



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve the techniques of Shooting to score goals

**Key Qualities** Focus, Take Initiative

**Age Group** 8-U

**Team Tactical Principles** Shoot, Score goals, Support the attack

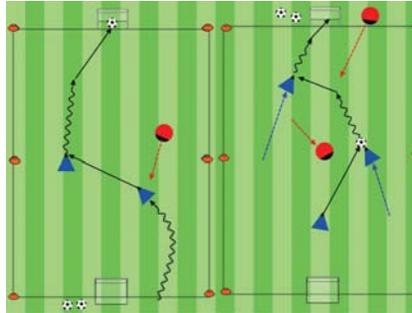
## PLAY - SMALL SIDED GAMES

**Objectives:** Play the game to score more goals than the other team.

**Organization:** 2-3 fields, 15W x 20L w/a goal at each end. As players arrive to the field play 2v1, 2v2, up to 3v3 games.

**Time:** 4 games of 2 mins, 30 sec rest, activity duration is 10 min.

**Rules:** Begin games & after a goal w/ a kick off. Out of bounds, pass or dribble the ball in. Give players some free play time w/ no coaching.

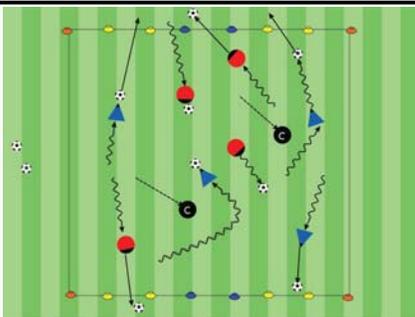


**Key Words:** Head up (look), find an opening (to the goal), shoot, move the ball forward closer to goal

**Guided Questions:** How can you tell which children are happy playing the game? How can you help them to be more comfortable?

**Answers:** Young children display happiness with smiles and laughter. Have players be on a team w/ friends or children they know.

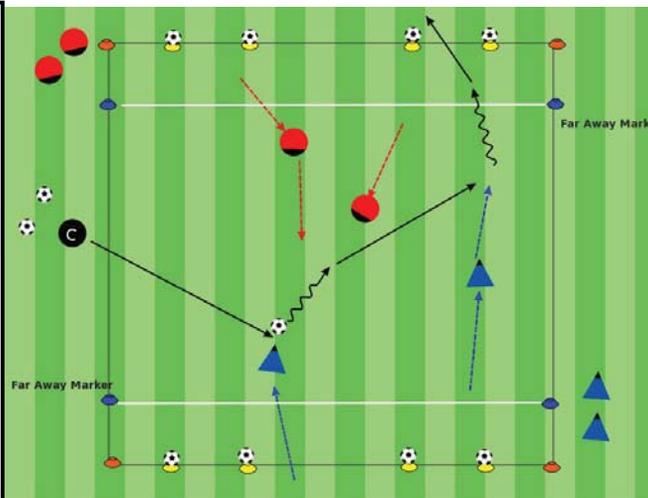
## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** 20Wx25Lyd grid w/6 goals on endlines. Coaches are defenders. Dribble & shoot to score in a goal at one end then go to the other end to shoot.

**Rules:** Each player w/ a ball. How many goals in 2min, beat score. Shoot w/favorite foot, non-favorite foot. Bonus pts for goals after beating a defender.



### More Challenging Activity

**Organization:** 20Wx25Lyd field with goals. Make 2 teams. Balls next to the goals. Play 3v3.

**Rules:** One team of 3 starts w/ the ball. Play to score in opponent's goal. After a goal the team that was scored on gets a new ball & plays right away. Play for 2 min before rotating players. Keep score.

**Activity Duration** 21 min

**# of Intervals** 7

**Time Active** 2 min

**Active Rest** 1 min

**Objective:** Play 2v2 to shoot to score goals.

**Organization:** In 20Wx25L yd grid w/4 cone goals on the endlines w/ a ball placed atop the 4 cones. A "far away marker" is placed 3-5yds up the sideline from the corners. (See diagram). Make 2 even teams on each endline. Coach has the balls at midfield.

**Rules:** Each team sends 2 players onto the field. Coach plays the ball to one team. Score by shooting into the cone goals. Bonus pts if you score from behind the "far away marker" or hit a ball off the cone. Play for 2 min before rotating players on the field.

**Key Words:** Look up, find an opening, go to goal, shoot

**Guided Questions:** What should you do if players just dribble up close to a goal to score? Why would a player dribble before shooting?

**Answers:** Encourage attempts to shoot from the "far away marker". To get into a clear opening or path to the goal, past defenders to shoot.

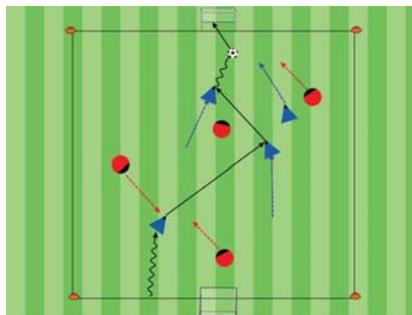
## PLAY - LET THEM PLAY

**Objective:** Each team is playing the game to score goals.

**Organization:** On a 25W x 35L field w/ a small goal at each end. Play 4v4.

**Time:** Game is for 30 min, 2 halves of 12 min with 3 min of rest after each half.

**Rules:** All modified 4v4 rules apply.



**Key Words:** Find an opening, get through, shoot to score

**Guided Questions:** How does a player know it is a good time to shoot? When should you praise a shot?

**Answers:** There is a clear path to the goal, or they are close to the opponent's goal. When the shot is on target or the shot is a goal.