



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the team/player in scoring goals from central areas

Key Qualities Read the game, Take initiative, Focus

Age Group 10-U

Team Tactical Principles Shoot, Pass/Dribble forward, Create passing options. Create a 2v1 or 1v1

PLAY - SMALL SIDED GAMES

Objective:

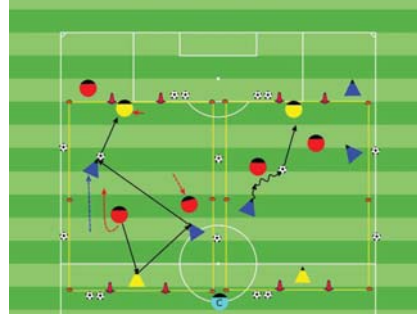
To score more goals than the opponent. To get players into a game as soon as they arrive.

Organization:

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play a game with goalkeepers. Play 2v2, 2v3 and 3v3.

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: Attack the goal, Shoot from range, Be available to receive a pass and shoot.

Guided Questions:

- How are you greeting the players when they arrive?

- How are the players getting the ball forward?

Answer: By name with a high five or a fist bump. Passing the ball to a teammate, combining or dribbling forward.

PRACTICE - CORE ACTIVITY



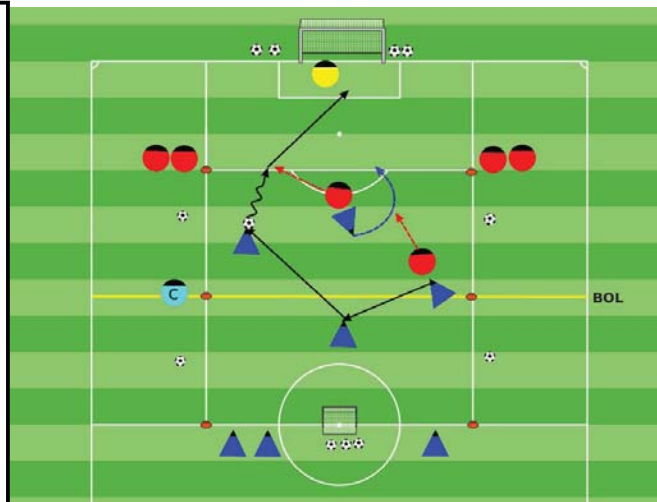
Less Challenging Activity

Organization:

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

Scoring: Dribbling by an opponent and score is 10 points. A goal from an assist is 10 points.

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.

- 40Wx30L Half field with two regular goals.

- Sub players as in the core activity.

Rules: All FIFA Laws apply.

Objective:

Possess the ball to unbalance and disorganize the opponent in order to create chances and score goals.

Organization:

- Play 3v3 in a 24Wx30L with a regular goal and a counter goal.

- The attacking team gets 3 balls to score. Change the defenders every ball.

Scoring: Dribbling by an opponent and score is 10 points. A goal from an assist is 10 points.

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

Key Words: Attack the goal, Shoot when in range, Make space between you and the defender, Be ready to receive a pass and shoot.

Guided Questions:

- What do the striker do if confronted by one defender?

- If confronted by the goalkeeper how do we score?

Answers:

In the 1v1 we beat the defender with a burst of speed creating an opening to shoot low.

When confronted by the GK, score using a poke or the inside of the foot, pass the ball to the goal.

PLAY - LET THEM PLAY

Objective:

Possess the ball to unbalance and disorganize the opponent in order to create chances and score goals.

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: Attack the goal, Shoot when in range, Make space between you and the defender, Be ready to receive a pass and shoot.

Guided Question

- How can you tell if the players understood the coaching instructions from the main activity?

Answer: Because the players were possessing the ball, creating 2v1's or 1v1's and shooting when they were in range and not under pressure.