



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve the team/player in scoring goals from central areas

**Key Qualities** Read the game, Take initiative, Focus

**Age Group** 10-U

**Team Tactical Principles** Shoot, Pass/Dribble forward, Create passing options. Create a 2v1 or 1v1

## PLAY - SMALL SIDED GAMES

**Objective:**

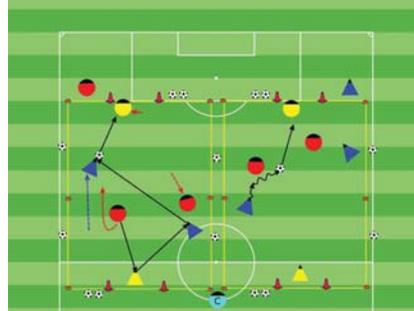
To score more goals than the opponent. To get players into a game as soon as they arrive.

**Organization:**

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play a game with goalkeepers. Play 2v2, 2v3 and 3v3.

**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:** Attack the goal, Shoot from range, Be available to receive a pass and shoot.

**Guided Questions:**

- How are you greeting the players when they arrive?

- How are the players getting the ball forward?

**Answer:** By name with a high five or a fist bump. Passing the ball to a teammate, combining or dribbling forward.

## PRACTICE - CORE ACTIVITY



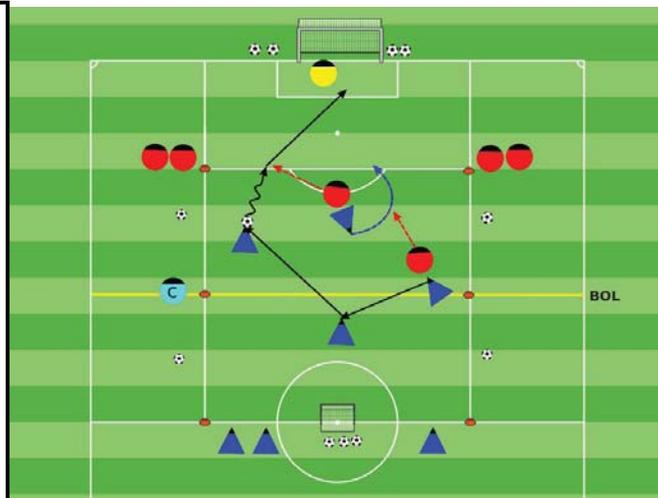
### Less Challenging Activity

**Organization:**

- Play 3v3 or 2v2 in a 20Wx30L with a target player on each end line.

**Scoring:** Dribbling by an opponent and score is 10 points. A goal from an assist is 10 points.

**Rules:** Pass or dribble in.



**Activity Duration** 21 min

**# of Intervals** 6

**Time Active** 3 min

**Active Rest** 30 sec



### More Challenging Activity

**Organization:**

- Play 6v6.

- 40Wx30L Half field with two regular goals.

- Sub players as in the core activity.

**Rules:** All FIFA Laws apply.

**Objective:**

Possess the ball to unbalance and disorganize the opponent in order to create chances and score goals.

**Organization:**

- Play 3v3 in a 24Wx30L with a regular goal and a counter goal.

- The attacking team gets 3 balls to score. Change the defenders every ball.

**Scoring:** Dribbling by an opponent and score is 10 points. A goal from an assist is 10 points.

**Rules:** All FIFA Rules Apply. Build out lines is in effect.

**Key Words:** Attack the goal, Shoot when in range, Make space between you and the defender, Be ready to receive a pass and shoot.

**Guided Questions:**

- What do the striker do if confronted by one defender?

- If confronted by the goalkeeper how do we score?

**Answers:**

In the 1v1 we beat the defender with a burst of speed creating an opening to shoot low.

When confronted by the GK, score using a poke or the inside of the foot, pass the ball to the goal .

## PLAY - LET THEM PLAY

**Objective:**

Possess the ball to unbalance and disorganize the opponent in order to create chances and score goals.

**Organization:**

- Make two equal teams with the players in practice, play in a 40Wx60L field with goals.

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

**Rules:** All FIFA Rules Apply.



**Key Words:** Attack the goal, Shoot when in range, Make space between you and the defender, Be ready to receive a pass and shoot.

**Guided Question**

- How can you tell if the players understood the coaching instructions from the main activity?

**Answer:** Because the players were possessing the ball, creating 2v1's or 1v1's and shooting when they were in range and not under pressure.