



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the Build up on the Opponent's Half to Create Chances **Key Qualities** Be pro-active, Make decisions, Focus

Age Group 12-U **Team Tactical Principles** Pass/Dribble forward, Create passing options, Support, Create 2v1 or 1v1

PLAY - SMALL SIDED GAMES

Objective:

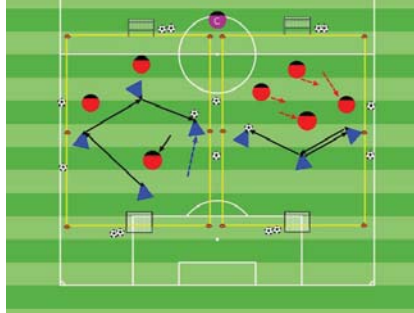
To out-score the opponents, get players playing early as they arrive.

Organization:

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

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

Rules: Out of bound: Pass or dribble the ball in.



Key Words:

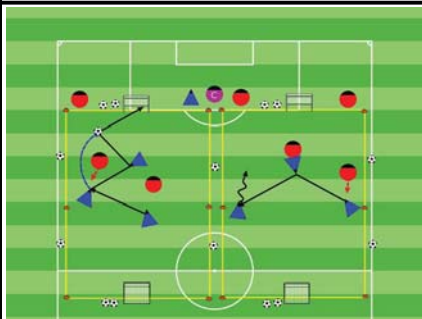
Attack the goal, Run with the ball to penetrate the space, Be available to receive a pass and to combine.

Guided Questions:

- Are the teams even?
- How are the players challenging themselves?

Answer: Play one interval and redo the teams. The players are trying to pass the ball to find an opening to run with the ball or combine going forward to score a goal.

PRACTICE - CORE ACTIVITY

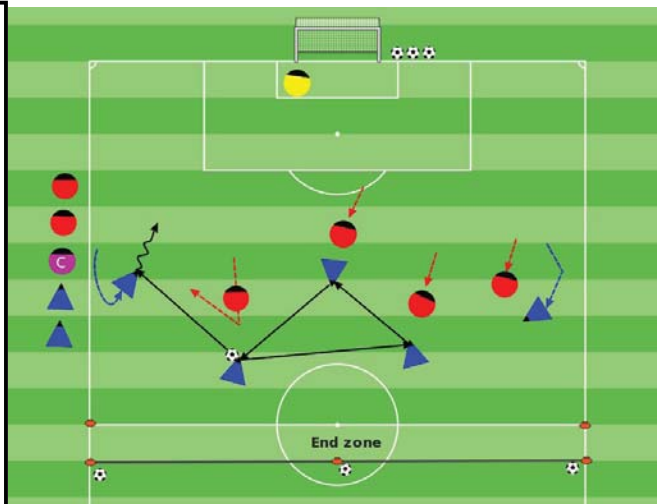


Less Challenging Activity

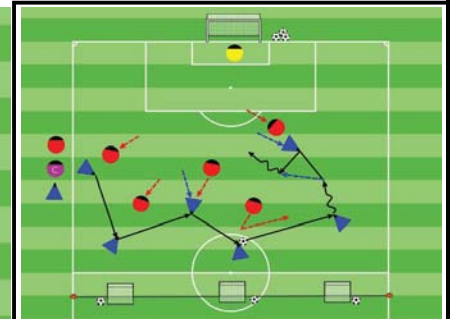
Organization:

- Play 3v2 in a 20Wx30L field with small goals. Blue and Red players are substituted every two intervals.

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 6v6 in a 50Wx45L field with a regular goal and three counter goals.

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

- Sub players as in the core activity.

Rules: All FIFA Rules apply.

Objective:

To unbalance and disorganize the opponent by possessing the ball to pass and dribble forward in order to create scoring chances.

Organization:

- Play 5v5 in a W50x45L field including a 5 yard end zone.
- Substitute players every two intervals.

Scoring: Blue scores in the regular goal, Red by dribbling or passing in the end zone.

Rules: All FIFA Laws apply. When Blue scores Red gets a goal kick, when Red scores Blue passes the ball in from the end zone.

Key Words:

Make diagonal passes, Move the ball to move the opponent creating dribbling and passing lanes, Be behind, forward and to the sides of the players with the ball.

Guided Questions:

- What is a good indicator of repetitions?
- When do players possess or penetrate?

Answers: The amount of times players make passes forward, dribble forward and the number of scoring chances they create. Possess the ball when the defenders are compacted in front of you, penetrate when you find an opening to move the ball forward.

PLAY - LET THEM PLAY

Objective:

To unbalance and disorganize the opponent by possessing the ball to pass and dribble forward in order to create scoring chances.

Organization:

- Make two equal teams and play in a 50Wx75L 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:

Make diagonal passes, Move the ball to move the opponent creating dribbling and passing lanes, Be available to receive a pass and to combine.

Guided Questions:

- How do you know they understood the training session?

Answers: The players created openings by moving the ball side to side, forward and backwards generating goal scoring opportunities.