



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Defending by Denying chances & Stealing the ball to score goals **Key Qualities** Read the game, Make decisions

**Age Group** 8-U **Team Tactical Principles** Steal the ball, Pressure, Cover, Make it compact

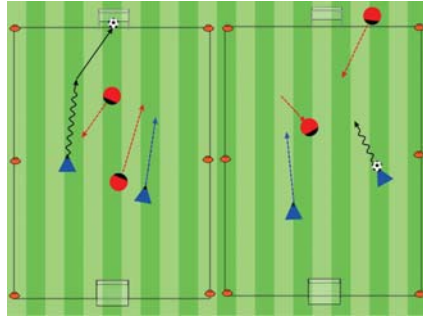
## PLAY - SMALL SIDED GAMES

**Objectives:** Play the game. When your team doesn't have the ball, work together to get it back to go score goals.

**Organization:** Set up 2-3 fields that are 15W x 20L w/a goal on each endline. As the players arrive start to play 2v2, 3v3, up to 4v4 games.

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

**Rules:** Start games w/kick off. Pass/dribble the ball in after ball goes out. Let the children play.

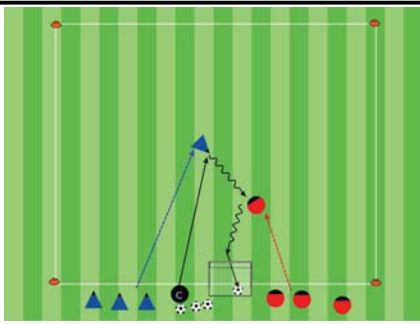


**Key Words:** Take the ball back, go help (teammates get the ball), don't let them score

**Guided Questions:** How can you tell players are participating? When should players try to get the ball back from an opponent?

**Answers:** They are playing the game with very few distractions. Right after losing it.

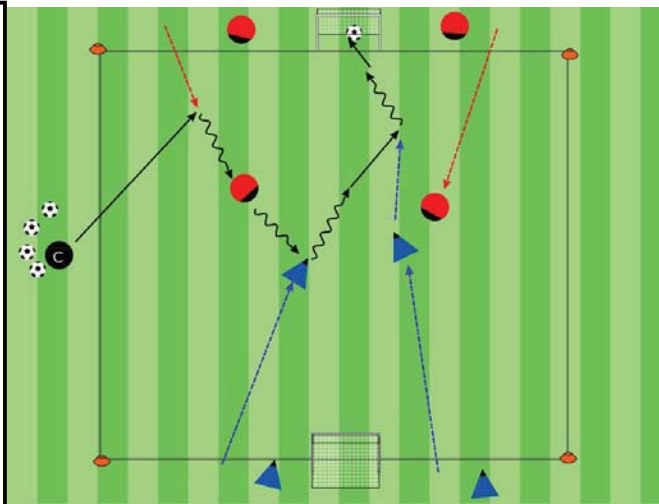
## PRACTICE - CORE ACTIVITY



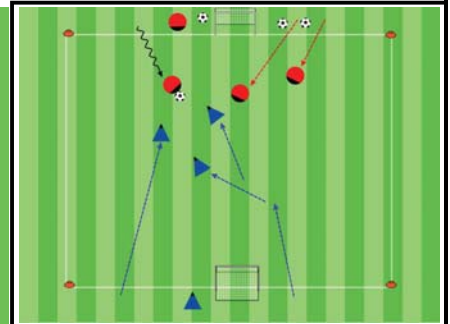
### Less Challenging Activity

**Organization:** 10Wx15L grid w/one goal. 2 equal teams next to the goal. Coach has all the balls. Play 1v1 to score in the one goal.

**Rules:** One player from a team enters the field as the Coach rolls ball on the field to start the game. Bonus pts for scoring right after getting the ball off the opponent.



**Activity Duration** 21 min **# of Intervals** 7  
**Time Active** 1.5 min **Active Rest** 1.5 min



### More Challenging Activity

**Organization:** Same field as core activity. Play 3v3 to score.

**Rules:** One team starts w/ the ball, other team defends. Play until a goal or 1.5 min. After 3-4 intervals, switch defending team. Bonus pts for scoring after taking the ball from the opponent.

**Objective:** Players must defend a small goal, take the ball from the other team, and score more goals.

**Organization:** Set up a 15W x 20L field w/a small goal on each endline. Players in 2 equal teams on either endline next to the goal. Play 2v2 to score..

**Rules:** Coach has the balls at midfield. 2 players from each team enter the field. Coach plays a ball to one of the the teams to start play. Regular goal=1pt. Scoring a goal immediately after taking the ball from the other team is 10pts. Continue playing until the ball goes out of bounds, a goal is scored, or 1.5 min has passed. Keep score.

**Key Words:** Pressure the player w/ the ball, quickly take the ball (from the attacker), go help (Cover) your teammate, close the opening (path to goal)

**Guided Questions:** How can you tell if players are getting enough repetitions? How can you tell they understand your (coaching) instructions?

**Answers:** By the number of times they try to recover the ball right after they have lost it. They understand instruction when their actions on the field closely replicate what you've explained or demonstrated.

## PLAY - LET THEM PLAY

**Objective:** Play the game with emphasis on taking the ball back from opponents immediately after losing possession to get forward and score goals.

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

**Time:** Play a game for 30 min. 2 halves of 12 min. 3 min of rest per interval.

**Rules:** All 8U modified 4v4 rules apply.



**Key Words:** Pressure the ball, take or win the ball back, go help to stop the ball, close the opening

**Guided Questions:** What shows you players understood the training session? How can you tell if players enjoy playing the game?

**Answers:** Players are stopping the ball from going forward (denying chances) & trying to win the ball back from opponents right after losing it. They want to keep playing the game, they want to get on the field and play.