



MASSACHUSETTS YOUTH SOCCER



GOAL Improve players ability to Defend quickly to go score goals

Key Qualities Focus, Understand the Game

Age Group 8-U

Team Tactical Principles Steal the ball, Protect the goal, Prevent Scoring

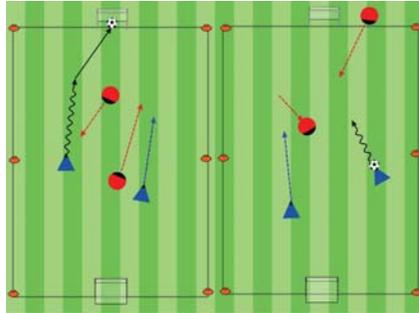
PLAY - SMALL SIDED GAMES

Objectives: Players will play the game. Players w/out the ball work to get the ball back from the other team and go score goals.

Organization: Create 2-3 fields that are 15W x 20L w/a goal at each end. As players get to the field start to play 2v2, 3v3, up to 4v4 games.

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

Rules: Start w/a kick off. Out of bounds, pass or dribble ball in. Allow players to have free play.

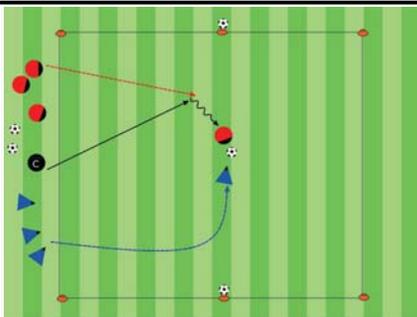


Key Words: Get the ball, go help (to get the ball), close the opening

Guided Questions: How can you tell players are participating? When should players try to get the ball back?

Answers: They are playing the game with very few distractions. Right after losing it.

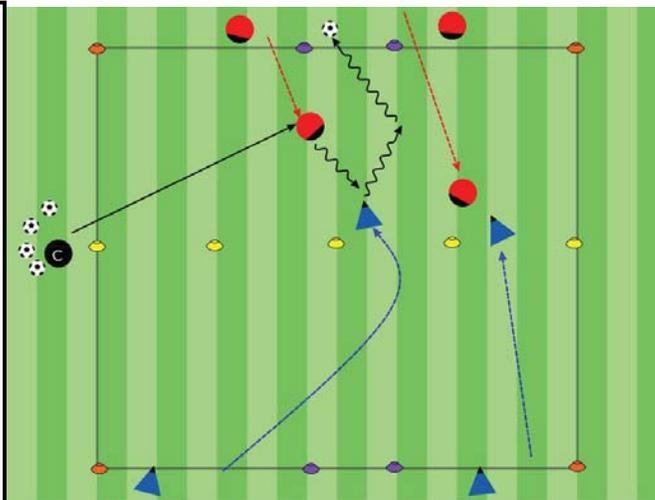
PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: 10Wx15L field w/ball on top on cone on the ends. Play 1v1 to score by knocking ball off the opponents cone.

Rules: Players at midfield. Coach plays ball out onto field, one player from each team enters the field. Bonus pts for scoring right after stealing the ball from the opponent.

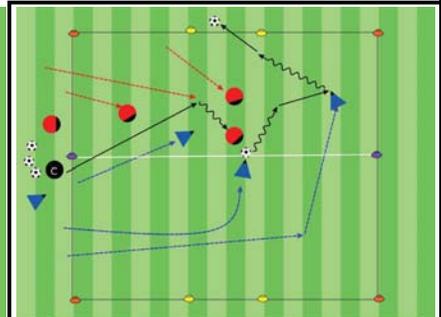


Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

Organization: Same field as core activity w/ 2 small goals. Play 3v3.

Rules: Coach plays ball out onto field, 3 players from each team enters field. Bonus pts for scoring right after taking the ball from the opponent. More bonus pts if done in the attacking half.

Objective: Players will play a game. They must defend, take the ball from the opponents, and try to score.

Organization: Make a 15W x 20L field w/a small cone goal on each endline & a midfield line. Players in 2 equal teams next to each goal. Play 2v2. Score by dribbling through the opponents goal.

Rules: Coach has the balls. 2 players from each team step onto the field. Coach plays a ball onto the field to one of the teams. Play to score. Bonus pts for scoring a goal immediately after stealing the ball from the other team. Extra bonus if done in the attacking half of the field. Play until out of bounds, a goal, or 1 minute has passed.

Key Words: Go to (the player with) the ball, Pressure, take the ball (tackle it), go help (your teammate) to get the ball, stay close (to teammates) to close the opening or attacking space, defend the goal

Guided Questions: What can you do if the defenders are just kicking the ball away from the attackers? How can you instruct the player closest to the ball to pressure & win the ball back?

Answers: Ask them, "If you just kick the ball away instead of stealing it, who gets the ball back?" Answer should be, "the other team". Show them how to go pressure the player w/the ball, (block or poke) tackle the ball to get it, so now they can go and score.

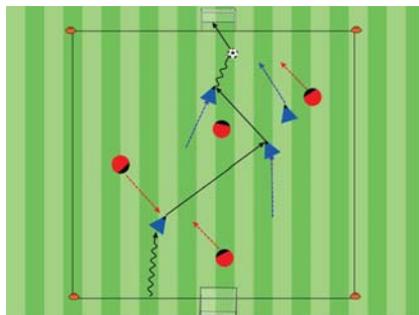
PLAY - LET THEM PLAY

Objective: Play the game with emphasis on taking the ball back from opponents immediately after losing possession to get forward and score goals.

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

Time: The game is 30 min, with 2 intervals of 12 min with 3 min of rest per interval.

Rules: All 8U modified 4v4 rules apply.



Key Words: Pressure the ball, take or win the ball back, go help (get the ball), close the opening space to protect the goal (to prevent scoring)

Guided Questions: What shows you players understood the training session? How can you tell if players enjoy playing the game?

Answers: Players are trying to win the ball back from opponents right after losing it. They want to keep playing the game, they want to get on the field and play.