



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the Build up on the Opponent's Half to Create Chances **Key Qualities** Read the game, Focus, Take initiative

Age Group 12-U **Team Tactical Principles** Pass/Dribble forward, Spread out, Support, Change the point of attack

PLAY - SMALL SIDED GAMES

Objective:

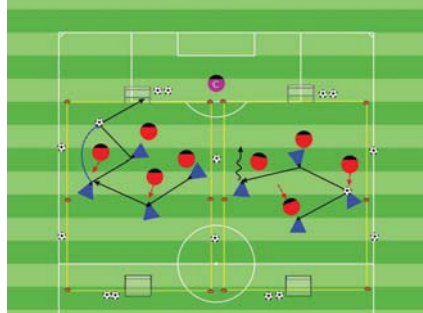
To score goals. To get the players into a game as soon as they arrive to practice.

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: 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, Diagonal passes, Be in position for a pass backwards, to the sides and forward of the ball.

Guided Questions:

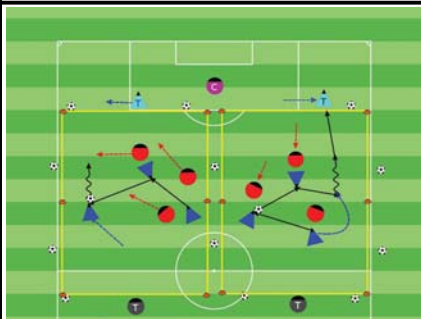
- What are the players doing to create scoring chances?

- When do you give positive reinforcement?

Answer: The players are passing, dribbling forward to get closer to shoot at the goal.

When the players pass, dribble or shoot at goal.

PRACTICE - CORE ACTIVITY



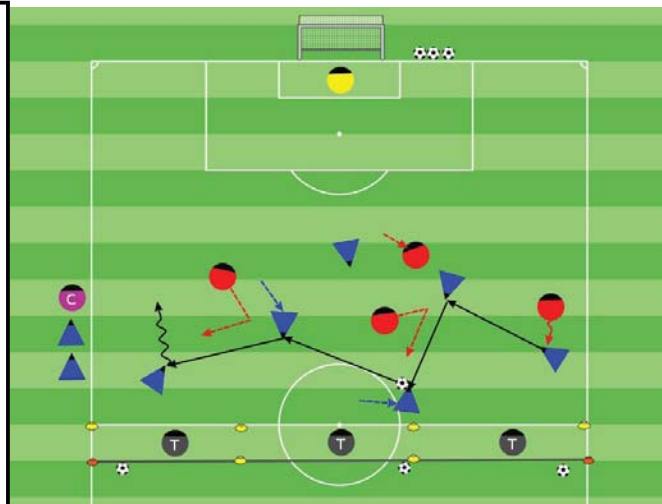
Less Challenging Activity

Organization:

- Play 3v3 to targets in a 20Wx30L field. Switch targets every two intervals.

Score By passing to your target.

Rules: Out of bounds - Pass or dribble in.

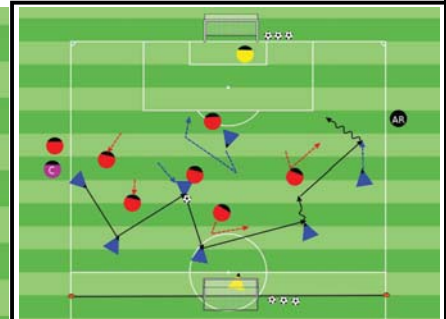


Activity Duration 24

of Intervals 6

Time Active 3 min

Active Rest 1 min



More Challenging Activity

Organization:

- Play 8v7 in a 50Wx45L field with two regular goals.

- Substitute players every two intervals.

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 6v4 in a 50Wx45L with 3 targets inside a 5 yard zone.

- Substitute players every two intervals.

Scoring: Blue scores in the regular goal, Red by passing to one of the 3 targets.

Rules: All FIFA Rules Apply.

Key Words: Penetrate, Get behind, to the sides and forward of the ball, Be available.

Guided Questions:

- When should we play backwards in order to keep possession?

- What should your team do when it regains the ball?

Answers: When we do not have an opening to pass or dribble forward because of the number of defenders in front.

Try to pass forward to a teammate or dribble forward taking the space in front.

PLAY - LET THEM PLAY

Objective:

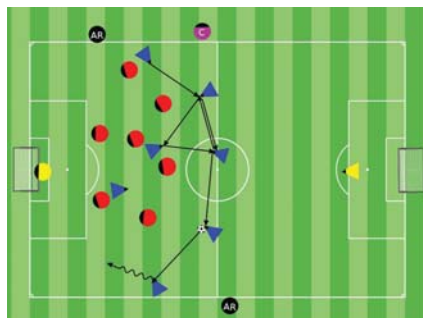
To unbalance and disorganize the opponent by possessing the ball to pass and dribble forward in order to create scoring chances.

Organization:

- In a 50Wx75L field with regular goals create two equal teams and play a game.

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

Rules: All FIFA Rules Apply.



Key Words: Penetrate, Get behind, to the sides and forward of the ball, Be available.

Guided Questions:

- Why and when do we need to switch the point of attack?

Answers: Because we have too many defenders near the ball, to keep possession and find the opening to penetrate on the opposite side.