big goal at 1 end and a small counter at the other. Target team (Red): 4, 6, 7, 8, 9, 10, 11 - Opposition team (White): 1, 5, 6, 7, 8, 9, 11. Red attacks the big goal. If white wins the ball, they attack the small counter goal. Any goal or assist by the Red #9 is worth 5 points.

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique:** Dribbling. Passing. Receiving. Shooting.  
**Team Tactical Attacking Principles** - Spread Out: Where? When? Triangulate: Who? Where? When? Play forward when possible or hold the ball: Who? When? Where? Vary the runs to get behind or between the defensive line(s): When? Where? Why?

**Learning** 7v7 to Goal and Small Counter Goal



**Implementation**

**9v9** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

**Coaching Points**

Technical execution, Team Tactical Attacking Principles (5 W's), Speed of play



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**GROUP ATTACKING - THROUGH , OVER & AROUND**

**Objectives (5 W's)**

**Who:** #7, #8, #9, #11    **What:** Dribbling, Passing, Receiving, Shooting, Spreading out, Triangulation around the ball, Playing forward, Creating diagonal passing lanes and 2v1's  
**Where:** Attacking half of the field  
**When:** In possession of the ball in the attacking half  
**Why:** To create more scoring chances around the goal area

**Organization**

Duration  Intensity

Area: in a 47Wx36L yard field with two goals on each endline  
 Target team(Red) #7, #8, #9, #11 - Opposition team (White): #2, #3, #4, #6. Groups to score as many goals as they can in either side after completing the following tasks ~ 1: Score after completing 2 split passes ~ 2: Score after completing one wall pass in the flanks ~ 3: Score from a lofted ball over the other group.

**Coaching Points**

Activity Time  Rest  Intervals

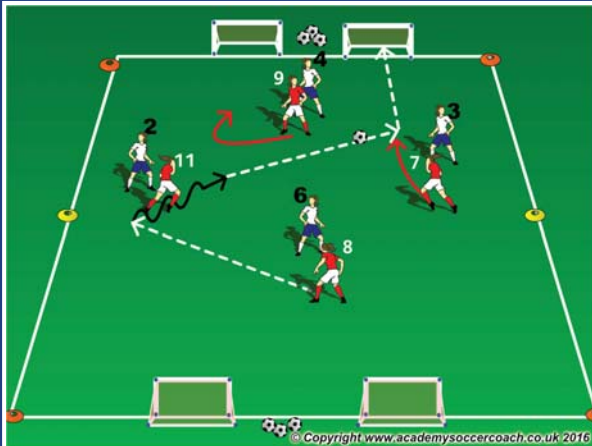
**What? Technique** - Passing: Non-Kicking foot pointed to target and parallel to ball, knees bent and balanced, ankle locked and toes up. **Receiving:** Body position, surface selection of the foot and ball, first touch direction and distance. **Dribbling:** Running with the ball and to beat an opponent. **Shooting:** Preparation of the ball, surface of the foot and the ball.

**Warm-up / Orientation** Through, Over, Around



**Orientation**

4v4 to 4 Small Goals



**Organization**

Duration  Intensity

Area: in a 47Wx36L yard field with two goals on each end-line.  
 Target team (Red): #'s 7, 8, 9, 11- Opposition team (White): #'s 2, 3, 4, 6. Score in either of the opponent's two goals. Any goal scored after a through pass, wall pass or a pass over the defenders is worth 10 points. Play to 30 points or 5 minutes, (whichever comes first).

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Passing: Accuracy and pace. Receiving: Body position. surface selection of the foot and ball, first touch direction and distance. Dribbling to beat an opponent. Shooting: Surface of the foot and the ball.  
**Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Play forward when possible: Where? When? - Triangulate: Who? When? Where?

**Organization**

Duration  Intensity

Area: in a 50Wx60L yard field with big goals  
 Target team: #'s 1, 4, 6, 7, 8, 9, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All laws apply.

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Passing, Receiving, Dribbling to beat an opponent & Shooting.  
**Team Tactical Attacking Principles** - Spread out: Who? Where? When? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? - 2v1's: Where? When? Why? - Runs in behind/between the defensive line: Who? Where? When?

**Learning**

7v7 to Goal



**Implementation**

**9v9** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 50Wx75L field play 9v9. All FIFA laws apply. Encourage #'s 7, 8, 9, 11 to combine with each other.

**Coaching Points**

Technical Execution, Team Tactical Attacking Principles, 5W's, Speed of Play



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**INDIVIDUAL DEFENDING**

**Objectives (5 W's)**

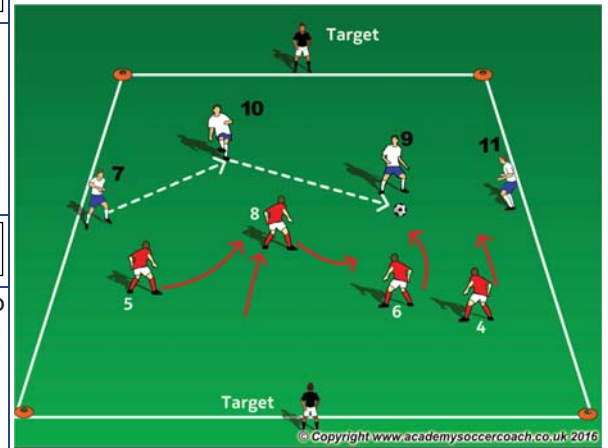
**Who:** #4, #5, #6, #8  
**Where:** In the defensive half of the field  
**What:** Press the player with ball, Deny chances, Prevent goals, Regain the ball  
**When:** When not in possession of the ball and close to your own goal  
**Why:** Stop penetrating players from scoring or creating scoring opportunities

**Organization**

Duration  Intensity

Area: 50Wx40L yard field with Target on each end.  
 Target team (Red): #'s 4, 5, 6, 8 – Opposition team (White): #'s 7, 9, 10, 11  
 White team passes w/max 3 touches to play into Target behind the Reds. Red team doesn't try to tackle the ball, but can intercept bad touches or passes and play to the Target behind the Whites.

**Warm-up / Orientation** 4v4 to Targets



**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Angle and speed of approach, footwork of the player closest to the ball, eyes on ball, body position.  
**Team Tactical Defending Principles** - Make It/Keep It Compact: Who? When? Press: Who? When? Give Cover: Who? When? Where?

**Orientation** 5 v 5 to Goal & Counters



**Organization**

Duration  Intensity

Area: 50Wx50L yard field, 1 big goal, 3 counters  
 Target team (Red): #'s 1, 4, 5, 6, 8 – Opposition team (White): # 7, 8, 9, 10, 11  
 Red Team defends the big goal and scores in the counter goals. White tries to score on Red #1.  
 (limit touches for the White team only if needed)

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique:** Angle, speed & distance of approach, footwork of the player closest to the ball, eyes on ball, body position, Tackle, poke or block  
**Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Outnumber Opponent & Give Cover: Who? Where? Why?

**Organization**

Duration  Intensity

Area: 50Wx60L yard field, big goal on both ends  
 Target team (Red): #'s 1, 2, 3, 4, 5, 6, 8 - Opposition team (White): #'s 1, 6, 7, 8, 9, 10, 11  
 Both teams attack and defend 1 big goal. All rules of soccer apply.

**Learning** 7v7 to Goal



**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique:** Angle, speed & distance of approach, footwork of the player closest to the ball, Tackling techniques  
**Team Tactical Defending Principles:** Make It/Keep It Compact: Where? When? Press: Who? Where? When? Outnumber Opponent & Give Cover: Who? Why? Pressure in the Hotzone: Where? When?

**Implementation**

**9v9** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

**Coaching Points**

Technical Execution, Team Tactical Defending Principles, 5W's, Speed of Play



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**SMALL GROUP DEFENDING OF THE #'s 4, 5 & 6**

**Objectives (5 W's)**

**Who:** #4, #5 & #6

**What:** Work together to stop penetrating passes and shots

**Where:** In the defensive half of the field

**When:** When not in possession of the ball and close to your own goal

**Why:** Stop the attacking team from scoring from central areas

**Organization**

Duration  Intensity

Area: 40Wx50L yard field, 1 big goal, 2 counter goals. Target team (Red): #'s 1, 4, 5, 6  
Opposition team (White): #'s 6, 8, 9, 10. The White team plays at least 2 touch but no more than 3 touch passes. They will try to play into the Red's #1. Reds can only intercept passes. If they intercept a pass, they can try to pass it into one of the counter goals. Reds cannot tackle the ball.

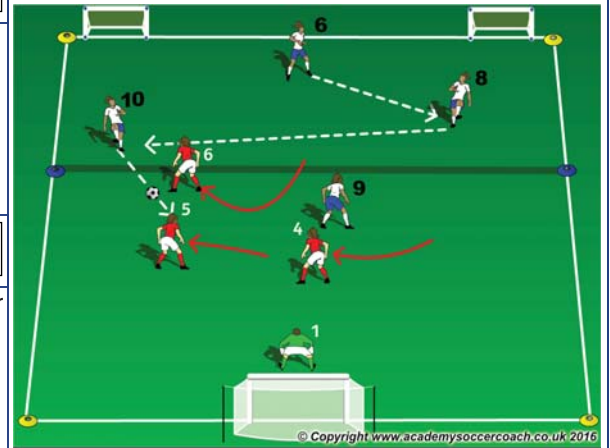
**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Angle, speed and distance of approach. Footwork of the player closest to the ball. Keep your eyes on the ball.

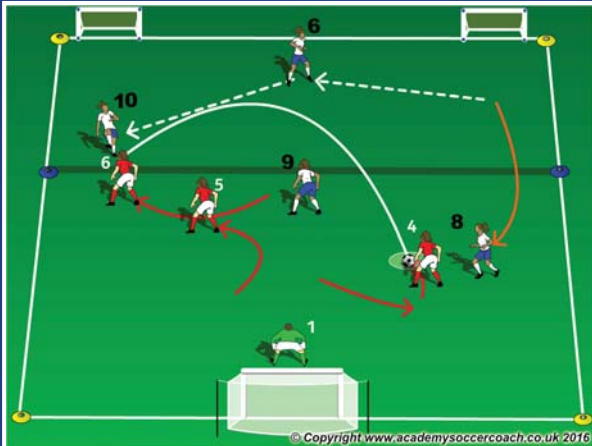
**Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When?

**Warm-up / Orientation** 4v4 Intercepting Passes



**Orientation**

4v4 to Goal & Counters



**Organization**

Duration  Intensity

Area: 40Wx50L yard field, 1 big goal and 2 counter goals. Target team (Red): #'s 1, 4, 5, 6 – Opposition team (White): #'s 6, 8, 9, 10. Red defend the big goal and score in either counter goal. Whites try to score in the big goal. (limit touches for the White team only if needed)

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Angle, speed and distance of approach. Footwork of the player closest to the ball. Eyes on ball. Types of Tackle: poke or block. Correct distance and angle of covering player.

**Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

**Organization**

Duration  Intensity

Area: 50Wx65L yard field with a big goal at both ends. Target team (Red): #'s 1, 4, 5, 6, 8, 9, 10 – Opposition team (White): #'s 1, 6, 7, 8, 9, 10, 11. Both teams attack and defend 1 big goal. All rules of soccer apply. How long can the Red team play without allowing a shot or a goal?

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Angle Speed and Distance of approach. Footwork. Tackle. Distance and angle of covering player.

**Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Outnumber the Opponents/Cover: Who? Why? Pressure in the Hotzone: Where? When?

**Learning** 7v7 to Goal



**Implementation**

**9v9**

Duration  Formation

Activity Time  Rest  Intervals

**Organization**

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

**Coaching Points**

Technical execution, Team Tactical Defending Principles (5 W's), Speed of play





# MASS YOUTH SOCCER SESSION PLAN

Topic

SHOOTING 1

Objectives  
(5 W's)

**Who:** #7, #9, #10, #11 **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line  
**Where:** In the attacking half of the field close to the goal area  
**When:** There is a shooting window  
**Why:** To develop an aggressive goal scoring mentality

Organization

Duration 18 mins Intensity Med-High

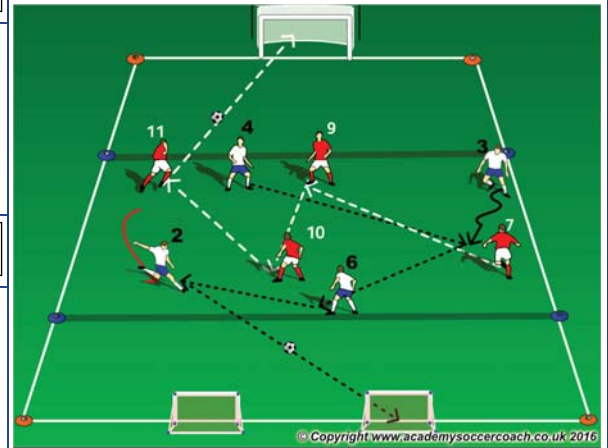
Area: In a 50Wx36L yard field with a big goal and two counter goals.  
Target team (Red) #'s 7, 9, 10, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups have 4 minutes to combine and score as many goals at each end shooting from the central zone on the fly - Interval 1: How many can you score? - Interval 2: Improved by 1 - Interval 3: Which team can score the most goals in 4 minutes?

Coaching Points

Activity Time 4.5 min Rest 1.5 min Intervals 3

**What? Technique of Finishing** - Knees bent, head down, hips and knee over ball, body slightly leaning over ball, non-kicking foot beside ball. Ankle locked, angle of approach to the ball, strike ball with laces at the center of the ball, follow through and land on the non-kicking foot.

Warm-up / Orientation Shooting Competition



Orientation 4v4 - Power Shooting



Organization

Duration 20 mins Intensity Med-High

Area: In a 50Wx36L yard field with a big goal and two counter goals.  
Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 4. Red team scores in the big goal, the white team scores in either of the two goals.  
Scoring: All goals scored from the central zone are worth 100 points. Play to 300 points.

Coaching Points

Activity Time 5 mins Rest 1.5 min Intervals 3

**What? Technique** - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.  
**Team Tactical Attacking Principles** - Playing forward when possible: Who? Where? When? Why? - Create a 1v1 or 2v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why?

Organization

Duration 22 mins Intensity Medium

Area: in a 50Wx60L field with goals.  
Target team: #'s 1, 4, 7, 8, 9, 10, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9.  
Play to score in the opponent's goal. All laws apply.

Coaching Points

Activity Time 9 mins Rest 2 mins Intervals 2

**What? Technique** - Shooting and Receiving  
**Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1 or 2v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why? - Runs to get in behind/between the defensive line: Who? When? Why?

Learning 7v7 to Goal



Implementation

9v9 Duration 30 mins Formation R GK-3-2-3 v W GK-3-3-2 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 50Wx75L field play 9v9. All FIFA laws apply. Encourage #'s 7, 8, 9, 11 to finish inside the box.

Coaching Points

Technical Execution, Team Tactical Attacking Principles, 5W's, Speed of Play



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**SHOOTING 2 - FINISHING INSIDE THE BOX**

**Objectives (5 W's)**

**Who:** #7, #9, #10, #11 **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between /behind defensive line, Get numbers in the box  
**Where:** Inside the Penalty Area  
**When:** The ball has been put across the goal mouth or shooting window is available  
**Why:** To develop an aggressive goal scoring mentality

**Organization**

Duration  Intensity

Area: In a 47Wx36L yard field with a goal and two small counter goals.  
 Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups have 4 minutes to combine and score as many goals at each end; shooting inside the scoring zone - Interval 1: Finish with 2 touches - Interval 2: Finish with one touch - Interval 3: Which team can score the most goals in 4 minutes?

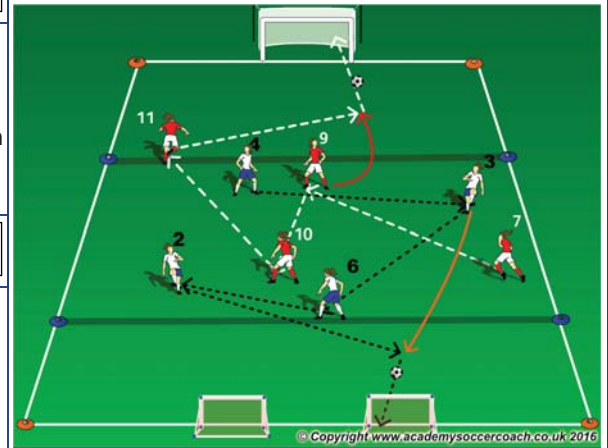
**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique of Finishing:**

Knees bent, head down, hips and knee over ball, body slightly leaning over ball non-kicking foot beside ball. Ankle locked, angled approach to ball, strike ball with laces or the inside of the foot at the center of the ball

**Warm-up / Orientation Shooting Competition**



**Orientation**

4v4 - Romarios' Game

**Organization**

Duration  Intensity



Area: In a 47Wx36L yard field with a big goal and two small counter goals.  
 Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 4 - Red team scores in the big goal, the White team scores in either of the two goals.  
 Scoring: A goal scored by one touch is 100 points. Goal scored with 2 touches is 50 points. Any other goal is 1 point.

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Shooting/Finishing: Accuracy and pace - Receiving: Body position, surface selection of the foot and ball, first touch direction and distance  
**Team Tactical Attacking Principles** - Play forward when possible: Who? Where? When? Why? - Create 1v1 or diagonal passing lanes: Where? When? Why? - Runs to get in between/behind defensive line: Who? Where? When? Why?

**Organization**

Duration  Intensity

Area: in a 50Wx60L yard field with goals  
 Target team: #'s 1, 4, 5, 7, 9, 10, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All laws apply.

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** ~ Shooting and Receiving

**Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create 1v1 or diagonal passing lanes: Where? When? Why? - Runs to get in behind/between the defensive line: Who? When? Why? - Play early crosses behind defenders: Where? When? - Get numbers into the box: Who? When? Why?

**Learning**

7v7 Finesse



**Implementation**

**9v9** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 50Wx75L field play 9v9. All FIFA laws apply. Encourage #'s 7, 9, 10, 11 to finish inside the box.

**Coaching Points**

Technical Execution, Team Tactical Attacking Principles, 5W's, Speed of Play.