



MASSACHUSETTS YOUTH SOCCER



GOAL Building up on Own Half in Order to Create Scoring Chances 2 **Key Qualities** Read the game, Focus, Be pro-active

Age Group 12-U **Team Tactical Principles** Pass or Dribble Forward, Create options, and Switch the point of attack

PLAY - SMALL SIDED GAMES

Objective:

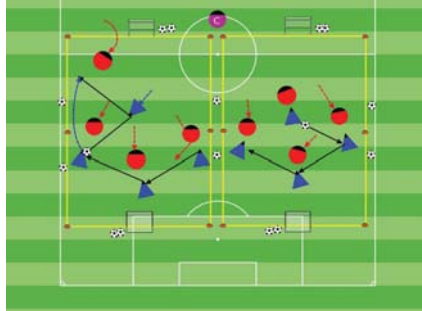
To get the players involved in a small-sided game and try to out-score the opponent.

Organization:

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

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

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



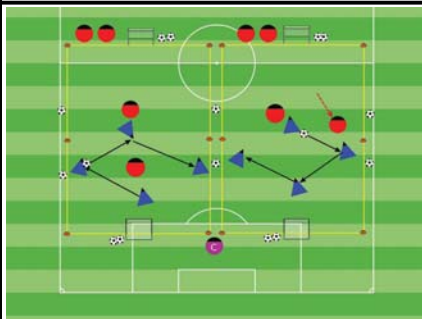
Key Words: Go to goal, Move to provide diagonal passing options, Be available to receive a pass

Guided Questions:

- How do you organize them to play a game?
- What actions show that the players are engaged?

Answer: As they arrive they get in a team to play. Players pass the ball to create an opening to get the ball forward and score goals.

PRACTICE - CORE ACTIVITY

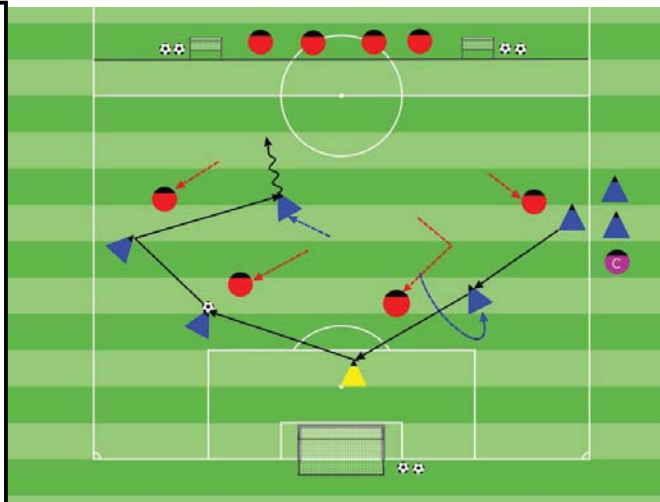


Less Challenging Activity

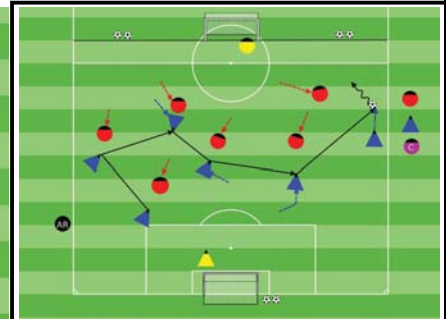
Organization:

- Play 4v2 in a 20Wx30L field with small goals. Blue and Red players are sub 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	24 min	# of Intervals	6
Time Active	3 min	Active Rest	1 min



More Challenging Activity

Organization:

- Play 7v7 in a 50Wx45L field with a regular goal and two counter goals.
- Scoring: Blue in the counter goals, Red in the regular goal
- Substitute two intervals intervals.

Rules: All FIFA Laws Apply

Objective:

To possess and move the ball from side to side in order to unbalance and disorganized the opposition to pass or dribble forward and create scoring chances.

Organization:

- Play 6v4 in a W50x37L with a regular goal and a 2 counter goals.
- Scoring Blue: By in the counter goals, Red in the regular goal.
- Substitute the players every two intervals intervals.

Rules: All FIFA Laws apply. After a goal Blue has a goal kick, Red pass the ball in from the end line.

Key Words: Go to goal, Move to provide diagonal passing options, Be available to receive a pass

Guided Questions:

- Why do we keep possession of the ball?
- When should players try to play forward?

Answers: If do not have an opening to pass or dribble forward we keep the ball, circulate it in order to create an opening. Dribble forward when the players have space in front of them. Pass forward when the players can pass the ball through an opening to a teammate.

PLAY - LET THEM PLAY

Objective:

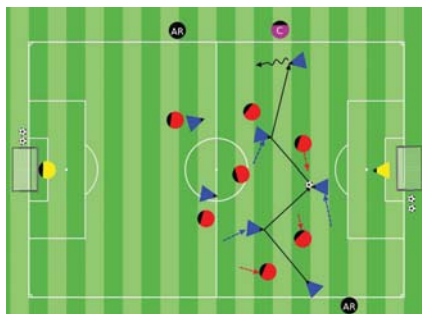
To possess and move the ball form side to side in order to unbalance and disorganize the opposition to create scoring chances.

Organization:

- In a 50Wx75L field with regular goals make two equal 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, Move to provide diagonal passing options, Be available to receive a pass

Guided Questions:

- How can you tell if the players understood the session?

Answers:

The players were able to pass and receive diagonal passes forward, backwards and sideways to create scoring chances.