



MASSACHUSETTS YOUTH SOCCER

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Play Up To A 3v3 Games - to Corner Goals Duration

Set up two 15W x 20L fields and a goal in every corner. Players can score in either corner goal of their attacking side. When practice is scheduled to start and 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 field next to it.

Coaching Points Activity Time Rest Intervals

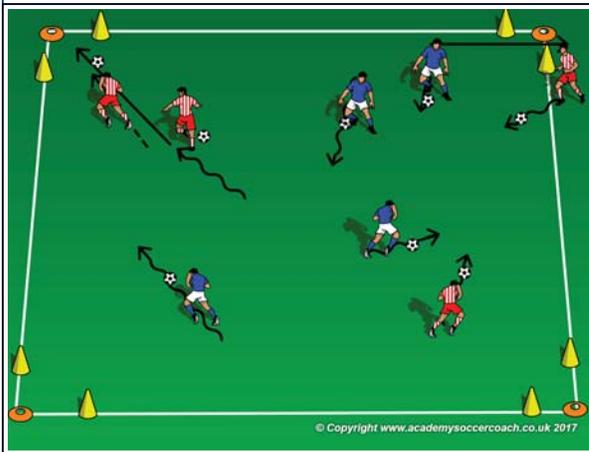
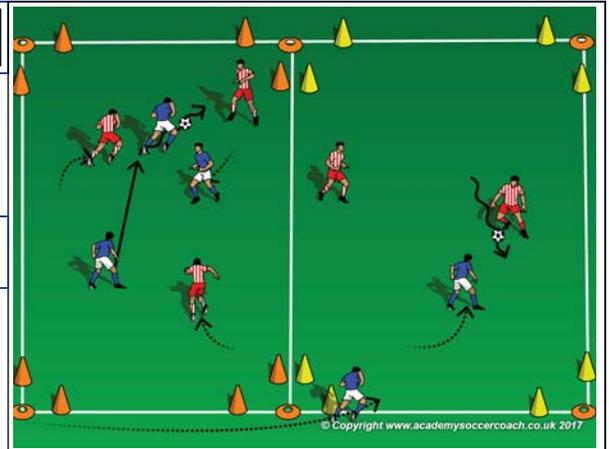
Is the activity organized? (cones, scrimmage vests, balls, players, goals)

Is it reality-based (does it look like a soccer game?)

Is there repetition? (Focus on dribbling & striking the ball (session themes))

Is it challenging? (Players should be engaged not frustrated or bored)

Is there coaching? (Positive reinforcement of dribbling)



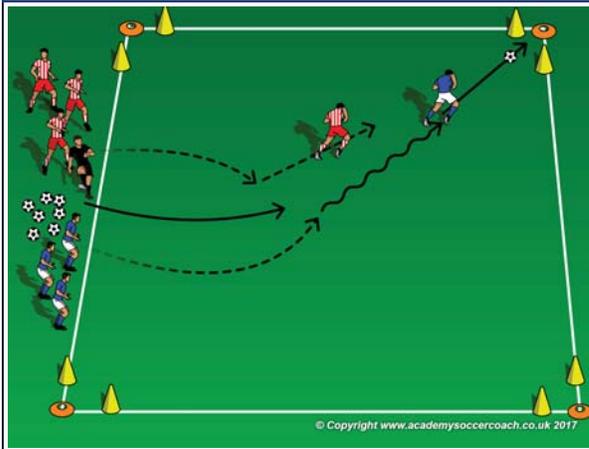
Practice Demolition Derby Duration

In a 15W x 20L, a small gate in every corner & every player with a soccer ball. On the coach's command, the players protect their soccer ball while trying to kick the other soccer balls into one of the 4 goals. If a player's ball gets kicked into a goal by an opponent, they must retrieve it and re-enter the Derby (game). Coaches can have the players perform a task before re-entering such as 5 toe taps.

Coaching Points Activity Time Rest Intervals

Observation: are the players keeping the ball close when approached by an opponent?

Technical Tip: use soft touches (baby touches) with the outside/inside of the foot to keep it close.



Practice Lightning McQueen vs Jackson Storm Duration

In a 15W x 20L, a small gate in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the players into 2 teams; Team 1-Lightning & Team 2-Storm. One team starts on the coaches right and the other on the left. When the coach plays a ball onto the field, 1 player from each team enters the field. Whoever scores in any of the 4 goals gets 1000points for their team. After a goal or 10 seconds, game over.

Coaching Points Activity Time Rest Intervals

Observation: where can you go if a goal is blocked?

Technical Tip: turn the ball with the inside, outside or bottom of the foot to change direction and go to another goal.

Play Up to a 4v4 Game Duration

In a 20W x 30L field and a small goal on each end line, play a 4v4 game. If the roster & attendance is larger than 8, divide the group into 2 equal team, set up a second field and play 2 games at the same time. Take plenty of breaks for rest and water.

Coaching Points Activity Time Rest Intervals

Observation: do the players keep the ball close when in a crowd and bigger touches in open space?

Technical Tip: soft touches (baby touches) in a crowd and push the ball further in front when space is open.

