



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the team/player in preventing Scoring (from wide)

Key Qualities Focus, Take initiative, Make decisions

Age Group 14-U

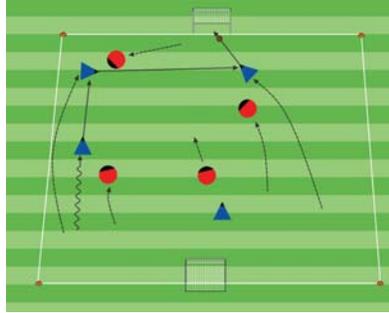
Team Tactical Principles Stay involved, Outnumber the opponents, Protect the goal

PLAY - SMALL SIDED GAMES

Up to 4v4 Games: Team with the ball attempts to score in the opponent's goal.

Organization: Set up two 25Wx35L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games) 12 min total.

Rules: The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.



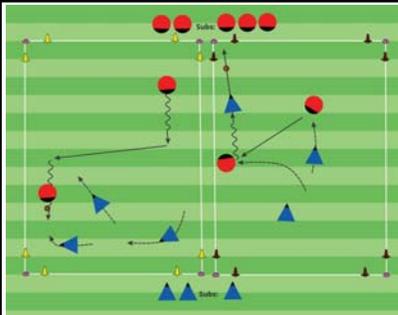
Key Words: try to keep the team with the ball wide, force the team with the ball to play backward

Guided Questions: How did the player's day go? How was school?

If the team with the ball is in a wide area, how can you keep him/her there?

Answers: Ask the players questions about their lives and daily concerns. This helps build the soccer relationship. Try to close any opening that would let the team with the ball play it to goal or even into the middle.

PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: Set up 2 fields 25Wx35L (same size a first play stage), a small goal in each corner, play 3 blue vs 2 red. Do not worry about the positional numbers, simply try to get the blue players to cooperate to stop the red from scoring. Add a red player if needed to make it more challenging. Sub after each interval.



Activity Duration 25 min

of Intervals 5

Time Active 4 min

Active Rest 1min



More Challenging Activity

Organization: On a 55Wx65L field, a 3 goals at one end and an end line on the other, play a 7v8 game. Blue team player #'s 2, 3, 4, 5, 6, 8 & 10. Red team player #'s 4, 5, 6, 7, 8, 9, 10 & 11. Red team attacks the 3 goals and blue team has to play the ball, under control, over the opposite end line. Sub the blue player after each interval. (award more points for wide goals for red if needed)

Objective: Deny chances, Prevent scoring, Close the openings

Organization: On a 55Wx40L field, a big goal at 1 end & 2 wide counter goals at the other, play a 5v5 game. Blue team player #'s 1, 2, 3, 4, 5 & 6. Red team player #'s 7, 8, 9, 10 & 11. Red team scores in the big goal and blue in either of the counter goals. Any goal scored by or created by red #7 or #11 is worth 10 pts. All other goals are worth 1. Sub players after each interval. If space allows, set up a similar game on a field next to yours and play a second game of 4v4.

Rules: All FIFA Laws Apply. (if needed, red team can restart the play)

Key Words: Tackle the ball away from the attacker, force the attacker to dribble away from the goal

Guided Questions: When should you move to close openings in wide areas? Which way should the team without the ball try to face?

Answers: Move as the ball moves so you get try to get to the opening either at the same time as the ball or just before it arrives. It is helpful to get behind the ball with your back to your goal so when you step to close an opening, you are facing in your attacking direction.

PLAY - LET THEM PLAY

Organization: On a 55Wx80L field and a goal at each end, play an 9v9 game. Blue team plays 1-2-3-3 and the red team plays 1-4-3-1. (Play 2 x 10 min halves with a 2 min halftime)

Rules: FIFA laws apply.



Key Words: Immediately chase after the ball if you lose it, help your teammate to win the ball back

Guided Questions: What do you do if the attacking team doesn't try to play wide? What if the same player is continually getting beat from wide attacks (can't close the opening)?

Answers: Stay compact with your team and help inside some but always be alert for a player who may try to run down a wide area. Have a midfield player or center back help to close the opening.