



MASSACHUSETTS YOUTH SOCCER

GOAL Midfield third build-up 2: Possession to pass/dribble forward

Key Qualities Be Proactive and Take Initiative

Age Group 10-U

Team Tactical Principles Spread out, Pass or dribble forward when possible or hold the ball

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

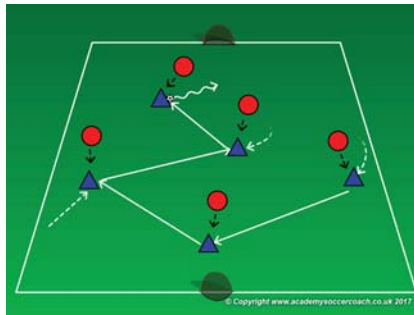
To get the players involved in a game as soon as they get to practice. To score goals.

Organization

Set up two or more 20Wx30L fields with a goal at each end. Play 2v2, 2v3, 3v3, 3v4 up to 5v5.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Spread Out - Create 2v1's
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling and Passing

Guided Questions

What are the players doing to score goals? The players are passing, dribbling forward to move the ball closer to the goal.

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

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?

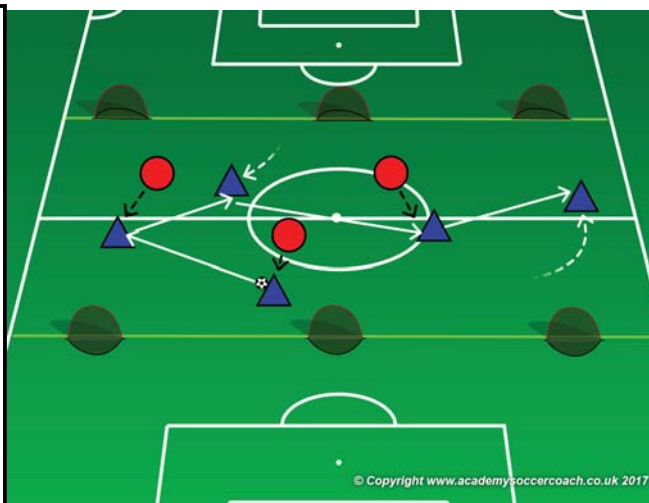


Less Challenging Activity

Organization - 3v3 Midfield Build up

Divide the middle into two 20Wx30L fields and play 3v3. Play to score in the opponent's goal.

Rules: All FIFA Laws apply.

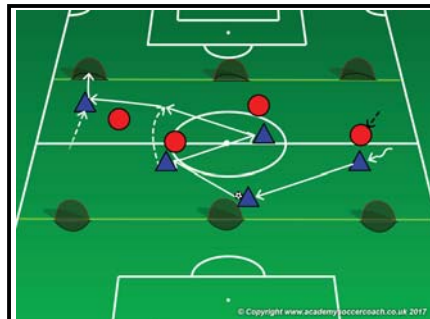


Activity Duration 21 min

of Intervals 3

Time Active 6 min

Active Rest 1 min



More Challenging Activity

Organization - 5v4 Midfield Build up: In the middle third (45Wx30L) with 3 small goals on each of the build up lines. Play to score in either of the opponent's goals.

Rules : All FIFA Laws apply.

Objectives:

To play through the midfield to unbalance and disorganize the opponent and create goal scoring opportunities.

Organization - 5v3 Midfield Build up: In the middle third (45Wx30L) with 3 small goals on each of the build-up lines. Play to score in either of the opponent's goals.

Rules

All Rules apply but after a goal the blue team starts with the ball.

Coaching Points

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

Guided Questions

What is a good indicator of repetitions? -- The amount of times that the players pass forward or dribble forward through the midfield. What tells you the players understand the training activity? -- The way players are passing and receiving the ball, dribbling, moving creating passing and dribbling lanes to go forward with the ball.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To play through the midfield to unbalance and disorganize the opponent and 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

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

Guided Questions

When do you praise a player during the game? When a player successfully dribbles forward, completes a forward pass or scores a goal.

Duration: Two 13 minute halves/2 minute rest.