



MASSACHUSETTS YOUTH SOCCER



GOAL Building up on Own Half in Order to Create Scoring Chances 1

Key Qualities Make decisions, Take initiative, Focus

Age Group 12-U

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

PLAY - SMALL SIDED GAMES

Objective:

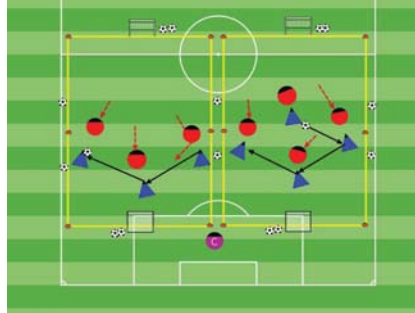
To play a game as the players arrive with the purpose to move the ball forward to score goals.

Organization:

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

Time: 4 games of 2 minutes with a 30 second rest for a total of 10 minutes.

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



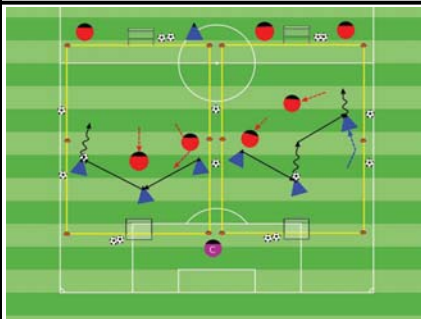
Key Words: Go to goal, Be available to receive a pass.

Guided Questions:

- Why does the coach connect with every player as soon as they arrive to training?
- How are the players engaged?

Answer: Because it establishes a good line of communication to be more effective when coaching them. They are playing, trying to move, pass and dribble forward to score goals.

PRACTICE - CORE ACTIVITY

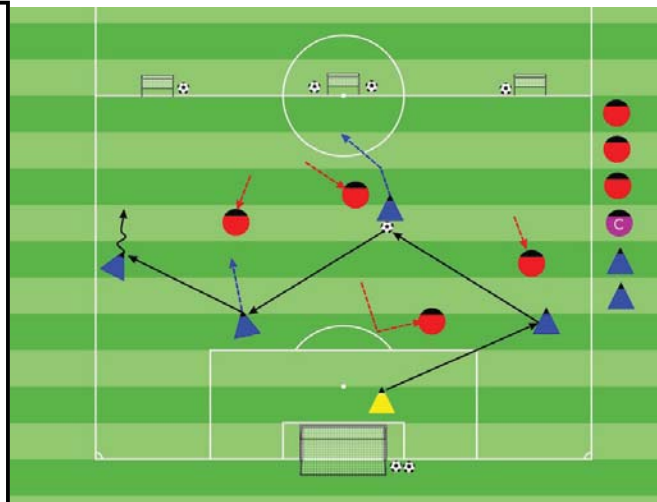


Less Challenging Activity

Organization:

- Play 3v2 in a 20Wx30L field with a small goal at each end.
- Substitute players every two intervals.

Rules: Out of bounds/goal the blue team restarts with the ball.

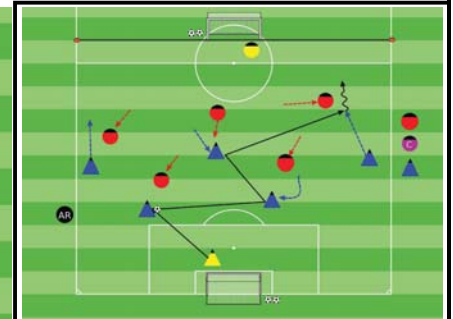


Activity Duration 24 min

of Intervals 6

Time Active 3 min

Active Rest 1 min



More Challenging Activity

Organization:

- Play 6v6 in a 50Wx45L field with two regular goals.
- Substitute every two intervals.

Rules: All FIFA Laws apply.

Objective:

To possess the ball to disorganize the opponent in order to pass and dribble forward to create scoring opportunities.

Organization:

- Play 5v4 in a half field (50Wx37L) with a regular goal and two counter goals at each end line.
- Scoring: Blue in the counter goals, Red in the regular goal.
- Change the the blue and red players every two intervals.

Rules: All FIFA Laws Apply. After a goal Blue gets a goal kick, Red passes the ball in from the midline.

Key Words: Make diagonal passes, Move the ball to move the opponent, Get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

Guided Questions:

- When should the players pass backwards?
- Why do we want to move the ball and the opponents?

Answers: The player with the ball has defenders in front and can't penetrate but has a supporting player behind him/her. To create openings in their defense and pass or dribble forward.

PLAY - LET THEM PLAY

Objective:

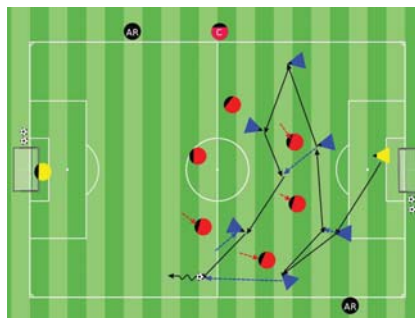
To possess the ball to disorganize the opponent to pass and dribble forward to score goals.

Organization:

- Organize two equal teams with the players you have at practice up to 9v9 in a 50Wx75L field with two regular goals.

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

Rules: All FIFA Rules Apply.



Key Words: Make Diagonal Passes, Move the ball to move the opponent, Get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

Guided Questions:

- What actions let you know that players learned in training today?

Answers: Players pass diagonally forward, backwards and side ways to probe the defense to find an opening to move the ball forward.