



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve the build up on the opponent's half to create chances 1 **Key Qualities** Be proactive, Optimal technique

**Age Group** 10-U **Team Tactical Principles** Pass/Dribble forward, Spread out, Support & Change the point of attack

## PLAY - SMALL SIDED GAMES

### Objective:

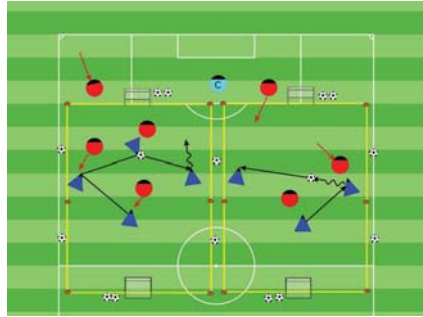
To score goals. To get players into a game as soon as they arrive to practice.

### Organization:

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

**Time:** 3 games of 2.5 minutes, 30 second rest: for a total of 9 minutes

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



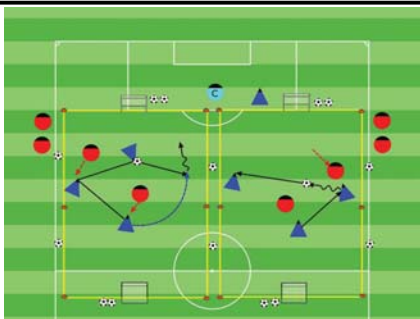
**Key Words:** Go to goal, Provide assistance (Behind, sides and in front of the ball), Be available to receive a pass.

### Guided Questions:

- How fast did the players get to play?
- How are the players working together to get the ball forward?

**Answer:** As they arrive they started to play. The players are passing forward, backwards and sideways to find an opening to go forward.

## PRACTICE - CORE ACTIVITY

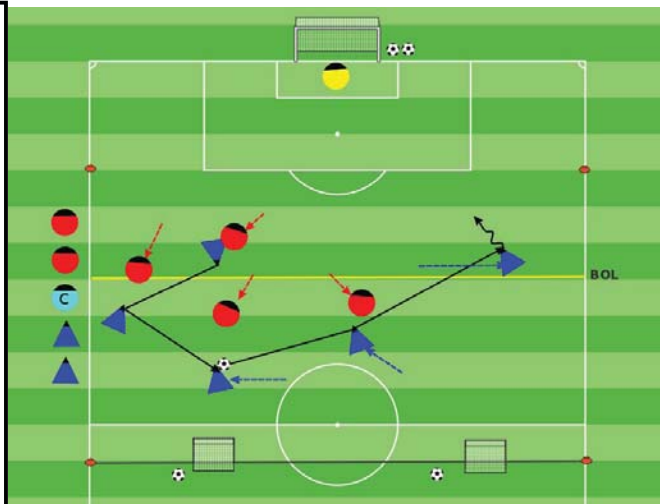


### Less Challenging Activity

### Organization:

- Play 3v2's
- Two 20Wx30L fields with small goals
- Sub the Blue and Red players every interval.

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

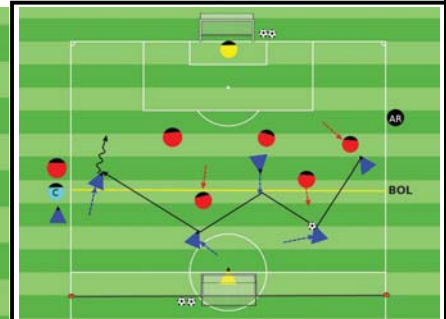


**Activity Duration** 21 min

**# of Intervals** 6

**Time Active** 3 min

**Active Rest** 30sec



### More Challenging Activity

### Organization:

- Play 6v6
- 40Wx35L field with two regular goals.

**Rules:** All FIFA rules apply.  
- After a goal: Red starts with a goal kick - Blue starts with a pass in.

### Objective:

To unbalance and disorganize the opponent creating or finding an opening to pass or dribble forward and create scoring chances.

### Organization:

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

**Scoring:** Blue scores in the regular goal, Red in the counter goals.  
- Sub Blue and Red players every interval.

**Rules:** All FIFA Laws apply. After a goal Blue passes the ball in from the end line, Red gets a goal kick. Build out line is in effect.

**Key Words:** Penetrate, Move the ball to move the opponent, Quickly get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

### Guided Questions

- When and why we need to pass backwards?
- Why do we want to get the ball to the other flank side?

### Answer:

Too many defenders in front, and we want to keep possession of the ball.

To find an opening get the ball forward through the opening.

## PLAY - LET THEM PLAY

### Objective:

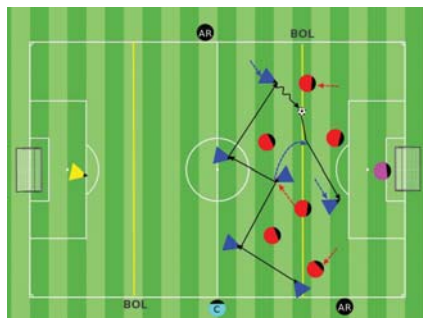
To unbalance and disorganize the opponent by passing and dribbling in the opponent's half in order to create scoring chances.

### Organization:

- In a 40Wx60L field with regular goals make two equal teams.

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

**Rules:** All FIFA Rules Apply.



**Key Words:** Penetrate, Move the ball to move the opponent, Quickly get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

### Guided Questions:

- How do we know that players understand when to go forward with a pass?

**Answers:** The players successfully recognized when to pass forward through an opening to a receiver in between the defender's lines.