



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Building up on own half in order to create scoring chances 2

**Key Qualities** Make Decision, Be proactive, Focus

**Age Group** 10-U

**Team Tactical Principles** Pass or Dribble Forward, Create options and Switch the point of attack

## PLAY - SMALL SIDED GAMES

### Objective:

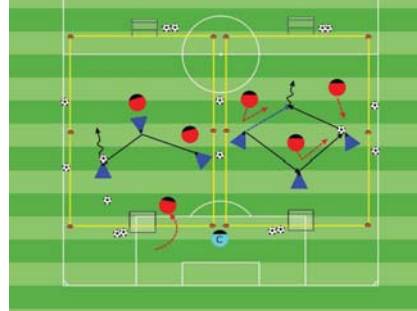
To get players playing as they arrive and to get the ball forward and score goals.

### Organization:

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play 1v1, 2v1, 2v3, up to 3v3 or 4v4.

**Time:** 3 games of 2.5 minutes and 30 second rest for a total of 9 minutes.

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



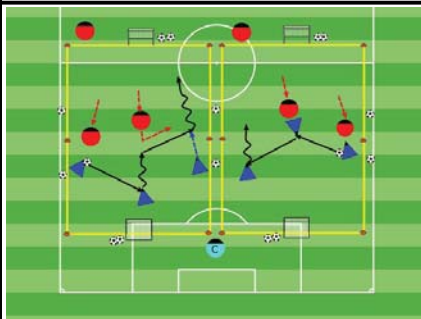
**Key Words:** Go to goal, Move forward, behind and to the sides of the ball, Be available to receive a pass

### Guided Questions:

- What are the players attitudes like upon arrival?
- When should you dribble forward?

**Answer:** They are eager to start playing. Dribble forward when you have space in front of you with no defenders or only one defender.

## PRACTICE - CORE ACTIVITY

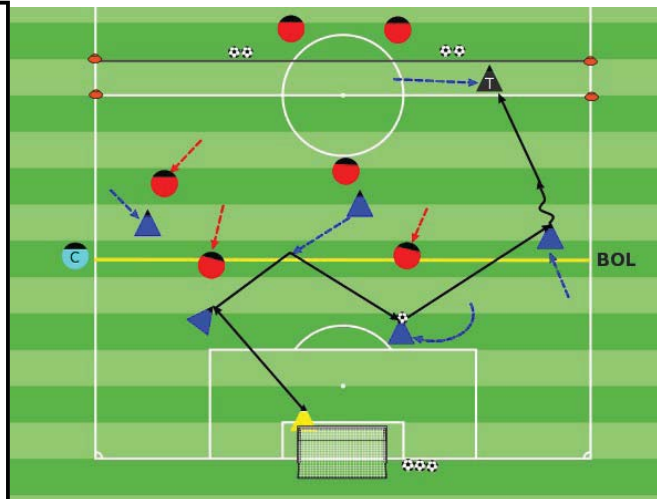


### Less Challenging Activity

### Organization:

- Play 3v2 in a 20Wx30L field with small goals. Blue and Red players are subbed at the end of each interval.

**Rules:** Out of bounds - Pass or dribble in. After a goal pass it in from the end line.

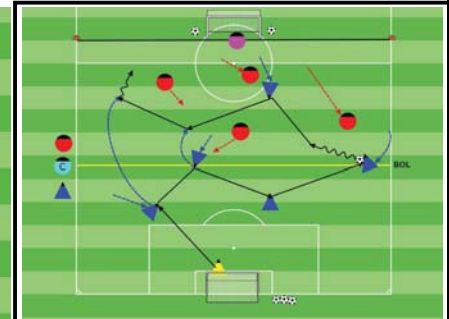


**Activity Duration** 21 min.

**# of Intervals** 6

**Time Active** 3 min.

**Active Rest** 30 sec.



### More Challenging Activity

### Organization:

- Play 6v5  
- In a 40Wx35L field with two regular goals.

- Sub the players in at the end of each interval

**Rules:** All FIFA Laws apply.

### Objective:

To unbalance and disorganize the opponent creating or finding an opening to pass and dribble forward to create scoring opportunities.

### Organization:

- Play 5v4 + Target in a 40Wx35L with a regular goal and a 3 yard end zone. Sub the players in at the end of each interval.

**Scoring:** Blue by passing to the target player or dribbling into the zone, Red scores in the regular goal.

**Rules:** All FIFA Rules Apply. After a goal Blue has a goal kick, Red passes the ball in from the end line. Build up line in effect.

**Key Words:** Penetrate, Circulate the ball to move the opponent, Get forward, behind and to the sides of the ball, Be available to receive the pass.

### Guided Questions:

- Where do players move to be available to receive a forward pass?
- If you can't pass forward where do you pass to keep possession?

**Answers:** Players place themselves ahead of the ball between defenders. Pass backwards or to the sides to draw the defenders and create an opening.

## PLAY - LET THEM PLAY

### Objective:

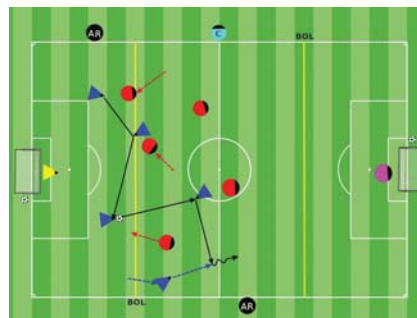
To unbalance and disorganize the opponent in order to pass and dribble forward.

### Organization:

- In a 40Wx60L field with regular goals make two teams with players at practice.

**Time:** 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes

**Rules:** All FIFA Rules Apply



**Key Words:** Penetrate, Circulate the ball to move the opponent, Get forward, behind and to the sides of the ball, Be available to receive the pass.

### Guided Question

- How can you tell if the training is successful?

**Answer:** Players circulate the ball to find or create openings to pass and dribble forward to create chances.