



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Create scoring opportunities through wide play

**Key Qualities** Be Proactive, Take Initiative

**Age Group** 12-U

**Team Tactical Principles** Exploit opponent when unbalanced.

*Is Activity Organized? Game-like? Challenging?*

## PLAY - SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent, get players playing early as they arrive.

### Organization

Two 30Lx20W fields with two small goals. Players play as they arrive 1v1,2v2,3v2etc

### Rules

Kick ins if the ball goes out. If a goal is scored conceding team start with the ball. Check local town rules.



### Coaching Points

Passing, dribbling, shooting long passing. Spread out

### Guided Questions

What is the attitude of the players like? Good players are engaged and ready for practice. What should you do to keep players engaged? Positive reinforcement of techniques.

*Is Activity Organized? Game-like? Challenging?*

## PRACTICE - CORE ACTIVITY

*Does activity allow for Repetition? Coaching?*



### Less Challenging Activity

### Organization

55Wx40L. 1 regulation goal 3 counter goals.

### Rules

Ball starts with the coach, kick ins if the ball goes out, if a goal is scored ball starts with any blue player. Players restricted to their zones.



**Activity Duration** 20

**# of Intervals** 5

**Time Active** 3

**Active Rest** 1



### More Challenging Activity

### Organization

55Wx40L, 1 regulation goal and 3 counter goals. 7v7

### Rules

Ball starts with the coach, Kick ins if the ball goes out, if a goal is score ball starts with any blue player

### Objectives

Focus team (blue) get one point by dribbling through yellow gates and 2 for red gates. If reds win the ball they try and score in counter goals

### Organization

55Wx40L field. 1 regulation goal and 3 counter goals. play 5v5.

### Rules

Play starts with the coach passing to a blue, kick ins, corners goal kicks. Play restarts with the coach, if player dribbles or passes through red gates players can go into the box to meet the cross.

### Coaching Points

Accurate passing, Beating players 1v1. Long passing. Spread out to create 1v1 opportunities in wide areas.

### Guided Questions

What techniques are being repeated? Passing from central players to wide players. Receiving from wide players and crosses into the box Does anything need to change? Move to less challenging if players are struggling to find success. What cues should attackers look for to get into the box? Wide player has time on the ball.

*Is Activity Organized? Game-like? Challenging?*

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

### Objectives

To outscore opponent by making runs behind the defense to get through on goal.

### Organization

55Lx80W field play 9v9 or as close to as possible. Focus team play 1-3-4-1 Defending team 1-3-2-3

### Rules

All FIFA rules apply



### Coaching Points

Accurate passing, 1v1 dribbling, crossing. Attackers making runs into the box before cross comes in. Create numerical advantage in wide areas

### Guided Questions

What did the team work on? Creating scoring chances form wide areas Why should you engage every player? Every player feels welcome and part of the team.