



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve the Build up on the Opponent's Half to Create Chances    **Key Qualities** Read the game, Focus, Take initiative

**Age Group** 12-U    **Team Tactical Principles** Pass/Dribble forward, Spread out, Support, Change the point of attack

## PLAY - SMALL SIDED GAMES

### Objective:

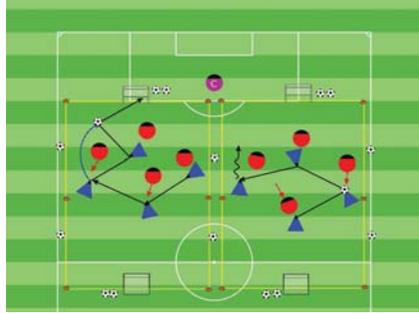
To score goals. To get the players into a game as soon as they arrive to practice.

### 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:** 4 games of 2 minutes with a 30 second rest: for a total of 10 minutes.

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



**Key Words:** Go to goal, Diagonal passes, Be in position for a pass backwards, to the sides and forward of the ball.

### Guided Questions:

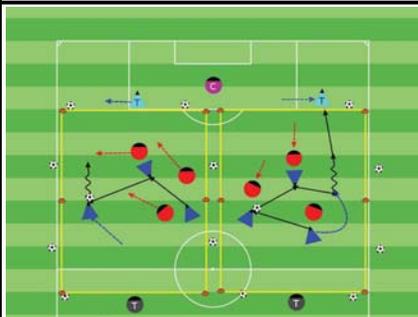
- What are the players doing to create scoring chances?

- When do you give positive reinforcement?

**Answer:** The players are passing, dribbling forward to get closer to shoot at the goal.

When the players pass, dribble or shoot at goal.

## PRACTICE - CORE ACTIVITY



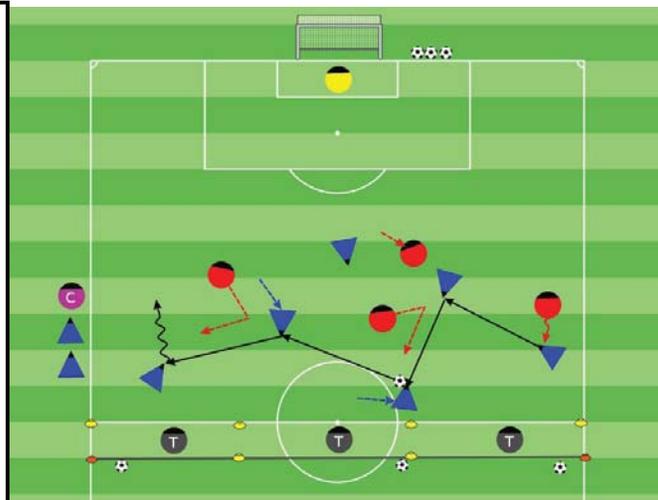
### Less Challenging Activity

### Organization:

- Play 3v3 to targets in a 20Wx30L field. Switch targets every two intervals.

**Score** By passing to your target.

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



**Activity Duration** 24

**# of Intervals** 6

**Time Active** 3 min

**Active Rest** 1 min



### More Challenging Activity

### Organization:

- Play 8v7 in a 50Wx45L field with two regular goals.

- Substitute players every two intervals.

**Rules:** All FIFA Rules apply.

### Objective:

To unbalance and disorganize the opponent by possessing the ball to pass and dribble forward in order to create scoring chances.

### Organization:

- Play 6v4 in a 50Wx45L with 3 targets inside a 5 yard zone.

- Substitute players every two intervals.

**Scoring:** Blue scores in the regular goal, Red by passing to one of the 3 targets.

**Rules:** All FIFA Rules Apply.

**Key Words:** Penetrate, Get behind, to the sides and forward of the ball, Be available.

### Guided Questions:

- When should we play backwards in order to keep possession?

- What should your team do when it regains the ball?

**Answers:** When we do not have an opening to pass or dribble forward because of the number of defenders in front.

Try to pass forward to a teammate or dribble forward taking the space in front.

## PLAY - LET THEM PLAY

### Objective:

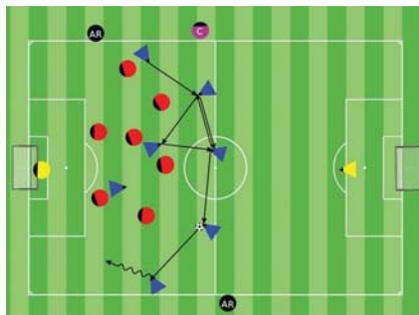
To unbalance and disorganize the opponent by possessing the ball to pass and dribble forward in order to create scoring chances.

### Organization:

- In a 50Wx75L field with regular goals create two equal teams and play a game.

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

**Rules:** All FIFA Rules Apply.



**Key Words:** Penetrate, Get behind, to the sides and forward of the ball, Be available.

### Guided Questions:

- Why and when do we need to switch the point of attack?

**Answers:** Because we have too many defenders near the ball, to keep possession and find the opening to penetrate on the opposite side.