



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the team and player in scoring goals - 1

Key Qualities Focus, Execute optimal technique

Age Group 14-U

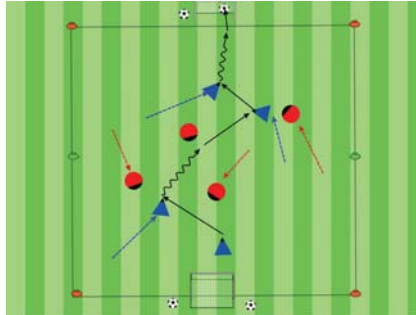
Team Tactical Principles Create a 2v1 or a 1v1, Change the pace, Support the attack

PLAY - SMALL SIDED GAMES

Objective: Play the game. Each team is working to outscore the opponent.

Organization: On two (2) 25Wx35L fields, a small goal at each end. As players arrive start playing a game. Play games up to 4v4. Play 3 minute games with a 1 minute in between games of active rest with dynamic stretching.

Rules: All FIFA laws apply.



Key Words: Take a shot (whenever possible), get into a shooting space, shoot first (pass second)

Guided Questions: What can you do to get players to talk about their day to help you gauge their mood? When should you encourage players to shoot?

Answers: Try asking players to "share a moment" from their day and ask why it was memorable. Encourage players to recognize when there is an opening to shoot (however small) that they should take a shot. Lessen the "sharing" of the ball (passing off the responsibility) and more shooting.

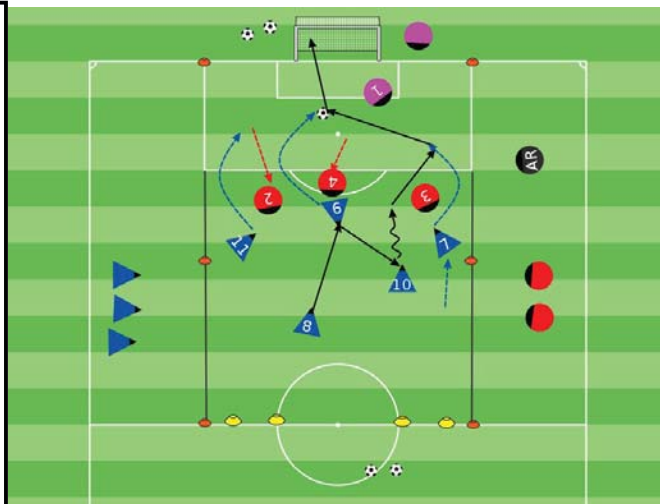
PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: Make two (2) 44Wx40L fields with a big goal on the endline and 1 small counter goal. Red defends the big goal w/ a GK #1. Blue plays with 3 attackers.

Rules: Play 3v3. The 3 Blues score on the big goal, the 3 Reds score on the counter goal. Games are 2 min with 2 min rest.



Activity Duration 24 min

of Intervals

4

Time Active

4 min

Active Rest

2 min



More Challenging Activity

Organization: In a 55Wx50L field with a big goal on the endline and 2 counter goals. Reds #1,2,3,4,6. Blues #6,7,8,9,10,11.

Rules: Play 6v5. Blues score on the big goal, the Red score on the counter goals. All FIFA Laws apply.

Objective: To create scoring chances to score more goals.

Organization: On a 44Wx50L field, a regular goal on one endline and 2 small counter goals at midfield. Make 2 equal teams. Play a 5v4 game to goal. Blue team player #'s 7, 8, 9, 10, 11 vs Red team player #'s 1, 2, 3, 4.

Rules: Blue team starts with the ball. Blue team is playing to score in the regular goal. Red scores on the small counter goals. All FIFA Laws apply.

Key Words: Find space (quickly) to shoot, create any chances to shoot (2v1, 1v1), look to shoot first, keep the ball until there is a chance to shoot it

Guided Questions: What player environment are you trying to develop with this training session? When should players pass to teammates vs shoot?

Answers: Work to create a "scoring mentality" among the players on your team. When a chance at goal is there the first priority is to shoot to score. Players should pass to a teammate when the opening to shoot is closed and that teammate has a better chance to shoot like being closer to the goal with a clear opening to score.

PLAY - LET THEM PLAY

Organization: On a 55Wx80L field with a goal on each endline, play an 8v8 game. Blue team plays 1-2-2-3 and the Red team plays 1-3-1-3. (Play 2 x 10 min halves with a 2 min halftime)

Rules: All FIFA laws apply.



Key Words: Go to goal, Quickly create or find openings to shoot, shoot to score first, pass only to teammates who has a better chance to score

Guided Questions: What actions in the scrimmage show you players understood the training? When should you address players shooting technique?

Answers: Players are taking every chance they get to shoot to score. Praise the attempt to shoot, but address technique when the attempted shot is not on target.