



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the techniques of dribbling

Key Qualities Take initiative, be pro-active

Age Group 6-U

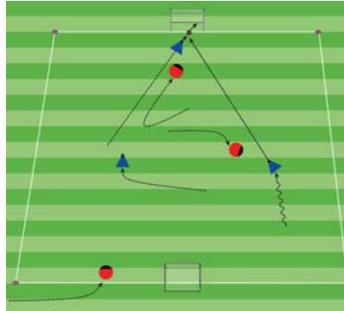
Team Tactical Principles Pass or Dribble Forward

PLAY SMALL SIDED GAMES

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

Organization: Set up two 15Wx20L 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 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game or multiple 2-3 minute games)

Rules: The ball is given to the first player with his/her pinny on to start the game. Local rules apply.



Key Words: Move towards the open goal. Try to change direction.

Guided Questions: What can you do or say to get the game started in 1 minute or less?
What can you do if the game is lopsided?

Answers: Only provide the players with the team they are on and the direction they are playing. Leave the rest of the details for the players to discover.

If you have multiple games, rotate teams every 2 minutes. If you have 1 game, rotate teams every few minutes.

Big Hero 6 Surfaces:



Organization: In a 15Wx20L grid & all players with a soccer ball. Have the players try to use the different surfaces of the foot in a pattern: outside right (pinky toe), inside right (big toe), outside left, inside left, 2 touches with the right foot laces & 2 touches with the left foot laces; repeat the pattern. Start with 1 surface, then add another surface. Once you have introduced all surfaces, try to put them all together. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals).

Rules: Play starts on coach's command. Players must stay within the field of play.

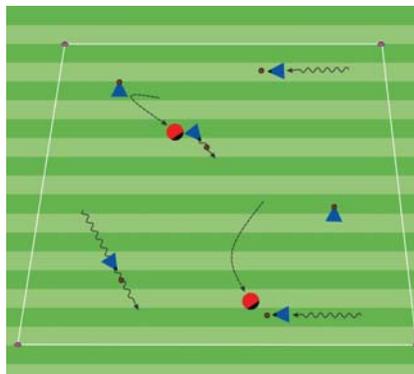
Key Words: Move the ball around the space.

Guided Questions: what if the players cannot remember the pattern or the surfaces?

How do you use the inside or outside of the foot?

Answers: Ask the players to say the surface they are going to use before the touch the ball with that surface. This will help them remember the pattern. With the ball in front of the player, ask them to try to hit the side of the ball with their pinky toe for the outside or their big toe for the inside.

Frozen Tag:



Organization: In a 15Wx20L grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their ball around the grid. The Freeze Monsters will try to tag the dribblers with their hand. Once tagged, the dribbler is frozen and must stand still with their ball over their head. To get unfrozen, a teammate can pass their ball to hit their shin or pass through their legs. (Play for 9 min - 6 intervals of 1 min with 30 sec rest between intervals).

Rules: Play begins when coach says, "beware of the Freeze Monsters". Dribblers must stay within the grid. If their soccer ball leaves grid, have the player bring it back as fast as they can.

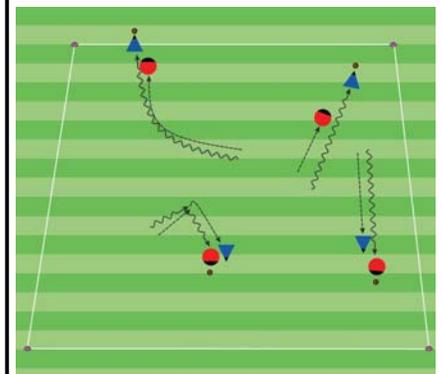
Key Words: Use the bottom of your foot to turn and change direction.

Guided Questions: Were the players engaged the entire game?

If forward dribbling is dangerous, where can you go instead?

Answers: If the players are getting bored, play shorter intervals & rotate the roles of the freeze monster. Sometimes, use the bottom of your foot to turn and go back where you came from if it is safer.

Troll Hunters vs Bular the Troll:



Organization: In a 15Wx20L grid, each player gets a partner and 1 soccer ball to share. Play a 1v1 game. 1 player is a Troll Hunter & attacks an end line and their partner/opponent Bular, the Troll, who attacks the opposite end line. All pairs play at the same time. (Play for 7 min - 7 intervals of 20 sec with 40 sec rest between intervals).

Rules: play begins as soon as the player with the ball puts their first touch on the ball. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 20 seconds. Players must stay within the grid.

Key Words: Dribble forward to go by your opponent. Move the ball side to side to get around them.

Guided Questions: Do the players understand how to score?

Where should you go see space behind your Opponent?

Answers: After a quick explanation (20-30 sec. max.) have to players demonstrate the activity.

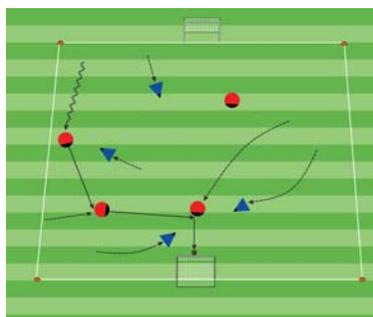
Use your laces to push the ball into the space and run onto it (remember to make softer touches as you get closer to the end line?)

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: Dribble straight ahead if you have space in front of you by pointing your toe down and pushing the ball with your laces.

Guided Questions: Do the players try to dribble like they had to in the previous activities?

Where should you try to get to when you have the ball?

Answers Sometimes the players think they are always supposed to pass. Let them know it is ok to dribble whenever they can.

Look for a path to the goal then try to get there and score.