



MASSACHUSETTS YOUTH SOCCER



GOAL Improve build up on own half to create scoring chances - 1

Key Qualities Understand the game, Focus

Age Group 14-U

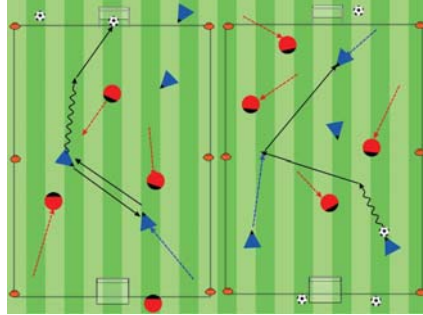
Team Tactical Principles Create passing options, Support the attack, Change the pace

PLAY - SMALL SIDED GAMES

Play the Game: The team with the ball works together to score in the opponent's goal.

Organization: Make two 25Wx35L fields with a small goal at each end. As players arrive to training have them start playing a game. Play games up to 4v4, i.e. start at 2v1, 2v2, 3v3 to 4v4. Use both fields. Play 3-4, three (3) minute games with 1 minute of active rest consisting of dynamic stretching after each game.

Rules: All FIFA laws apply.

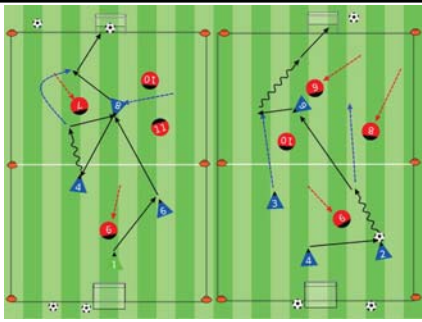


Key Words: Move the ball up the field, get to space to receive a pass, find the opening & play through it, score

Guided Questions: How can you determine a player's mindset as they arrive to practice? What tells you that players are beginning to focus on training?

Answers: Ask a player questions about their day and listen to their answers. Start to develop a rapport with them. Players are working together in the small games, trying to direct teammates and not goofing around.

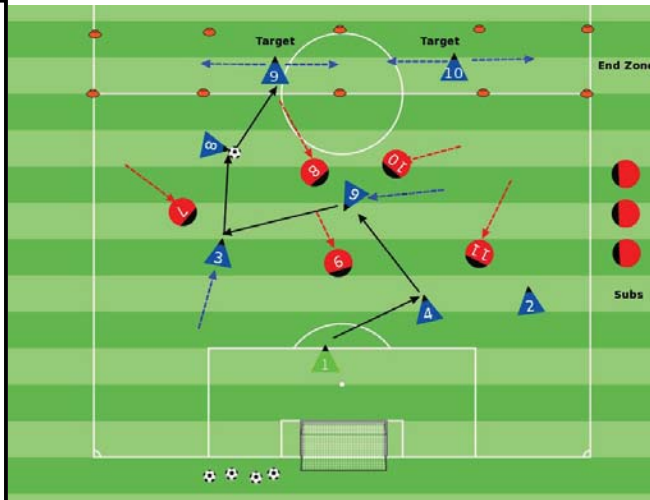
PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: Make 2 fields 25Wx35L. Small goal on each endline. Play 4v4. One field is Blue #'s 1,4,6,8 vs Red #'s 7,9,10,11. (Use GK on the field). Other field is Blue #'s 2,3,4,8 vs Red #'s 6,8,9,10.

Rules: Start w/ 3 players in each defensive half, 1 player in the attacking half. Any player can cross into the attacking half only after combining w/the forward player. Loss of possession in the attacking half and all players return to their original half.



Activity Duration 24 min

of Intervals 4

Time Active 4 min

Active Rest 2 min



More Challenging Activity

Organization: Make a field that is 55Wx50L w/ a goal on the endline and 3 small counter goals. Play 7v6. Blue #'s 1,2,3,4,6,8,9 vs Red #'s 6,7,8,9,10,11.

Rules: Red scores in the big goal, Blue scores in the small counter goals. All FIFA Laws apply.

Objective: Possess the ball to move it forward quickly from our own half to a teammate (target) in the attacking half of the field.

Organization: On a 55Wx50L field, a regular goal on one endline and an 5yd end zone at midfield. See diagram. Play a 6v5 game to 2 targets. Blue team player #'s 1, 2, 3, 4, 6, 8. Red team player #'s 7, 8, 9, 10, 11.

Rules: Blue team GK #1 starts play. Blue scores by playing the ball to a target player. Red scores on the big goal. All FIFA Laws apply.

Key Words: Keep the ball, move to the side, behind or forward of the ball to receive a pass, make an opening, or find an opening to play forward quickly

Guided Questions: What should players do to work together to move the ball forward from our own half? How can you tell if the players are successful?

Answers: Players need to safely combine with teammates around, through and past the opponents to keep the ball and get it forward. As a group they are maintaining possession of the ball for a longer time and playing it directly to their teammates in the attacking half.

PLAY - LET THEM PLAY

Organization: On a 55Wx80L field with a goal on each endline, play an 8v8 game. Blue team plays 1-3-3-1 and the Red team plays 1-3-1-3. (Play 2 x 10 min halves with a 2 min halftime)

Rules: All FIFA laws apply.



Key Words: Move the ball to move the opponent, provide help for teammates, find an opening, get forward quickly

Guided Questions: What confirms that players understood the training objectives? How can you tell players enjoyed the training experience?

Answers: Players will be successful in their attempts to possess the ball and combine to move the ball from the defensive half into the attacking half of the field. They will let you know by their positive approach to the scrimmage. They will also tell you verbally at the conclusion of practice if you ask.