



MASSACHUSETTS YOUTH SOCCER

GOAL Attacking third build up

Key Qualities Be Proactive, Take Initiative

Age Group 12-U

Team Tactical Principles Create scoring opportunities

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

Check local town rules.



Coaching Points

Running behind the defensive line to break through on goal.

Guided Questions

How can you prepare for the session? Organize fields, make sure you have correct equipment and have looked over the session plan What are the outcomes? When do you move onto the practice? When all players have arrived

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. play 5v5

Rules

Ball starts with the coach, kick ins if the ball goes out, if a goal is scored ball starts with the coach, defenders are passive



Activity Duration 20

of Intervals 5

Time Active 3

Active Rest 1



More Challenging Activity

Organization

55Wx40L, 1 regulation goal and 3 counter goals. 7v4 in favor of reds.

Rules

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

Objectives

To combine in the attacking half and score

Organization

55Wx40L field. 1 regulation goal and 3 counter goals. play 5v5. Focus team (blue) attempt to score in the three goals by either dribbling or passing. Defending team tries to score in the other 3 goals

Rules

Play starts with the coach, kick ins, corners goal kicks. Play restarts with the coach

Coaching Points

Make runs behind defensive lines to create chances to shoot. Keep possession to draw defenders out of position.

Guided Questions

What is the outcome? To create scoring chances by building in the attacking half. How can you tell the players were successful during the practice? Focus team were able to create chances by combing near the penalty box and in the attacking half.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To outscore opponent by Combining on the attacking half of the field.

Organization

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

Rules

All FIFA rules apply



Coaching Points

Play forward when possible, Make runs behind defensive line to creating a shooting chance. Keep Possession to draw defenders out and unbalance defense

Guided Questions

How can you tell if the players enjoyed the session? Players were focused and eager to play throughout