



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the techniques of shooting-striking the ball

Key Qualities Take initiative, Focus

Age Group 6-U

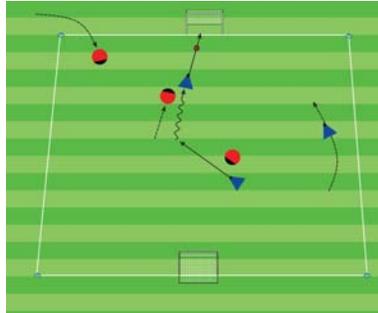
Team Tactical Principles Shoot & Pass or Dribble Forward

PLAY SMALL SIDED GAMES

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

Organization: Set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game or multiple 2-3 minute games)

Rules: The ball is given to the first player with his/her pinny on to start the game. Local rules apply.

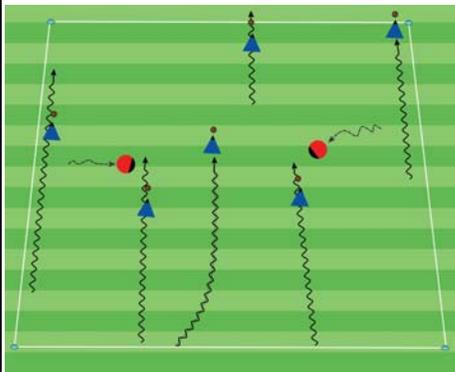


Key Words: Move the ball around the opponents

Guided Questions: How do you engage all the players? When should the players be encouraged to shoot?

Answers: Rotate who starts with the ball after goals or ball out of play and start with dribbling onto the field. Allow the players to find their shooting range on their own. For the players who have scored at least 1 goal, encourage them to shoot from further away.

The Cats in the Hat vs Things 1 & 2:



Organization: In a 15Wx20L grid, select 2 players to start as Thing 1 & 2; they do not need a soccer ball & can only hop around the field. The rest of the players start at 1 end line, all with a ball. They are Cats in Hats. The Cats try to dribble their soccer ball from 1 end of the field to the other without getting tagged by Things 1 or 2. (Play for 8 min - 8 intervals of 30 sec with 30 sec between intervals)

Rules: Players begin dribbling as soon as the coach says "Let's Have Fun!" and they stop once at the other side. The coach repeats the command. If a Cat gets tagged, they become a Thing also (or can switch roles with Things).

Key Words: Faster with longer touches, slower with shorter touches

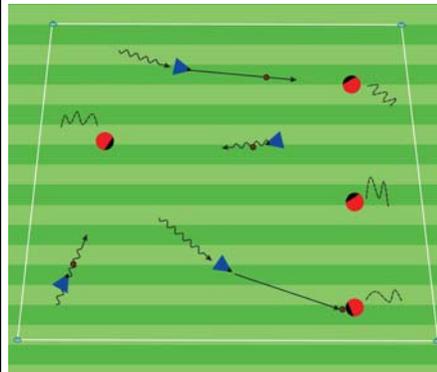
Guided Question: Why should the players use big touches to dribble?

When should the players use softer touches?

Answers: You can build up and maintain speed if the can get the ball further away from their body.

Use softer touches when you want to stop the ball or to change direction.

Tiggers vs Rabbits (Winnie the Pooh):



Organization: In a 15Wx20L grid, Tiggers start without a soccer ball & can only hop/skip to avoid getting hit. The Rabbits start with a ball, can dribble & try to pass their ball to hit the Tiggers below their knees. (Play for 8 min - 8 intervals of 45 sec with 15 sec between intervals)

Rules: Players begin dribbling as soon as the first Tigger makes one hop. Rabbits get 10,000 pts for every Tigger they can hit. Each round, switch who are the Rabbits and who are the Tiggers.

Key Words: Kick the ball toward your teammate

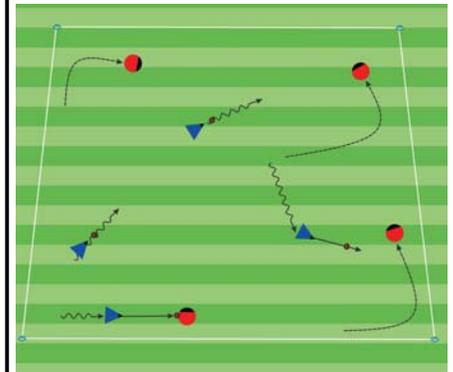
Guided Question: Why should you get close to the Tiggers before you try to hit them?

What part of your foot should you use when trying to hit the Tiggers?

Answers: It makes it easier to hit the Tiggers if you are closer to them.

Point your toe to the side and kick through the middle of the ball with the inside of your foot.

Good Minions vs Evil Minions:



Organization: In a 15Wx20L grid, 2 teams-1 team of Good Minions; without a soccer ball & 1 team of Evil Minions; with soccer balls. Evil Minions try to dribble the soccer ball and zap the Good Minions by hitting them below the knee with the ball. Good Minions try not to get hit. (Play for 8 min - 8 intervals of 45 sec with 15 sec between intervals)

Rules: Players begin as soon as the first Evil Minion starts to dribble. If an Evil Minion hits a Good Minion, the Evil becomes good and the good becomes Evil. The new Evil Minion gets a soccer ball. Who are the Good Minions at the end of the interval?

Key Words: Accuracy (Aim), Pace (Speed) & Weight (Strength)

Guided Question: Was there lots of movement from all the players?

How can you get more power in your kick?

Answers: Try using more Evil Minions to force the Good Minions to move more.

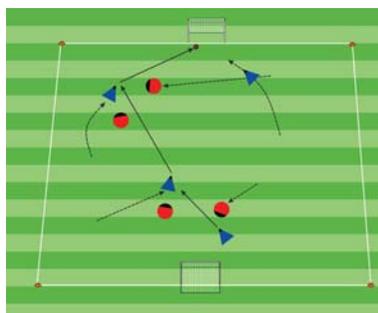
When striking the ball far, give a big swing with the kicking leg and follow through the ball.

PLAY - LET THEM PLAY

Up to 4v4 Games: Team with the ball attempts to dribble past opponents and score.

Organization: In a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)

Rules: Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.



Key Words: Shoot, Score

Guided Question: How do you determine the success of your session?

How can you get the players to shoot with different surfaces of the foot?

Answers: Look at the player's faces. If they are smiling, the session is successful.

Challenge the players to shoot with different surfaces of the foot (including the toe). Who can score with the most different surfaces?