



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the build up on the opponent's half to create chances 2 **Key Qualities** Take Initiative, Make decision, Focus

Age Group 10-U **Team Tactical Principles** Pass/Dribble forward, Spread out, Support & Change the point of attack

PLAY - SMALL SIDED GAMES

Objective:

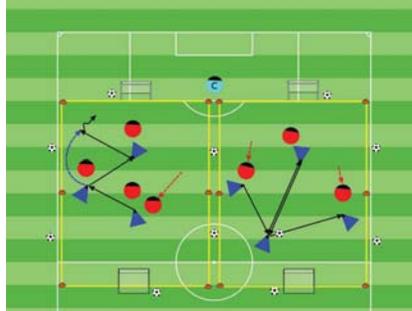
To get players into a game as soon as they arrive to practice and outscore the opponent.

Organization:

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play 1v1, 2v1, 2v3, up to 4v4.

Time: 3 games of 2.5 minutes, 30 second rest, for a total of 9 minutes.

Rules: Out of bounds - Pass or dribble the ball in



Key Words: Penetrate, Make diagonal passes, Be available to receive a pass.

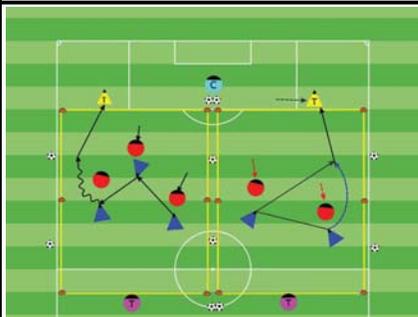
Guided Questions:

- What can you do to balance the teams if they are lopsided?
- Can't go forward with the ball, what do we need to do?

Answer:

Stop play and reshuffle the teams. We need to possess to find or create an opening.

PRACTICE - CORE ACTIVITY



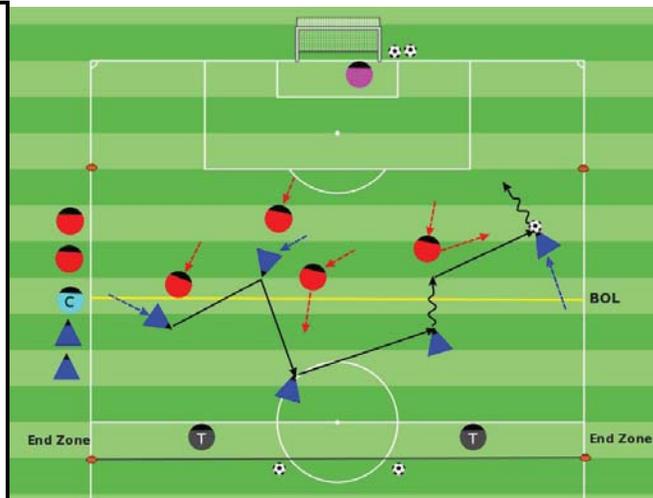
Less Challenging Activity

Organization:

- Play 3v3 or 2v2 in a 20Wx30L with a target player on each end line.
- Change target every interval.

Scoring: Blue scores by passing to the triangles and Red to the circles.

Rules: Pass or dribble in.



Activity Duration	21 min	# of Intervals	6
Time Active	3 min	Active Rest	30 sec



More Challenging Activity

Organization:

- Play 6v6 in 40Wx35L field with a regular goal and an End zone. Blue scores in the goal, Red by passing or dribbling into the end zone.

Rules: All FIFA rules apply.

Objective:

To unbalance and disorganize the opponent finding or creating an opening to pass or dribble forward to create scoring chances.

Organization:

- Play 5v5 in a 40Wx35L with a regular goal and target players in the end zone.
- Change the targets every interval.

Scoring: Blue team scores in the regular goal, Red by passing to the targets or dribbling into the end zone.

Rules: All FIFA Rules Apply. Build out line is in effect.

Key Words: Penetrate, Make diagonal passes, Get on the move (Behind, Forward and to the Sides of the ball), Be available for a pass

Guided Questions:

- If confronted by one defender in the flank with space behind, what would you like the player with the ball to do?
- What if a another defender comes to help?

Answers: The player should dribble at the defender and take him on 1v1.

Then another attacker should assist the dribbler as an option to a pass or combination play through the opening between defenders.

PLAY - LET THEM PLAY

Objective:

To unbalance and disorganize the opponent by passing and dribbling in the opponent's half in order to create scoring chances.

Organization:

- Make two equal teams with the players in practice, play in a 40Wx60L field with goals.

Time: 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

Rules: All FIFA Rules Apply.



Key Words: Penetrate, Make diagonal passes, Get on the move (Behind, Forward and to the Sides of the ball), Be available to receive a pass.

Guided Question

- What are the players doing that shows understanding and possible transfer to the game?

Answer: They are passing (diagonally) forward, backwards and sideways to move the opponent and create or find an opening to go forward.