



MASSACHUSETTS YOUTH SOCCER

GOAL Midfield third build-up 3: Possession to pass/dribble forward

Key Qualities Be Proactive and Take Initiative

Age Group 10-U

Team Tactical Principles Spread out, Pass or dribble forward when possible or hold the ball

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

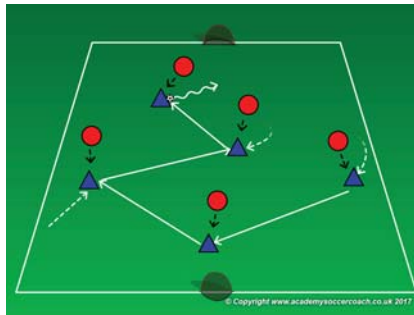
To score more goals than the opponent. To get players into a game as soon as they get to training.

Organization

Set up a 30Wx40L field with a goal at each end. Play 5v5.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Spread Out, Create 2v1's
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling and Passing

Guided Questions

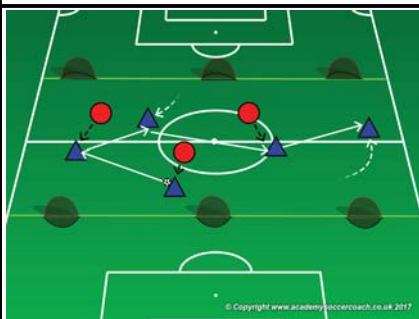
What do you do if this game is not balanced? Change some players around to make it more competitive.

Duration: 3 games of 2.5minutes/ 30 sec. rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization - 5v3 Midfield Build up: In the middle third (45Wx30L) with three small goals on each of the build-up lines. Play to score in the opponent's goal.

Rules: All FIFA Laws apply.



Activity Duration 21 min

of Intervals 3

Time Active 6 min

Active Rest 1 min



More Challenging Activity

Organization - 6v6 Midfield Build up: In a 45Wx40L field with a regular goal placed at the top of each box. Play to score in the opponent's goal.

Rules : All FIFA Laws apply.

Objectives

To unbalance and disorganize the opponent in order to move the ball forward through the midfield to create goal scoring opportunities.

Organization - 5v4 Midfield Build up: In the middle third (45Wx30L) with 3 small goals on each of the build-up lines. Play to score in either of the opponent's goals.

Rules

All FIFA laws apply.

Coaching Points

- Spread out, Create 2v1's
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, Passing and Shooting

Guided Questions

What are the players doing to show possible transfer to the game? The players are engaged, moving and asking for the ball while passing through the midfield, dribbling forward and at times creating 2v1.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To unbalance and disorganize the opponent in order to move the ball forward through the midfield to create goal scoring opportunities.

Organization

Make two equal teams with the players in practice. If possible play 7v7. Organize them in the formations they will play on the weekend.

Rules

All FIFA rules apply.



Coaching Points

- Spread out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, Passing and Shooting

Guided Questions

When should you provide information in the game? When a player fails to complete a pass or dribble forward. Do this by individual reference first.

Duration: Two 12 minute halves/3 minute rest