



MASSACHUSETTS YOUTH SOCCER

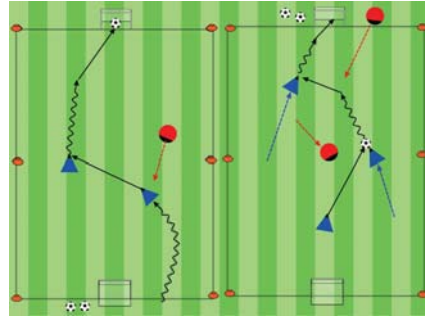


GOAL Improve Creating Passing options forward to score more goals **Key Qualities** Take initiative, Read the game

Age Group 8-U **Team Tactical Principles** Pass forward, Spread Out, Create chances

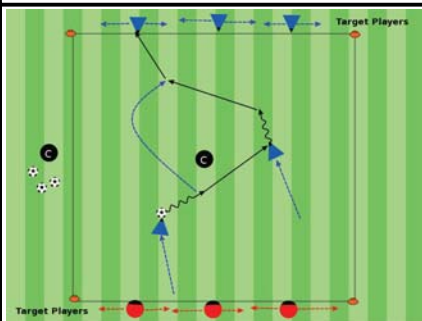
PLAY - SMALL SIDED GAMES

Objectives: Players are playing the game. To pass forward past opponents and score goals.
Organization: Make 2-3 15W x 20L fields w/a goal at each end. As players arrive to training start with 2v1, 3v2, up to 4v4 games.
Time: 4 games of 2 mins, 30 sec rest, activity duration is 10 min.
Rules: Begin games w/a kick off. Ball out of bounds, play the ball onto the field with a pass. Allow free play.



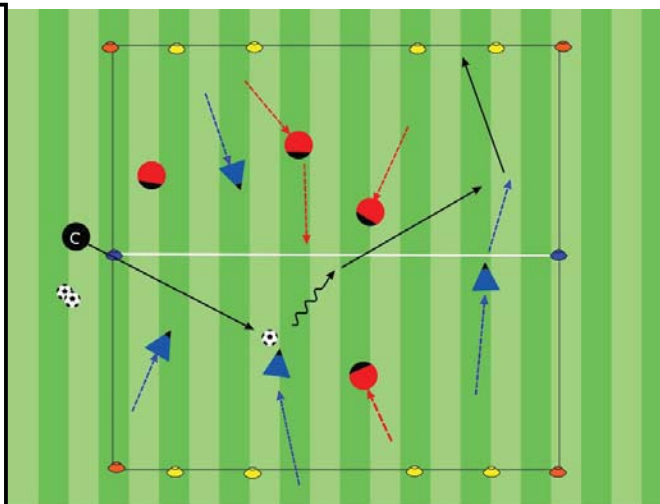
Key Words: Get forward, get to an opening, go help score goals
Guided Questions: When are players enjoying the game? How can you tell passes are "successful"?
Answers: The players are smiling and trying new things. Passes are considered successful (good technique) when they reach the intended target, a teammate. Passes are not just a "kick" forward.

PRACTICE - CORE ACTIVITY

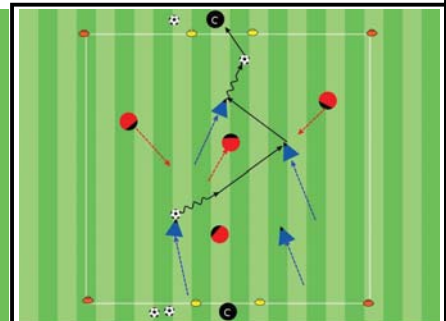


Less Challenging Activity

Organization: 20Wx25L field w/Target players on the endlines. Play "numbers up", 2v1 & 3v1, coach starts as defender.
Rules: Ball starts w/the 2 players. Score by passing the ball to a target player on the opposite endline from where the 2 players start. Rotate the attacking players after a score.



Activity Duration 21 min **# of Intervals** 7
Time Active 2 min **Active Rest** 1 min



More Challenging Activity

Organization: 20Wx25L field goal on each endline w/coach as target in the goal. Play 4v4.
Rules: Score by passing the ball to the target player in the goal. Bonus pts for 2 or more passes to score.

Objective: Players pass and move to get forward, past defenders into the attacking half to score.
Organization: 20Wx25L w/a midfield line & 2 cone goals on each endline. 2 teams of 4 players. Start w/3 players from the same team in each defending half, 4th player in the attacking half. (see diagram)
Rules: Coach plays the ball to the 3 players in one half. Those 3 players try to pass & play w/their teammate in the attacking half to score. The 3 attackers can pass to a teammate or dribble into the attacking half. Bonus pts for goals scored using 2+ teammates. Play for 2 min or a goal, then reset & restart.

Key Words: Move into space, find an opening (between defenders) to pass to a teammate, go help (to score goals), keep the ball
Guided Questions: Where should a player without the ball go to help their teammate with the ball? When is the activity working?
Answers: Show players who don't have the ball where on the field they can go, find an opening, away from defenders (on the sides, between them, ahead closer to the goal). It's working when players are making passes that reach their teammates that "keep the ball"(possess) to score.

PLAY - LET THEM PLAY

Objective: Team with the ball tries to pass and dribble by opponents to score goals.
Organization: Use a 25W x 35L field with a small goal at each end. Play 4v4.
Time: The game time is 30 min of total duration. Two halves (intervals) of 12 min (time active), each interval has 3 min of active rest (total 6 min for halftime).
Rules: All modified 4v4 rules apply.



Key Words: Run to an opening space, keep the ball & go forward, go help, go score
Guided Questions: Why should players pass? What can you do to improve the flow of the game?
Answers: To move the ball quickly past the opposing players, through an opening, up the field to the goal. Give minimal instruction, encourage players to keep the ball in play on the field.