



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improving team/player in preventing scoring from central areas **Key Qualities** Make decisions, Be pro-active, Focus

**Age Group** 10-U **Team Tactical Principles** Protect the goal, Steal the ball, Make it compact and Keep it compact

## PLAY - SMALL SIDED GAMES

### Objective:

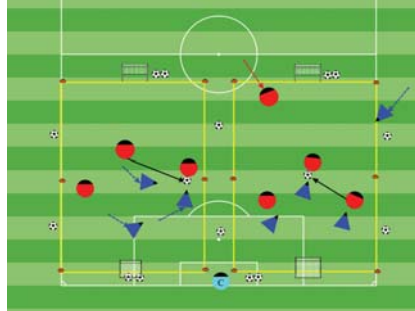
To play when they arrive. To score and prevent the opponent from scoring.

### 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 and deny the shot. Work together to keep the opening closed.

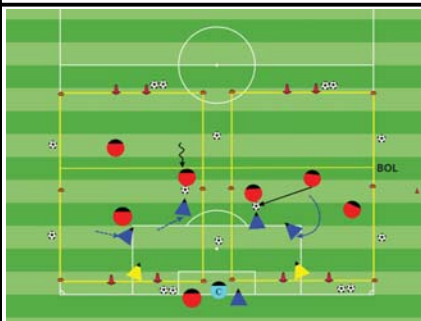
### Guided Questions:

- How fast did the players get to play?
- How are the players working to protect the goal?

**Answer:** As they arrive they started to play.

The players are protecting the goal by getting in front of the ball.

## PRACTICE - CORE ACTIVITY



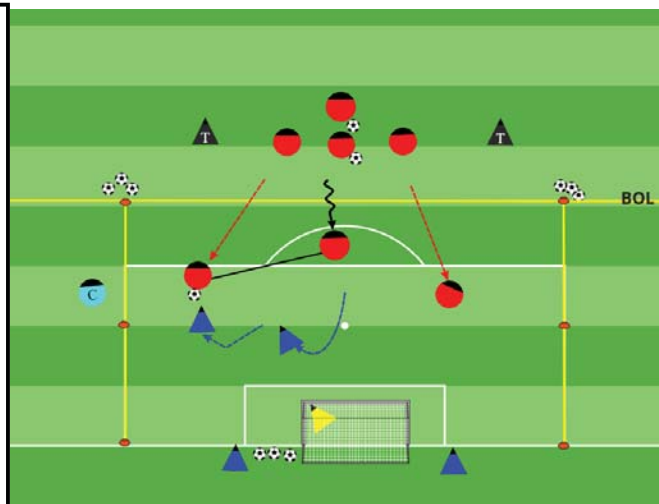
### Less Challenging Activity

### Organization:

- Play 3v3's in two 20Wx30L fields with a cone goal and goals.

**Scoring:** Every time the Blue players block a shot they get a point.

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

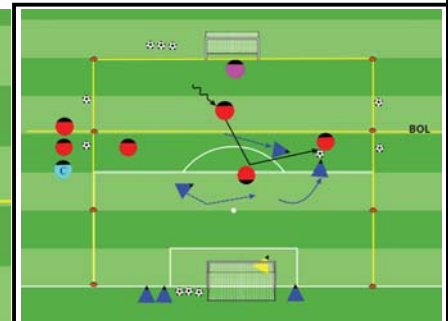


**Activity Duration** 21 min

**# of Intervals** 6

**Time Active** 3 min

**Active Rest** 30 sec



### More Challenging Activity

### Organization:

- Play 4v5.

- 24Wx24L field with two regular goals.

- Sub players as in the core activity.

**Rules:** All FIFA Laws apply.

### Objective:

Prevent the opponent from creating scoring opportunities by denying passing, dribbling penetration, or shooting the ball.

### Organization:

- Play 3v3 in a 24Wx20L field with a regular goal and two target players. Red team scores in the regular goal, Blue team by passing to the target players. Red team gets 3 opportunities to score by getting a ball from the corner.

**Rules:** All FIFA Rules Apply. Out of bounds - Pass or dribble the ball in.

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

### Guided Questions:

- If an attacker dribbles towards the goal to take a shot, what should the defender do?
- What should other defenders do to help?

### Answers:

The closest player gets in between the ball and the goal to close the opening. They can double team to keep the opening closed and tackle or steal the ball.

## PLAY - LET THEM PLAY

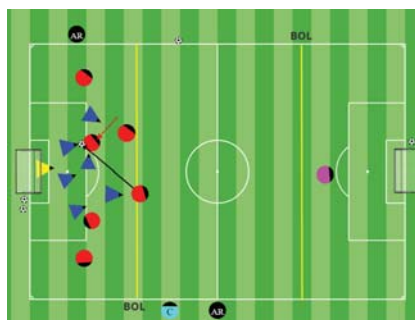
### Objective:

Prevent the opponent from creating scoring opportunities by denying passing, dribbling penetration or shooting 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 and deny the shot. Work together to keep the opening closed., Tackle (Poke or Block).

### Guided Questions:

- What are the players doing that shows understanding and possible transfer to the game?

**Answer:** They are protecting the goal, working together to close openings and keep them closed.