



MASSACHUSETTS YOUTH SOCCER



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

Key Qualities Make decisions, Take initiative, Focus

Age Group 12-U

Team Tactical Principles Shoot, Pass/Dribble forward, Create passing options. Create a 2v1 or 1v1

PLAY - SMALL SIDED GAMES

Objective:

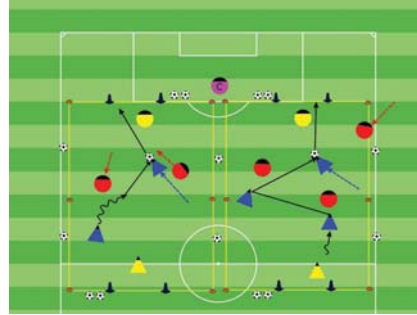
To play a game as the players arrive with the purpose to move the ball forward to score goals.

Organization:

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play 1v1, 2v1, 2v3, up to 4v4.

Time: 4 games of 2 minutes with a 30 second rest for a total of 10 minutes.

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



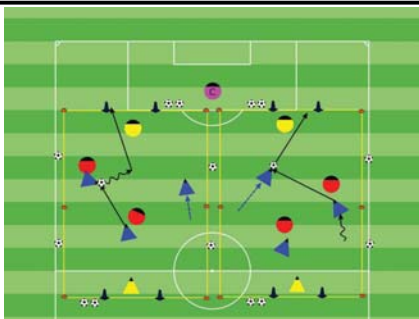
Key Words: Go to goal, Shoot from range, Be available to receive a pass and shoot.

Guided Questions:

- Why do you need to ask the players how was their day? - What should we say to encourage players to shoot?

Answer: Because this way we can tell the players' mood for training. We should tell them that missing is OK and the more they shoot the more the chances to score.

PRACTICE - CORE ACTIVITY



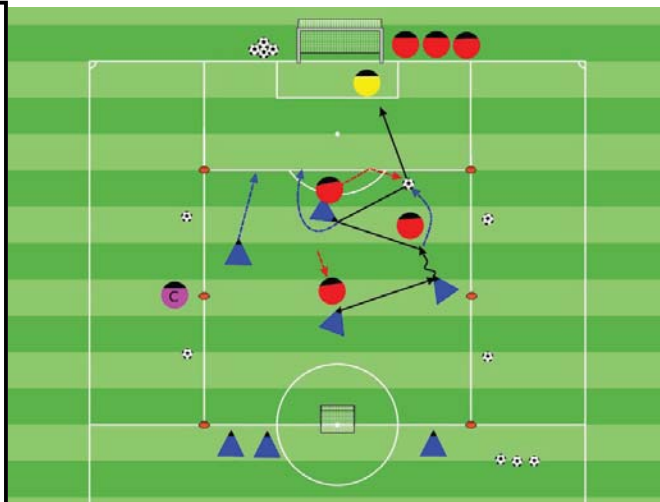
Less Challenging Activity

Organization:

- Play 3v3 in a 20Wx30L including a goalkeeper on each end line.

Scoring: Scoring from their own half 50pts, dribbling by an opponent and scoring 10pts, any other goal 1point.

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.

- in a half field (50Wx37L) with two regular goals.

Substitute every 2 intervals.

Rules: All FIFA Laws apply.

Objective:

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

Organization:

- Play 4v4 in a 36Wx37L with a regular goal and a counter goal.

- The attacking team gets 4 balls to score.

- Substitute the players every interval.

Scoring: Scoring from outside the box is 50 points, Dribbling by an opponent and score is 10 points. A goal from an assist is 10 points.

Rules: All FIFA Rules Apply.

Key Words: Attack the goal, Shoot when in range, Make space between you and the defender to shoot, Be ready to receive a pass and shoot.

Guided Questions:

- What should the player do if he is not pressured by a defender outside the box? When should a players take a shot?

Answers: The players should strike the ball at goal. Every time you have a clear opening to goal and every time that a defender is in front of you blocking the Goalkeeper.

PLAY - LET THEM PLAY

Objective:

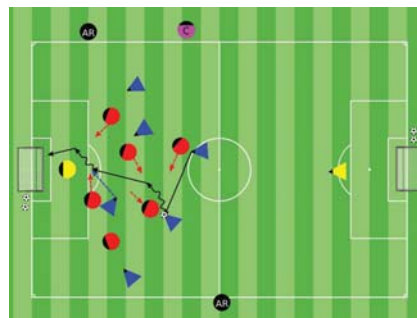
Possess the ball to unbalance and disorganize the opponent in order to create chances and score goals.

Organization:

- Make two equal teams with the players in practice, play in a 50Wx75L 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: Attack the goal, Shoot when in range, Make space between you and the defender to shoot, Be ready to receive a pass and shoot.

Guided Question

- What did players do in the game that tells us they understood the training session?

Answer: The players were able to shoot the ball from range, create opening to shoot through by dribbling or combining with teammates.