



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the techniques of dribbling & passing

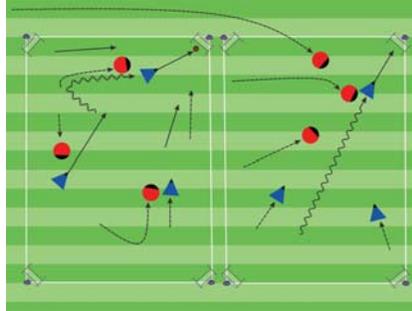
Key Qualities Read & understand the game

Age Group 6-U

Team Tactical Principles Pass or Dribble Forward

PLAY SMALL SIDED GAMES

Objective: Team with the ball attempts to score.
Organization: Set up two 15Wx20L fields with a small goal in every corner (cones can be used for goals if needed). When 2 players arrive, start playing a game. Add players to the games as they arrive. Once 1 field is at 3v3, start the second game. (Play one 8 min game or multiple 2-3 minute games)
Game Starts: The ball is given to the first player with their pinny on to start the game.
Rules: Teams can score in either of the opponent's goals. Local rules apply.



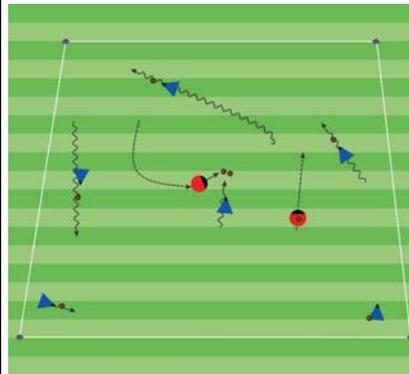
Key Words: Fake to one goal, score in the other
Guided Questions: What is a good way to check for understanding?
 What can you do if teams are struggling to score goals?
Answers: Ask the players what goal(s) they are scoring in.
 Add a second ball to the game. Remember, keeping the players engaged might force you to think outside of the "normal" game.

Moving Goal:



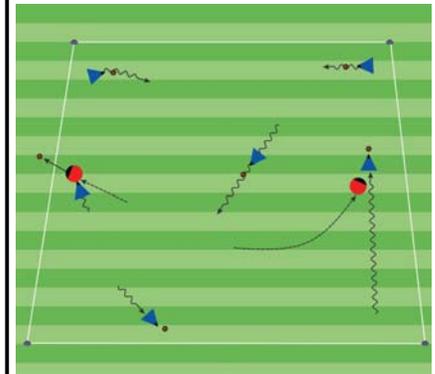
Organization: In a 15Wx20L grid, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving goal. Each player dribbles their soccer ball. The dribblers try to dribble or pass their ball through the moving goal. Count the number of goals each can score in 1 minute. (Play for 8 min - 6 intervals of 1 min with 20 sec rest between intervals).
Rules: Play begins as soon as the moving goal starts moving. Players must stay within the grid. Coach can award bonus points for dribbling with different surfaces of the foot.
Key Words: Move to the goal quickly. Watch out for other players doing the same.
Guided Questions: Did the players have a lot of chances to score goals?
What should you do if you see the goal is open?
Answers: The coaches can move closer to the players who are struggling to score or further away from the players who have scored more.
 If you see that the goal is near & open, point your toe down to push the ball in front of you so you can run to the goal.

Police Patrol:



Organization: In a 15Wx20L grid, select 2-3 players to start with their soccer ball in their hands (Police Patrol). The rest of the players dribble their soccer ball with their feet (like crazy drivers). The police patrol run around & try to ticket the crazy drivers by hitting the driver's ball with their ball (can only toss under hand). Police patrol count the number of tickets they can give in 1 minute. (Play for 8 min - 6 intervals of 1 min with 20 sec rest between intervals).
Rules: Play begins as soon as the coach says, "police are on patrol!". Players must stay within the grid. Coaches can start as the Police Patrol.
Key Words: Dribble fast away from the police patrol or put your body in the way to hide your ball (shielding).
Guided Questions: What should the crazy drivers do if their soccer ball gets away from them?
Guided Questions: Did the players have a lot of chances to score goals?
 How do you know where the police patrol is?
What should you do if you see the goal is open?
Answers: Use softer touches to keep the ball close. Dribble with your head up to see where the patrol is.

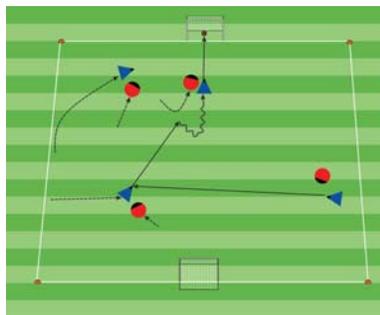
Crushing Monster Trucks:



Organization: In a 15Wx20L grid, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid & avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must get it & re-enter the game. Coach can ask them to complete a task before re-entering such as 5 toe taps. Count the number of smashed trucks at the end of an interval. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals).
Rules: Play begins as soon as the coach says, "let the crushing begin!". Players must stay within the grid.
Key Words: Turn away from the monster trucks and the sidelines.
Guided Questions: What can you do if the same player keeps getting his/her ball kicked out?
 What can you do if you see a monster truck coming to kick your ball away?
Answers: The coach can be a monster truck & encourage the player from staying away from the coach. You can also select that player to be a truck. Dribble with your head up to see where the patrol is. Use the inside or outside of your foot to move your ball out of the way of the Monster Trucks.

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 and score whenever you see an open goal.
Guided Questions: Who should determine whether to dribble, pass or shoot?
 What are successful practice indicators?
Answers: The players must be allowed to make their own decisions. Coaches can provide assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.