



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve the build up on the opponent's half to create chances 1 **Key Qualities** Be proactive, Optimal technique

**Age Group** 10-U **Team Tactical Principles** Pass/Dribble forward, Spread out, Support & Change the point of attack

## PLAY - SMALL SIDED GAMES

**Objective:**

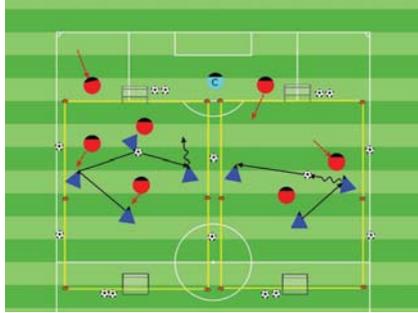
To score goals. To get players into a game as soon as they arrive to practice.

**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:** 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



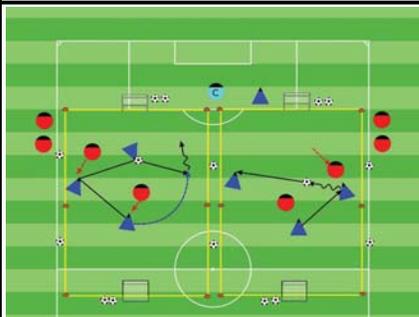
**Key Words:** Go to goal, Provide assistance (Behind, sides and in front of the ball), Be available to receive a pass.

**Guided Questions:**

- How fast did the players get to play?
- How are the players working together to get the ball forward?

**Answer:** As they arrive they started to play. The players are passing forward, backwards and sideways to find an opening to go forward.

## PRACTICE - CORE ACTIVITY

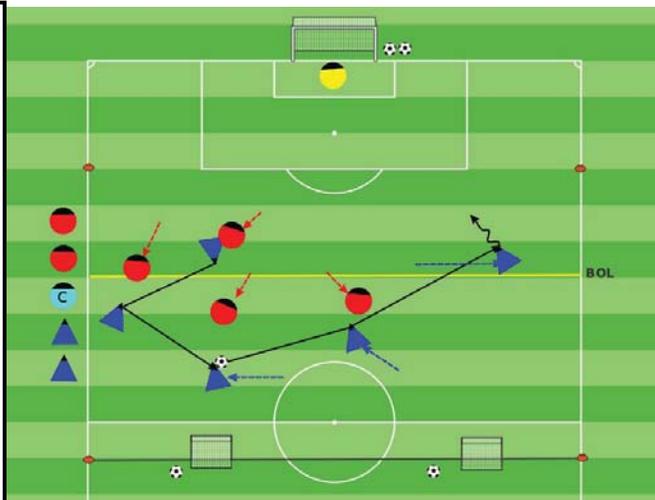


**Less Challenging Activity**

**Organization:**

- Play 3v2's
- Two 20Wx30L fields with small goals
- Sub the Blue and Red players every interval.

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



<b>Activity Duration</b>	21 min	<b># of Intervals</b>	6
<b>Time Active</b>	3 min	<b>Active Rest</b>	30sec



**More Challenging Activity**

**Organization:**

- Play 6v6
- 40Wx35L field with two regular goals.

**Rules:** All FIFA rules apply.  
- After a goal: Red starts with a goal kick - Blue starts with a pass in.

**Objective:**

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

**Organization:**

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

**Scoring:** Blue scores in the regular goal, Red in the counter goals.  
- Sub Blue and Red players every interval.

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

**Key Words:** Penetrate, Move the ball to move the opponent, Quickly get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

**Guided Questions**

- When and why we need to pass backwards?
- Why do we change the point of attack?

**Answer:** Too many defenders in front, and we want to keep possession of the ball.  
To get the ball to the opposite side and get the ball forward through the opening in the flank.

## PLAY - LET THEM PLAY

**Objective:**

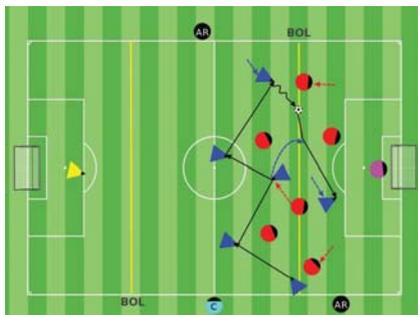
To unbalance and disorganize the opponent by passing and dribbling in the opponent's half in order to create scoring chances.

**Organization:**

- In a 40Wx60L field with regular goals make two equal teams.

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

**Rules:** All FIFA Rules Apply.



**Key Words:** Penetrate, Move the ball to move the opponent, Quickly get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

**Guided Questions:**

- How do we know that players understand when to go forward with a pass?

**Answers:** The players successfully recognized when to pass forward through an opening to a receiver in between the defender's lines.