



MASSACHUSETTS YOUTH SOCCER



GOAL Improving team/player in preventing scoring from wide areas **Key Qualities** Make decisions, Take Initiative, Focus

Age Group 10-U **Team Tactical Principles** Protect the goal, Steal the ball and Pressure, Cover, Balance

PLAY - SMALL SIDED GAMES

Objective:

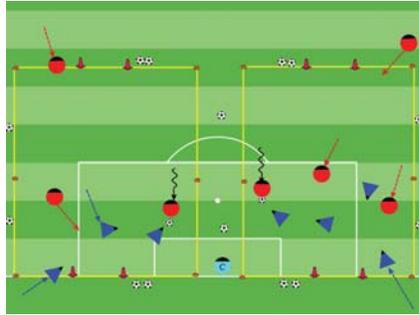
To score more goals than the opponent. To get players into a game as soon as they arrive.

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



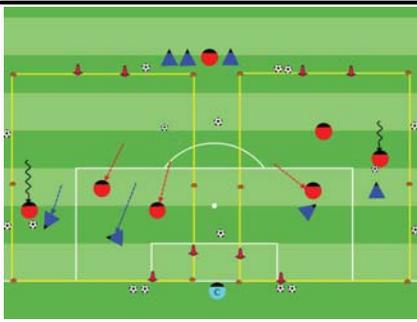
Key Words: Get in front of the ball to deny the pass or cross. Force the ball backwards. Work together to close and keep the opening closed.

Guided Questions:

- How do you gauge the players' attitude when they arrive? What are the players doing to deny any play down the flanks near their goal?

Answer: By asking them how was their day. Players are closing down the space and forcing the ball backwards or to the center of the field.

PRACTICE - CORE ACTIVITY

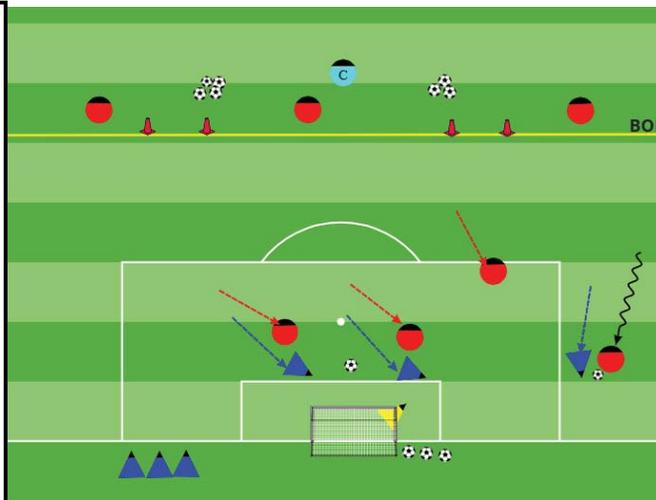


Less Challenging Activity

Organization:

- Play 2v3's in two 20Wx30L fields with a cone goal and goals. Defenders have to protect the corner goal. When Blue players block a pass/shot from the flank they get a point.

Rules: 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 5v5.
- 40Wx24L 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 from wide areas by denying passing (Crosses), dribbling penetration or shooting the ball.

Organization:

- Play 3v4 in a 40Wx20L field with a regular goal and two cone goals. Red team scores in the regular goal, Blue team in the cone goals. The Red team gets 3 opportunities to score.

Rules: All FIFA Rules Apply.

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

Guided Questions:

- When the ball gets to the flank how do the defenders close the opening?

Answers: The defenders are moving with the ball. The closest player gets in front of the player with the ball, forcing him outside. The other defenders, get behind to keep the opening closed.

PLAY - LET THEM PLAY

Objective:

Prevent the opponent from creating scoring opportunities from wide areas by denying passing (Crosses), 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 deny the pass or cross. Force the ball backwards. Work together to close and keep the opening closed. Tackle (Poke or Block).

Guided Questions:

- What did the players learn from the main activity?

Answer: To move together with the ball, to protect the goal by getting in front of the ball and to deny passes (crosses from the flanks).