



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Building up on own half in order to create scoring chances 1

**Key Qualities** Read the Game, Be Proactive, Focus

**Age Group** 10-U

**Team Tactical Principles** Pass/Dribble Forward, Spread out, Create options and Support the attack

## PLAY - SMALL SIDED GAMES

**Objective:**

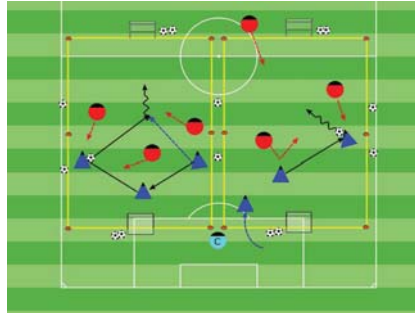
To score more goals than the opponent. To get players into a game as soon as they arrive.

**Organization:**

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play 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



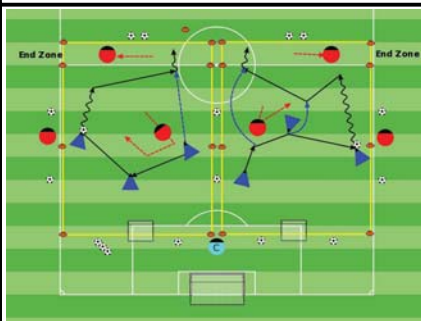
**Key Words:** Attack the goal, Get on the move (Behind, sides and in front), Be available to receive a pass

**Guided Questions:**

- What tells you the players are having fun in the game? - When do you pass backwards instead of forward?

**Answer:** The players are calling for the ball, laughing, running, engaged playing the game. When several defenders are in front of you.

## PRACTICE - CORE ACTIVITY

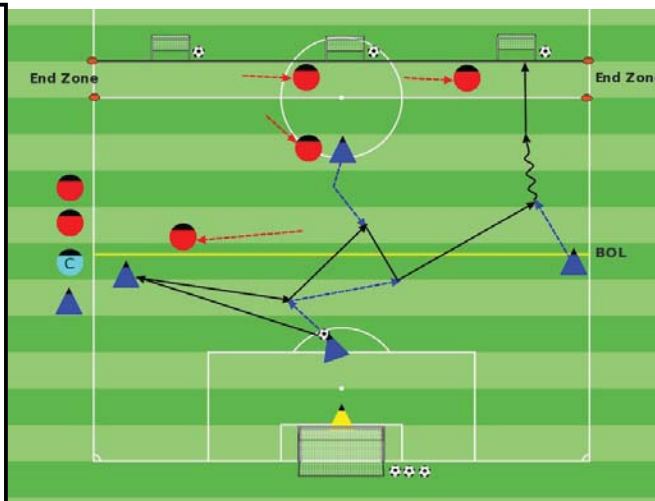


**Less Challenging Activity**

**Organization:**

- Play 3v1 + 1 End Zone Guard in a 20Wx30L field including a 5 yard end zone and a small goal. Blue dribbles/ passes into the end zone. Red goes to goal.

**Rules:** Pass or dribble the ball in.

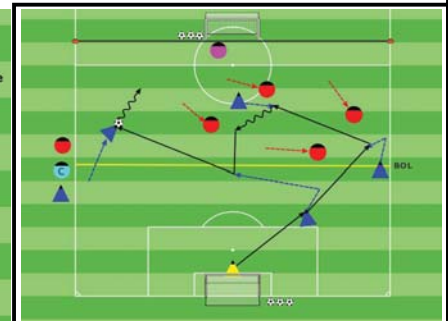


**Activity Duration** 21 min

**# of Intervals** 6

**Time Active** 3 min

**Active Rest** 30 sec



**More Challenging Activity**

**Organization:**

- Play 5v5 in a 40Wx35L field with two regular goals.

- Sub players as in the core activity

**Rules:** All FIFA Laws apply.

**Objective:**

To unbalance and disorganize the opponent to create/find openings to pass and dribble forward and create scoring chances.

**Organization:**

- Play 5v2 + 2 End Zone Guards in a 40Wx35L field with a regular goal and three counter goals.

- Change the blue and red players every interval.

**Scoring:** Blue in the counter goals, Red in the regular goal.

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

**Key Words:** Penetrate, Move the ball to move the opponent, Provide assistance (Behind, Forward and to the Sides of the ball)

**Guided Questions:**

- What are the indicators that the players are being successful? - Why should they move the ball backwards and sideways?

**Answers:** The players are keeping possession for longer periods. Because these passes will move the defenders finding or creating an opening to pass or dribble forward.

## PLAY - LET THEM PLAY

**Objective:**

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

**Organization:**

- With the players at practice, create two equal teams. Play in a 40Wx60L field with regular goals.

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

**Rules:** All FIFA Laws apply



**Key Words:** Penetrate, Move the ball to move the opponent, Provide assistance (Behind, Forward and to the Sides of the ball), Be available to receive a pass.

**Guided Question**

- What did the players learn from the main activity?

**Answer:** - When to pass forward, backwards or sideways in order to keep possession and create or find an opening to pass or dribble forward.