



MASSACHUSETTS YOUTH SOCCER



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

Key Qualities Make decisions, Be pro-active, 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:

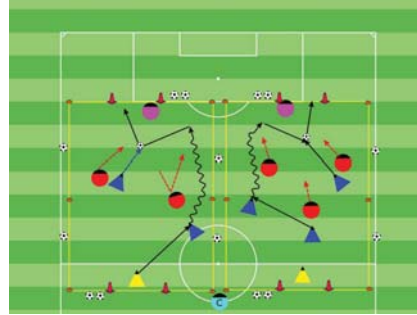
To get players in a game as they arrive. To score more goals than the opponent.

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: Go to goal, Cross the ball away from the keeper, Time the run and finish.

Guided Questions:

- How do you gauge the players' attitude when they arrive?
- What are the players doing to create chances down the flank?

Answer: By asking them how was their day. Players are dribbling down the flank and passing the ball to the middle of the box.

PRACTICE - CORE ACTIVITY



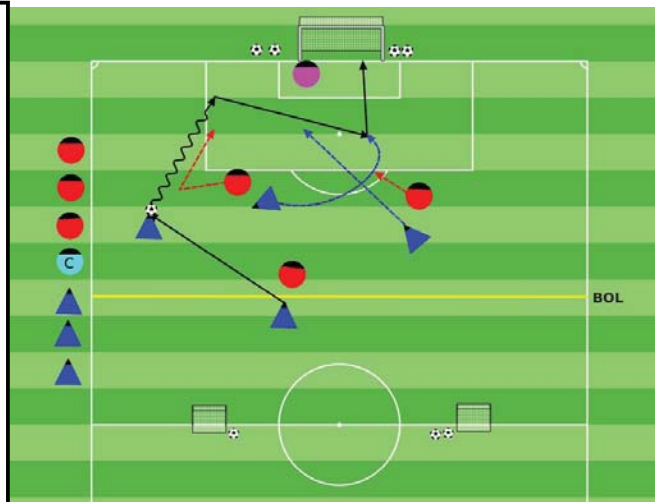
Less Challenging Activity

Organization:

- Play 3v3 in a 20Wx30L with a cone goal at one end and an end zone in the other end. Reds have a GK.

Scoring: Scoring from a cross is 10 points, any other goal 1 point.

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.
- 40Wx40L 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 from the flank and score goals.

Organization:

- Play 4v4 in a half field with a regular goal and two counter goals.
- The attacking team gets 3 balls to score. Substitute the players every interval.

Scoring: Goals from a cross are 10 points, any other goal is 1 point.

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

Key Words: Go to goal, Get wider in the flanks, Pass (cross) the ball behind the defenders and away from the GK. Time your run and finish.

Guided Questions:

- Why do you want your flank players spread out when we have the ball?
- What should a flank player do when he/she gets the ball?

Answers: Because they will be stretching the field creating openings to pass or dribble forward. Encourage players to dribble towards the goal, take a look inside, take a look at the GK, and release the pass (cross) away from the GK in the path of the strikers.

PLAY - LET THEM PLAY

Objective:

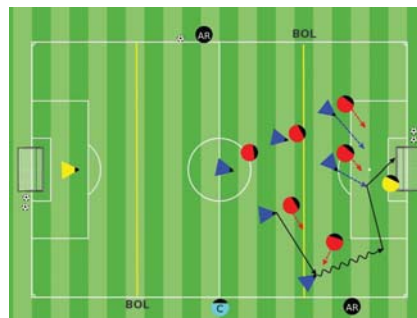
Possess the ball to unbalance and disorganize the opponent in order to create chances from the flank and score goals.

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: Go to goal, Get wider in the flanks, Cross the ball behind the defenders and away from the GK. Time your run and finish.

Guided Question

- How can you tell if the players understood the training objectives?

Answer: The players got wide, they took advantage of space, 1v1's and pass (cross) the ball from the flanks into dangerous areas to score goals.