



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve players ability to Shoot to score goals

**Key Qualities** Execute good technique, Be proactive

**Age Group** 8-U

**Team Tactical Principles** Shoot, Create chances, Support the attack

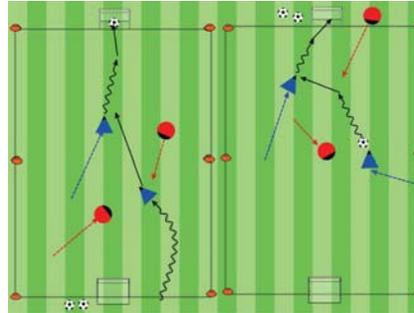
## PLAY - SMALL SIDED GAMES

**Objectives:** Play the game to score more goals than the opponents.

**Organization:** Make 2-3 fields, 15W x 20L w/a goal at each end. As players arrive to the field start them playing games up to 4v4.

**Time:** 4 games of 2 mins, 30 sec rest, activity duration is 10 min.

**Rules:** Start games w/ a kick off. Out of bounds, pass the ball in to a teammate. Allow for free play among the players.

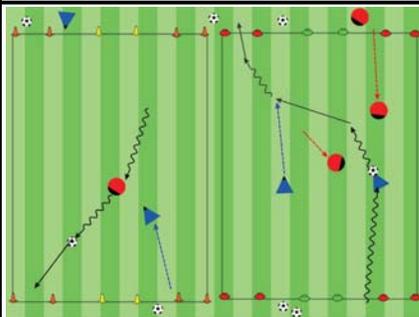


**Key Words:** Look up, find an opening, shoot, attack quickly towards the goal

**Guided Questions:** How can you find out the attitude of the players? When is praise and encouragement too much?

**Answers:** Ask players questions that get them talking about themselves and engaged in what's going to happen in practice today. It's too much when you positively cheer on everything players are doing, good or bad.

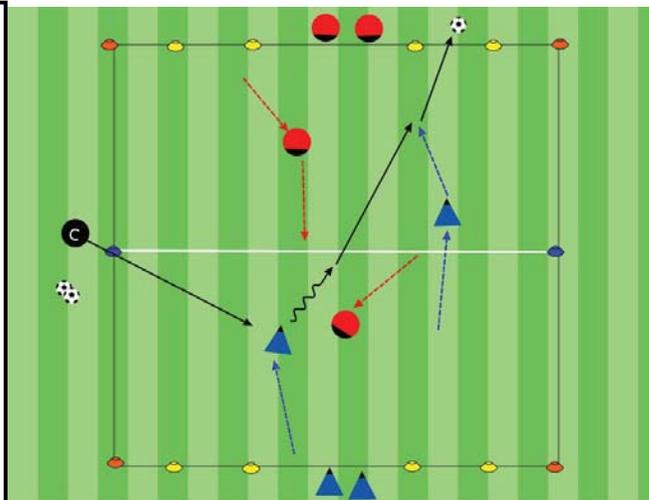
## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Make 2 fields, 10Wx15L w/3 cone goals on the endlines. Play 1v1, 2v1 & 2v2 games.

**Rules:** Balls on the endlines. One team or player starts from their endline w/ the ball. Shoot to score in the opponents goals. Bonus pts for goals scored after beating a defender on the dribble or with a pass.



**Activity Duration** 20 min

**# of Intervals** 10

**Time Active** 1 min

**Active Rest** 1 min



### More Challenging Activity

**Organization:** 20Wx25Lyd field with goals. 2 teams split on each corner. Coach has all the balls. Play 2v2 to goal.

**Rules:** One player from each corner steps on the field. Coach plays a ball directly to a player to start. Play to score in the opponent's goal. Play 1min mini games before rotating players. Keep score.

**Objective:** Play 2v2 to shoot to score in one of the opponents 2 goals.

**Organization:** On 10Wx15L field w/ a midfield line & 4 cone goals on the endlines. Have 2 even teams on each endline. Coach has the balls at midfield.

**Rules:** Each team sends 2 players onto the field. Coach plays the ball to one team on one half of the field. Score by shooting into the opponents cone goals. Bonus pts if you score a goal from a shot taken from your half of the field (long range shot). Play for 1 min or a goal is scored before rotating players on the field. Keep score.

**Key Words:** Look up, find an opening quickly, move forward, go to goal, shoot to score

**Guided Questions:** What should you do if there isn't enough repetition of shooting? What can you do if players are only shooting with their big toe?

**Answers:** Play numbers up, 2v1 or 3v2. Demonstrate to players how to shoot using different surfaces of their feet for power, accuracy and over a distance.

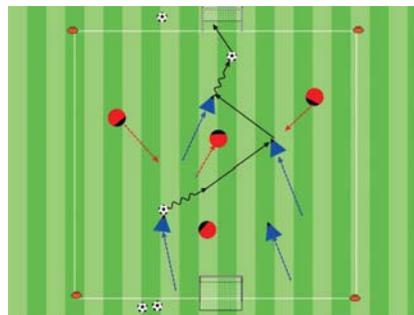
## PLAY - LET THEM PLAY

**Objective:** Each team is playing the game to score goals.

**Organization:** On a 25W x 35L field w/ a small goal at each end. Play 4v4.

**Time:** Game is for 30 min, 2 halves of 12 min with 3 min of rest after each half.

**Rules:** All modified 4v4 rules apply.



**Key Words:** Find or make an opening quickly (between defenders & nearer to the goal), shoot to score goals

**Guided Question:** How do you notice by watching the game that players understood the practice?

**Answer:** There are loads of shooting chances created during the game. Players are constantly trying to shoot & score goals whenever they think they can.