



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:

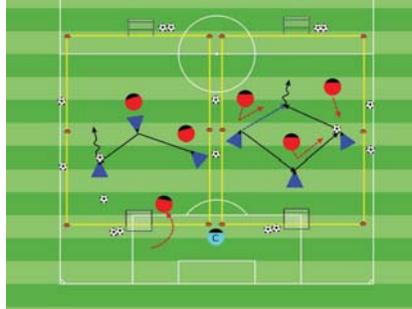
To get players playing as they arrive and to get the ball forward and score goals.

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



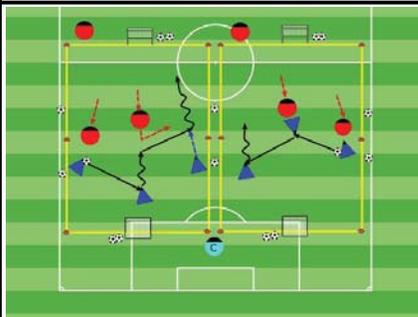
Key Words: Go to goal, Move forward, behind and to the sides of the ball, Be available to receive a pass

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

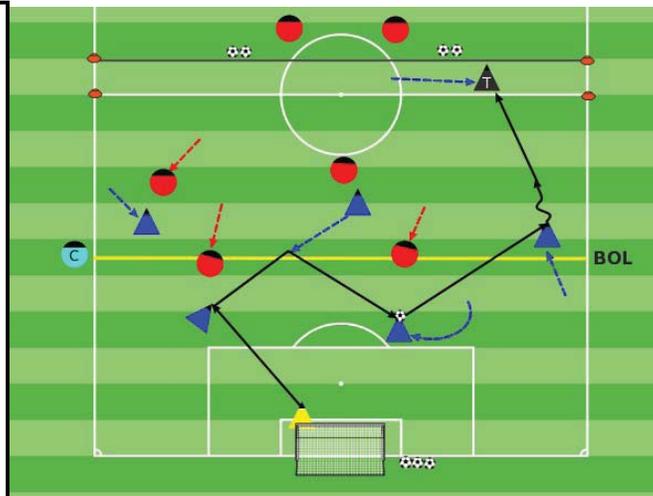


Less Challenging Activity

Organization:

- Play 3v1 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.

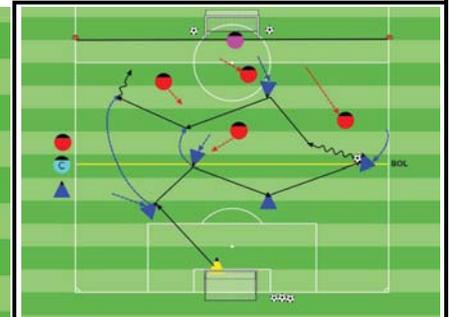


Activity Duration 21 min.

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:

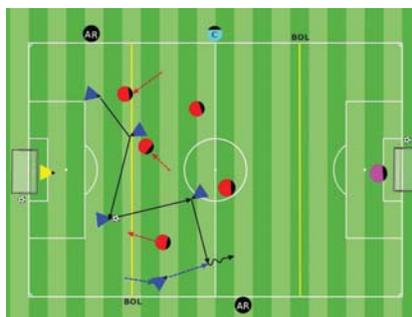
To unbalance and disorganize the opponent in order to pass and dribble forward.

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.