**Massachusetts Youth Soccer**

**GOAL**  Improve the techniques of passing, dribbling & shooting  

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**PLAY - SMALL SIDED GAMES**

**Red Light/Green Light:**

**Organization:** In a 15Wx20L grid, a small cone goal in each corner & all players with a soccer ball dribbling within the space. The coach(es) walk around the space. When the coach says “red light”, the players must stop their ball. If the coach says “green light”, the players must dribble again. If a player cannot stop their ball, they must dribble through any goal then start playing again. Coach controls the frequency of the lights to allow the players time to respond.

**Variations:** Yellow Light-dribble slow, Blue Light-5 toe taps on the ball. Purple Light-hop on 1 foot around the ball.

**Rules:** On Green Light, the players are trying to dribble toward the coach. Once the coach is tagged, start a new game.

**Key Words:** Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot)

**Guided Questions:** Are the players able to stop the ball? Are all players able to use different surfaces of their feet?

**Answers:** Get close to the ball and softly touch the top of the ball with the bottom of the foot.

*Use terms like big toe and pinky toe instead of inside and outside.*

**Demolition Derby:**

**Organization:** In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. Players try to protect their ball while dribbling at the other players and try to knock their ball into 1 of the 4 goals. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals).

**Rules:** Play begins when coach says, “GO”. If a player's ball gets kicked into a goal by an opponent, they must retrieve it & re-enter the Derby (game). Coaches can have the players perform a task before re-entering such as 5 toe taps.

**Key Words:** Shield, Turn

**Guided Question:** What do you do to protect your ball?

**Answers:** Put your body in the way to block it from other players and try to knock their ball into 1 of the 4 goals. (Play for 8 min - 12 intervals of 20 sec with 20 sec rest between intervals).

**Lightning McQueen vs Jackson Storm:**

**Organization:** In a 15Wx20L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; Team McQueen vs Team Storm. One team on the coach's right & one on the left. A player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals. (Play for 8 min - 12 intervals of 20 sec with 20 sec rest between intervals).

**Rules:** Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the teams prior to kicking a ball onto the field. Team gets 1,000 points if they can score a goal. Once a goal is scored or if the ball goes out of play, game over and coach serves a new ball out for the next player(s) to play.

**Key Words:** Find the open goal, accelerate towards it

**Guided Question:** What can you do to trick the opponent?

**Answer:** Pretend to go to one goal then change direction to go to the other.

*Use the bottom of your foot to stop the ball or to change directions (pull back).*

**PLAY - LET THEM PLAY**

**Up to 4v4 Games:** Team with the ball attempts to dribble past opponents and score.

**Organization:** In a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals).

**Rules:** Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.

**Key Words:** Turn, Keep the ball in play

**Guided Question:** Who should determine whether to dribble, pass or shoot?

**Answers:** The players must be allowed to make their own decisions. Coaches can provide assistance only as needed.

Players are engaged, enjoy practice & positive reinforcement was provided.