



MASSACHUSETTS YOUTH SOCCER

GOAL Dribbling to create scoring opportunities **Key Qualities** Read and understand the game

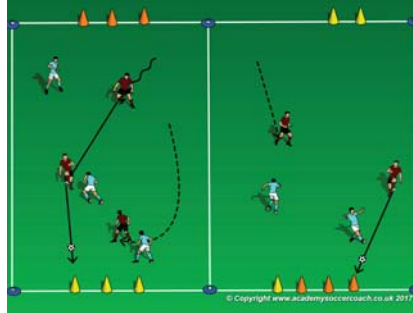
Age Group 6-U **Team Tactical Principles** Dribble forward when possible

Is Activity Organized? Game-like? Challenging?

PLAY SMALL SIDED GAMES

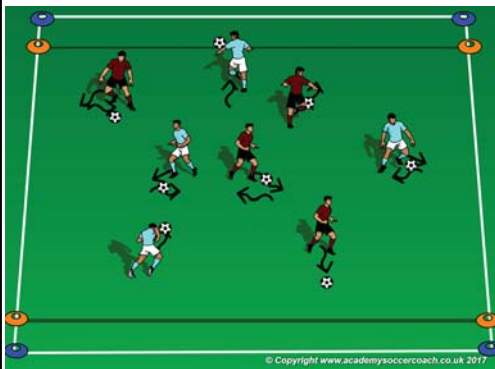
Does activity allow for Repetition? Coaching?

Objective: team with the ball attempts to score.
Organization: set up two 15Wx20L fields with 3 tall cones on each end line. When 2 players arrive, start playing a game. After 1 field is at 3v3, start the second game. If you knock a cone down with the soccer ball, carry it back to your end line. Team with all 6 cones, wins the round. Reset cones, play again (Play one 8 min game or a second game if all cones are down)
Game Starts: the ball is given to the first player with their pinny on to start the game.
Rules: the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



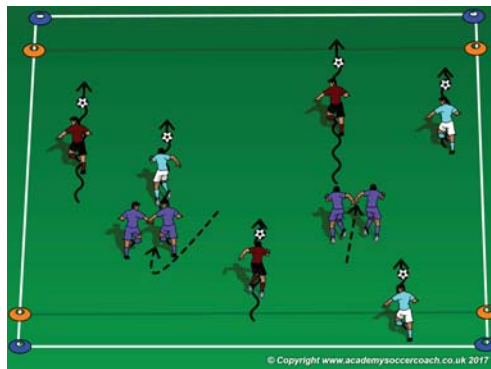
Coaching Point: If one cone is blocked, use the inside or the outside of the foot to steer the ball toward a different cone.
Guided Question: what do you do if 1 player or team is dominating the game? Change players or play with uneven numbers (3v2 or 4v2).

4 Surfaces-Dribbling-Explore the Jungle



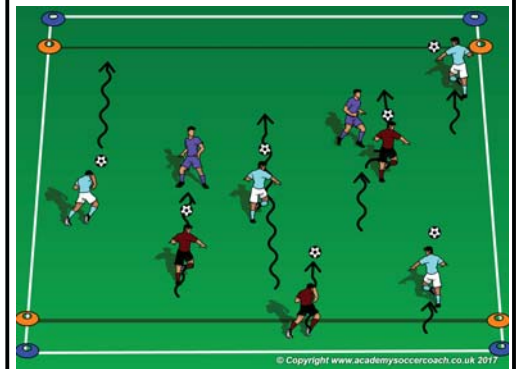
Organization: in a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a ball. Have the players use 4 surfaces in 1 fluid motion & in order: Outside of foot (pink toe)-Inside of foot (big toe)-laces & bottom. Once the ball has been stopped, have them try it with the other foot. Players move throughout the grid toward each end zone (Play for 8 min - 6 intervals of 1 min with 20 sec rest between intervals)
Rules: play begins as soon as the coach calls out a surface. After 2 rounds, see if the players can shout out the surfaces as they dribble.
Coaching Point: point the toe to the ground to use the laces & change pace. Use the inside or outside of the foot to change direction.
Guided Question: did the players enjoy this activity? Play for short periods of time. Challenge them to get as many points as possible. Add a new challenge to the next round.

Hungry, Hungry Hippos:



Organization: in a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the Hippos can touch their soccer ball, they join hands with the Hippo to make the Hippo grow. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)
Rules: play begins when the coach says the "the Hippos dare you to cross the river". Hippos should not be bigger than 4 players.
Coaching Point: use the inside or outside of the foot to change direction and the laces to accelerate past them.
Guided Question: Did the dribblers understand where they need to go (river's edge)? No hippos in the first round. Let the players dribble across to see the end zone they are trying to get to.

Crocs in the River:



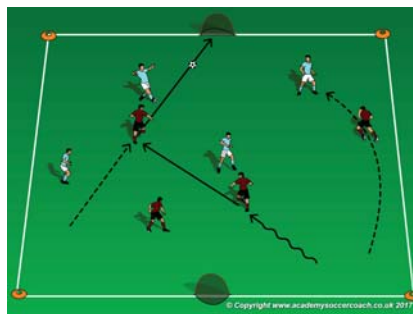
Organization: in a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as the Crocs in the river. players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Crocs. When the players cross & a Croc steals their ball, they become a Croc also. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)
Rules: play begins when the coach says go. If a Croc steals a soccer ball, they must dribble it over the sideline (not kick). Dribbler can steal their ball back as long as it's on the field.
Coaching Point: dribble fast with your laces to get past the Crocs but not so fast you lose the ball; too slow and Crocs may get you.
Guided Question: did the coach play an animated role as the Croc? The player's imagination can be a motivation tool for the coach. Pretend you are a crocodile while chasing the players.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Up to 4v4 Games: team with the ball attempts to dribble past opponents and score.
Organization: in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)
Rules: game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



Coaching Point: when no one is in front of you, go faster but go slower if an opponent is in the way.
Guided Question: did the players understand the boundaries for the game? Coaches can be on the side line and play the role of Crocs or Hippos from earlier so the players know to turn away from those characters.