



MASSACHUSETTS YOUTH SOCCER



GOAL Building up on own half in order to create scoring chances 1

Key Qualities Read the Game, Be Proactive, Focus

Age Group 10-U

Team Tactical Principles Pass/Dribble Forward, Spread out, Create options and Support the attack

PLAY - SMALL SIDED GAMES

Objective:

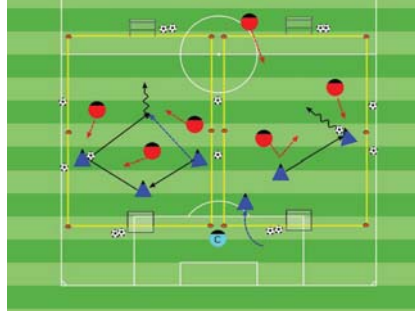
To score more goals than the opponent. To get players into a game as soon as they arrive.

Organization:

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play 1v1, 2v1, 2v3, up to 3v3 or 4v4.

Time: 3 games of 2.5 minutes and 30 second rest for a total of 9 minutes.

Rules: Out of bounds - Pass or dribble the ball in



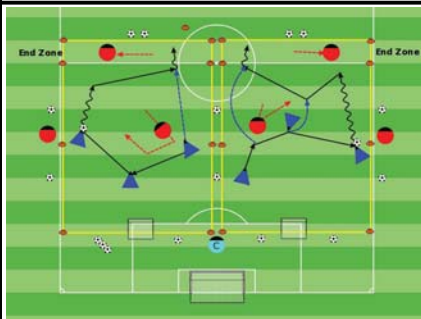
Key Words: Attack the goal, Get on the move (Behind, sides and in front), Be available to receive a pass

Guided Questions:

- What tells you the players are having fun in the game? - When do you pass backwards instead of forward?

Answer: The players are calling for the ball, laughing, running, engaged playing the game. When several defenders are in front of you.

PRACTICE - CORE ACTIVITY

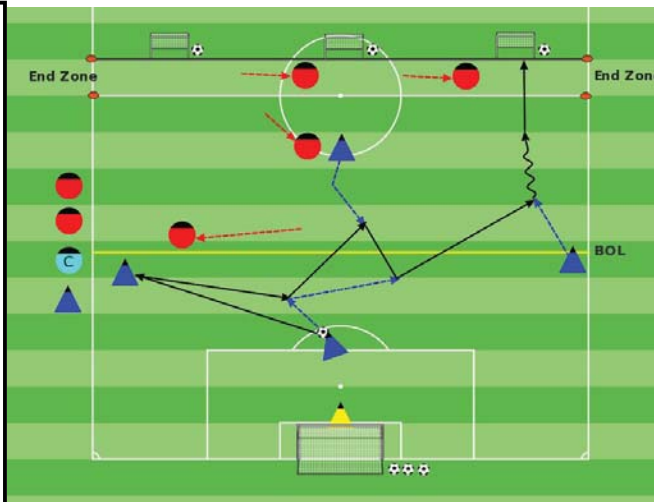


Less Challenging Activity

Organization:

- Play 3v1 + 1 End Zone Guard in a 20Wx30L field including a 5 yard end zone and a small goal. Blue dribbles/ passes into the end zone. Red goes to goal.

Rules: Pass or dribble the ball in.

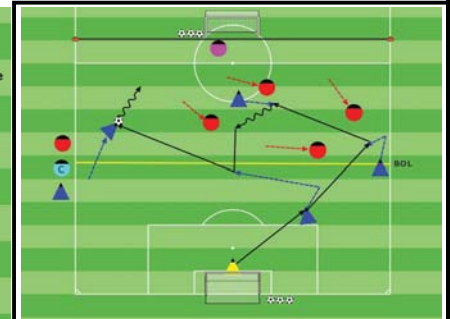


Activity Duration 21 min

of Intervals 6

Time Active 3 min

Active Rest 30 sec



More Challenging Activity

Organization:

- Play 5v5 in a 40Wx35L field with two regular goals.

- Sub players as in the core activity

Rules: All FIFA Laws apply.

Objective:

To unbalance and disorganize the opponent to create/find openings to pass and dribble forward and create scoring chances.

Organization:

- Play 5v2 + 2 End Zone Guards in a 40Wx35L field with a regular goal and three counter goals.

- Change the blue and red players every interval.

Scoring: Blue in the counter goals, Red in the regular goal.

Rules: All FIFA Rules Apply. After a goal Blue gets a goal kick, Red passes the ball in from their end line. Build up line is in effect.

Key Words: Penetrate, Move the ball to move the opponent, Provide assistance (Behind, Forward and to the Sides of the ball)

Guided Questions:

- What are the indicators that the players are being successful?
- Why should they move the ball backwards and sideways?

Answers: The players are keeping possession for longer periods. Because these passes will move the defenders finding or creating an opening to pass or dribble forward.

PLAY - LET THEM PLAY

Objective:

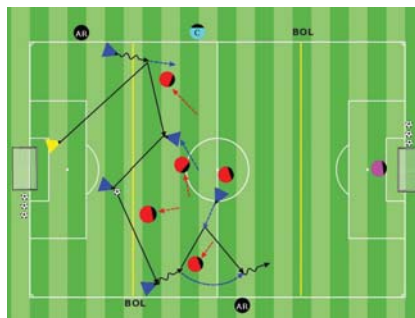
To unbalance and disorganize the opponent in order to pass and dribble forward.

Organization:

- With the players at practice, create two equal teams. Play in a 40Wx60L field with regular goals.

Time: 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

Rules: All FIFA Laws apply



Key Words: Penetrate, Move the ball to move the opponent, Provide assistance (Behind, Forward and to the Sides of the ball), Be available to receive a pass.

Guided Question

- What did the players learn from the main activity?

Answer: - When to pass forward, backwards or sideways in order to keep possession and create or find an opening to pass or dribble forward.