



MASSACHUSETTS YOUTH SOCCER



GOAL Improving team/player in preventing scoring from central areas **Key Qualities** Make decisions, Be pro-active, Focus

Age Group 10-U **Team Tactical Principles** Protect the goal, Steal the ball, Make it compact and Keep it compact

PLAY - SMALL SIDED GAMES

Objective:

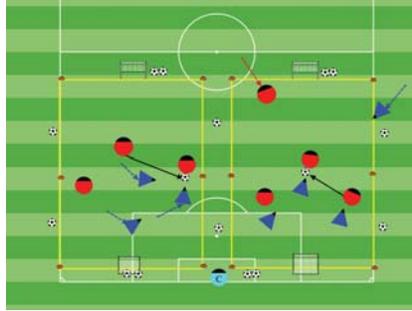
To play when they arrive. To score and prevent the opponent from scoring.

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



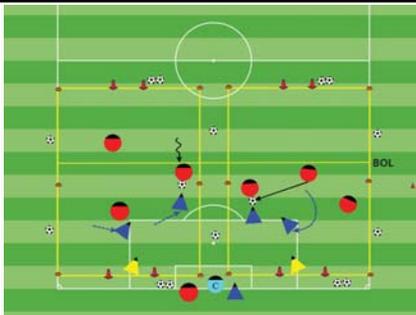
Key Words: Get in front of the ball to close the opening and deny the shot. Work together to keep the opening closed.

Guided Questions:

- How fast did the players get to play?
- How are the players working to protect the goal?

Answer: As they arrive they started to play. The players are protecting the goal by getting in front of the ball.

PRACTICE - CORE ACTIVITY



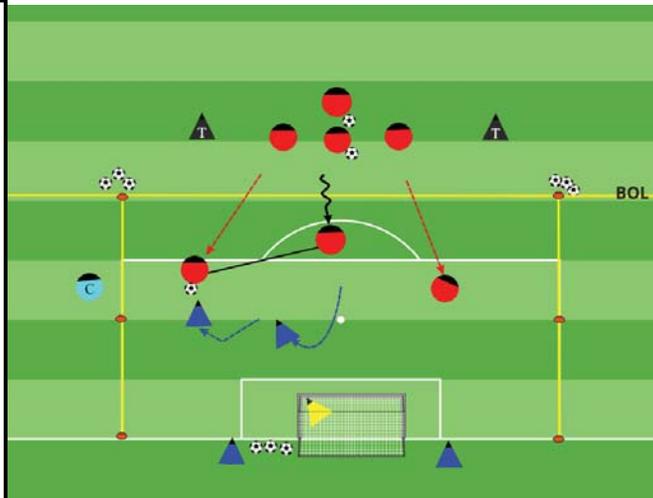
Less Challenging Activity

Organization:

- Play 3v3's in two 20Wx30L fields with a cone goal and goals.

Scoring: Every time the Blue players block a shot they get a point.

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

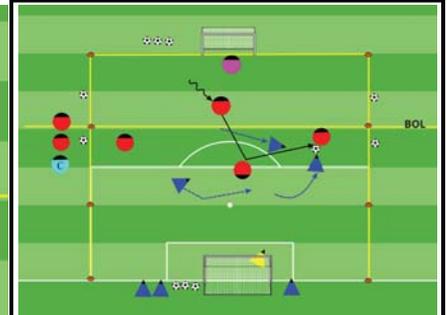


Activity Duration 21 min

of Intervals 6

Time Active 3 min

Active Rest 30 sec



More Challenging Activity

Organization:

- Play 4v5.
- 24Wx24L field with two regular goals.
- Sub players as in the core activity.

Rules: All FIFA Laws apply.

Objective:

Prevent the opponent from creating scoring opportunities by denying passing, dribbling penetration, or shooting the ball.

Organization:

- Play 3v3 in a 24Wx20L field with a regular goal and two target players. Red team scores in the regular goal, Blue team by passing to the target players. Red team gets 3 opportunities to score by getting a ball from the corner.

Rules: All FIFA Rules Apply. Out of bounds - Pass or dribble the ball in.

Key Words: Get in front of the ball to close the opening and deny the shot. Work together to keep the opening closed. Tackle (Poke or Block).

Guided Questions:

- If an attacker dribbles towards the goal to take a shot, what should the defender do?
- What should other defenders do to help?

Answers:

The closest player gets in between the ball and the goal to close the opening. They can double team to keep the opening closed and tackle or steal the ball.

PLAY - LET THEM PLAY

Objective:

Prevent the opponent from creating scoring opportunities by denying passing, dribbling penetration or shooting the ball.

Organization: Make two equal teams, 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: Get in front of the ball to close the opening and deny the shot. Work together to keep the opening closed., Tackle (Poke or Block).

Guided Questions:

- What are the players doing that shows understanding and possible transfer to the game?

Answer: They are protecting the goal, working together to close openings and keep them closed.