



MASSACHUSETTS YOUTH SOCCER



GOAL Disrupting the Build up in the opponent's half to deny chances **Key Qualities** Read the game, Take initiative, Focus

Age Group 10-U **Team Tactical Principles** Steal the ball, Make it and keep it compact, Pressure, Cover & Balance

PLAY - SMALL SIDED GAMES

Objective:

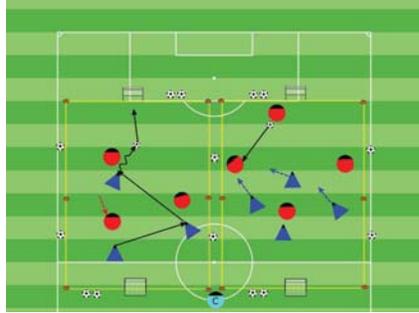
To get players in a game as they arrive. To prevent the opponent from scoring any goals.

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



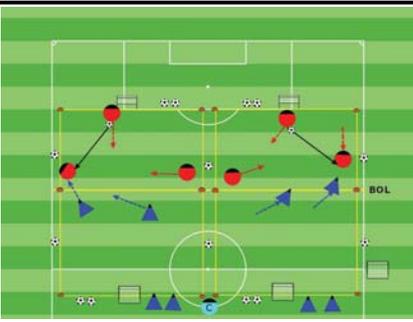
Key Words: Get in front of the ball to close the opening, Work together to keep the opening closed.

Guided Questions:

- How do you determine the players' mood when they arrive? What is the defending team doing to prevent any passes or dribbling forward?

Answer: Ask questions about their day and listen. The closest defenders move to get in front of the ball and close any openings.

PRACTICE - CORE ACTIVITY

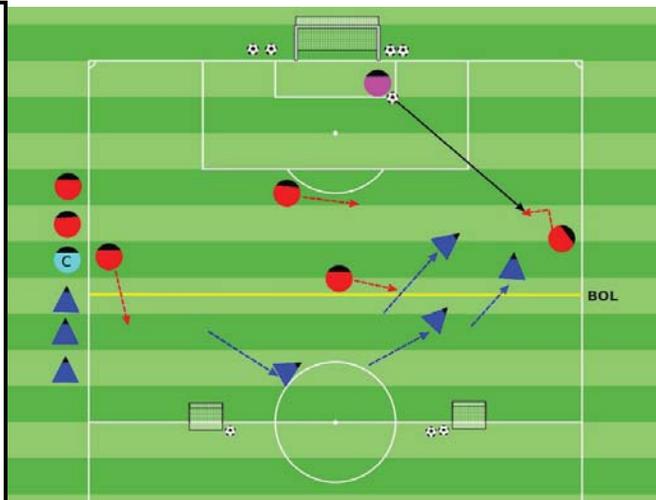


Less Challenging Activity

Organization:

- Play 2v3's in two 20Wx30L fields with small goals. Blue players press the receiver as soon as he/she gets the ball. Build out line is in effect.

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



Activity Duration 21 min

of Intervals 6

Time Active 3 min

Active Rest 30 sec



More Challenging Activity

Organization:

- Play 5v6.
- 40Wx40L field with two regular goals.

- Sub players as in the core activity.

Rules: All FIFA Laws apply.

Objective:

Prevent the opponent from playing forward and create scoring opportunities by denying dribbling penetration and forcing an inaccurate pass to regain the ball.

Organization:

- Play 4v5 in half field with a regular goal and two counter goals.
- Substitute players every interval.

Scoring: A Blue goal from regaining the ball near the BOL is worth 10 points, any other goal is 1 point.

Rules: All FIFA Rules Apply. Build up line (BOL) is in effect.

Key Words: Get in front of the ball to close the opening, Work together to keep the opening closed, Tackle (Poke or Block).

Guided Questions:

- Who should be the player going after the ball first to close the opening?
- Where will the other players move to close and keep the opening closed?

Answers: The closest player to the ball presses the attacker with the ball. The other defenders will move to cover any other passing and dribbling lanes.

PLAY - LET THEM PLAY

Objective:

Prevent the opponent from playing forward and create scoring opportunities by denying dribbling penetration and forcing an inaccurate pass to regain the ball.

Organization: Make two equal teams, 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: Get in front of the ball to close the opening, Work together to keep the opening closed, Tackle (Poke or Block).

Guided Questions

- When should you encourage the defenders?
- How should you encourage the defenders?

Answers: . Every time they successfully deny penetration or regain the ball. With positive and specific feed back.