



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Disrupting the build up in our own half to deny scoring chances **Key Qualities** Read the game, Be pro-active, 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:

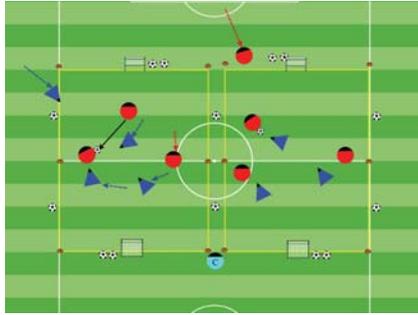
To get players in a game as they arrive. To score goals and prevent the opponent from scoring.

### 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 quick does the arriving player get involved in the game? What are the defenders doing to close the openings?

**Answer:** The coach gives the player a penny, tells him/her what team and enters the game. The players are getting numbers behind the ball making it difficult to find an opening to goal.

## PRACTICE - CORE ACTIVITY

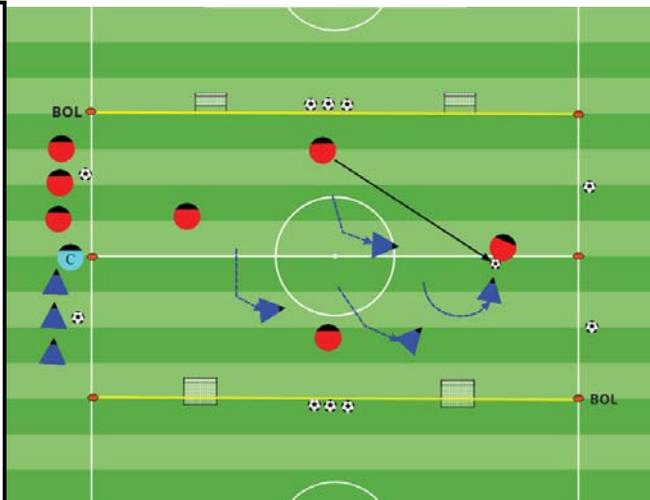


### Less Challenging Activity

### Organization:

- Play 3v3's in two 20Wx30L fields with small goals. Blue players try to regain the ball in the middle of the field and score a goal for 10 points.

**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 6v6.  
- 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 passing or dribbling penetration and forcing a turnover to regain the ball.

### Organization:

- Play 4v4 in field with two small goals on each end line.  
- Substitute players every interval.

**Scoring:** A Blue goal from regaining the ball in the midfield area is worth 10 points.

**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:

- If an attacker is receiving the ball facing his own goal, what should the defender do?

- Where should defenders force the attackers to pass the ball?

### Answers:

The closest player to the ball gets closer to the attacker to not let him turn, forcing him to play backwards. They should force the opponent to play backwards or wide towards the flank.

## PLAY - LET THEM PLAY

### Objective:

Prevent the opponent from playing forward and create scoring opportunities by denying passing or dribbling penetration and forcing a turnover 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:

- What are the indicators that the players are defending well?

**Answers:** The players are forcing the attacking team to play backwards, wide and collectively closing down openings regaining the soccer ball.