



MASSACHUSETTS YOUTH SOCCER

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Age Group Topic

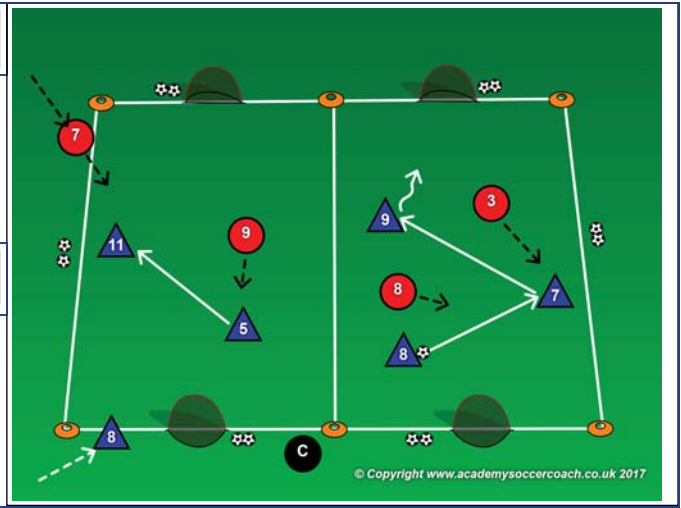
Who #7, #8, #9, and #11
What: Passing, Receiving, Dribbling, Penetration, Support, Mobility and Width
Where: In the midfield flanks and central channels
When: The team is building up the attack
Why: To penetrate the opponent's defense

Play Duration

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.

Coaching Points Activity Time Rest Intervals

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to Passing and Receiving the ball
3. Is there repetition? - Passing and Receiving
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for passing and receiving the ball



Practice Duration

Make two grids 20Wx30L with small goals on each end line. Focus Team (Blue): #'s 5, 9, 11 and 4, 7, 8 - Defending Team (Red): #'s 2, 6, 8 and 3, 4, 9. Scoring: Any goal that has 3 or more consecutive passes is worth 10 points. -- **Interval 1 & 2: 3v3 game -- Interval 3: 6v6 to 4 goals game**

Coaching Points Activity Time Rest Intervals

What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch, push the ball where you want to go or away from pressure.
When do we pass the ball forward? We have space to split defenders with the ball.

Play Duration

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goal. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11) Defending Team Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)

Coaching Points Activity Time Rest Intervals

What? Technique - Passing, Receiving, Dribbling and Shooting
Where on the field is this likely to happen most often? In the defending and attacking flanks central channels of the field.
Why do we pass the ball forward? To penetrate the defending team's line.
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