MASSACHUSETTS YOUTH SOCCER

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Age Group	U8	Торіс	Dribbling		
What: Dribbl Where: Attac When: In po	ing players in posses ling, Running with th cking half of the field ossession of the ball oble past an opponen	ie ball I with space to at	•		
Play The Ga	ame		Duration 15 min	<u>***</u>	
playing a small	nree 15W x 20L fields with sided 1v1, 2v1, or 2v2 ga p practice fill each field wit	ne, up to a 3v3 gam	e per field. As		
Coaching Poi	ints Activity Time 15 mir	n Rest 0	Intervals 1		
Is it reality-base Is there repetition Is it challenging	rganized? Balls, Cones, Sc ed (is it soccer)? Are playe on? Are players consistent ? Are players engaged, fri g? Positive reinforcement I	rs making soccer dee ly trying to dribble ustrated, or bored	cisions	Copyright www.academysoccercoach.co.uk 2017	
	mat a c		Practice 6 Sur	faces - Dribbling Gates Duration 20 min	
Defender			In 15Wx20L yd grid, players have a ball. Players try to use 6 surfaces of their foot in a fluid motion and in order: Outside of the foot (pinky toe), Inside of the foot (big toe,) laces, bottom (sole), toe, and heel, switch feet. Have players talk to their feet. "Outside, Inside, Laces, Bottom, Toe, Heel!". Players then play to dribble through the gates. 1)How many in 1min. 2) Up & back. 3) Add defenders		
	Defender	Academysoccercoach.co.uk.2013	Key Questions: there's a defende Answers: Dribbli	ts Activity Time 1 min Rest 1 min Intervals 10 How can you get the ball through the gates quickly? When r in your way how do you dribble past them? ng, running fast w/the ball, using long & short touches, eep the ball close, using short touches, moves and fakes to efender.	
Play 4v	4 Game		Duration 25 min		
In a 25W x 35L 4v4 game. Make rest periods. Coaching Poi Key Questions why would you Answers: The	field with a small goal at e two equal teams, and m ints Activity Time 10 min s: What are some visual co try to dribble past a defer re's space in front of you. le past a defender when y	each end, play a scri anage substitutions, n Rest 2:30min ues for when to dribt der? When there's space	mmage up to a water breaks and Intervals 2 ble? When and beyond a		
shoot.			,		

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Age Group	U8	Торіс	Passing
What: Passir Where: In th When: In pos	ing players with the bang and Receiving, Drib ne central and flank are ssession of the ball s the ball by defenders	bling eas of the fiel	
Play The G	Game		Duration 15 min
playing a small s	nree 15W x 20L fields with a sided 1v1, 2v1, or 2v2 game practice fill each field with	e, up to a 3v3 gai	ame per field. As
Coaching Poi	ints Activity Time 15 min	Rest 0	Intervals 1
 Is it reality- Is there rep Is it challen Is there coa 	ity organized? Field space -based? Does it look like so petition? Are players consis aging? Are players engaged aching? Positive reinforcem are successful, and for succ	occer, are players stently trying to p I, frustrated or bo nent when players	rs making decisions pass to a teammate pored rs try to pass to
7	<u>k</u>	-9	Practice Pairs Passing Duration 24 min
		···· · * * * * * * * *	In a 15Wx20L yd grid, players are in pairs w/a ball. Players start between 5 and 10 yds apart. On coach's command players will pass the ball back and forth as many times as they can. After making a pass, players must move into a new space on the field. Variations: 1. How many passes in 1 min, beat your score 2. How many w/your non-favorite foot, 3. Add defender(s), repeat #1 & 2.
	Defender		Coaching Points Activity Time 1 min Rest 30 secs Intervals 4
	Copydgbt.wow.ac	ademysoccercoach co.uk.2019	Key Questions: What surface of your foot do you use to make a short pass, a long pass? What's a good way to receive a pass? Answers: Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.
Play 4v4 (Game		Duration 25 min
In a 25W x 35L	field with a small goal at ea e two equal teams, and mar		
Coaching Poi	ints Activity Time 10 min	Rest 2:30m	nin Intervals 2
Key Questions pass to a teamn	s: What are some visual cue nate?	es for when to pas	ass? Why would you

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Answers: When you see a teammate that is past a defender. Pass to a teammate when they have space to dribble and are closer to the goal and can shoot.



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Age Group	U8	Topic	Shooting				
Who: Attacking players with the ball What: Shooting, Dribbling, Running with the ball Where: In the flank areas or centrally close to the goal When: In possession of the ball with time and/or space to shoot Why: To dribble past an opponent and create scoring opportunities							
Play The Ga	me		Duration 15 min		• <u> </u>		
playing a small sid	e 15W x 20L fields with a led 1v1, 2v1, or 2v2 gam ractice fill each field with	ie, up to a 3v3 gar	ne per field. As				
	ts Activity Time 15 min	Rest 0	Intervals 1	A come of			
 Is it reality-ba Is there repet Is it challengi Is there coact 	r organized? Field space ased? Does it look like s tition? Are players consi ing? Are players engage hing? Positive reinforcen shooting and scoring on g	occer, are players stently trying to sh d, frustrated or bo nent when players	making decisions noot red	***	© Copyright www.academysoccercoach.co.uk 2017		
<u></u>	- & &	7	Practice Sho	ootout	Duration 24 min		
	No. 1		yds up the sideline f cones (score). Vari go to the other end	rom the corners . Players play ations: 1. Groups of 3 try to line, repeat until all balls are ki	s on the end lines w/markers placed 5 and shoot to knock the balls off the score the most goals, one end line then nocked off, 2. A goal from past the players to get around, 4. Play 3v3.		
	Copyright www.a	eademysoccercoach.co.uk 2017	Key Questions: your foot do you Answers:Put you bent, head down, strike center of th	use to shoot when you are our ir non-shooting foot beside lean a little over the ball, lo e ball. Use the inside of you	Rest 30 secs Intervals 4 what should you do? What part of close to the goal, farther away? ball pointing to the target, knees ock ankle of kicking foot, toe down, in foot to shoot, toe up, when her away use the laces, toe down.		
Play 4v4 Ga	me		Duration 25 min	e	e		
In a 25W x 35L fie	eld with a small goal at ea wo equal teams, and ma				R R C		
Coaching Point	ts Activity Time 10 min	Rest 2:30mi	Intervals 2		V XA		
would you try to d Answers: Shoot	What are some visual cu lribble past a defender an when you're in front of t close to the goal. Dribble can shoot.	nd shoot? he goal all alone w	vith the ball or you		Copyright www.academysoccercoach.co.uk 2017		

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Age Grou	U 8	Торіс	Dribbling			
Who: Attacking players in possession What: Dribbling, Running with the ball, Shooting Where: Attacking half of the field When: In possession of the ball with space to attack beyond the defender Why: To dribble past an opponent and create scoring opportunities						
	ne Game		Duration 15 min			
playing a sm players arrive play.	o three 15W x 20L fields with all sided 1v1, 2v1, or 2v2 gar e to practice fill each field wit	ne, up to a 3v3 gam h a game. Allow pla	ne per field. As			
Coaching I	Points Activity Time 15 min	n Rest 0	Intervals 1			
2. Is it reali 3. Is there 4. Is it chal	tivity organized? Field space (ty-based? Does it look like space (repetition? Are players consistent of the players consistent of the players engage (coaching? Positive reinforce)	soccer, are players i sistently trying to dri ed, frustrated or bor	making decisions ribble by defenders red			
		A &	Practice 4 Goal Game Duration 20 min			
	Contraction of the second		In a 15Wx20L yd grid w/2 cone goals on each end line. Each team starts next to the coach on the sideline. Coach plays ball onto the field. Play 1v1. The player who wins the ball dribbles and tries to score in one of the opponent's goals. The defender tries to steal it and score in the other goals. Shooting goal = 1pt, Dribbling goal = 10pts. Variations : Play 2v1, 2v2, 3v3.			
	© Copyright www	Academysoccercoach.co.uk 2017	Coaching Points Activity Time 30 secs Rest 30 secs Intervals 5 Key Questions: How can you dribble fast when there is space in front of you? When there's a defender near you how do you dribble past them? Answers: Dribbling, running fast w/the ball, using long & short touches, looking around. Keep the ball close, using short touches, moves and fakes to dribble past the defender.			
Play			Duration 25 min			
In a 25W x 3 4v4 game. M rest periods.	4v4 Game 5L field with a small goal at e ake two equal teams, and ma	each end, play a scr anage substitutions,	rimmage up to a s, water breaks and			
Key Questie defender? W Answers: [Points Activity Time 10 min ons: What are some visual cu hen and why would you try to pribble past the defender if he lefender. Dribble past a defer ot.	ues for when to drib o dribble past a defe e is too close to you	bble past a fender? u and there's space			

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Age Group	Topic Passing and Receiving					
Who: Attacking players in posses What: Passing, Receiving, Dribbli Where: In the central and flank a When: In possession of the ball Why: To pass the ball beyond opp	ing					
Play The Game	Duration 15 min					
Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play. Coaching Points Activity Time 15 min Rest 0 Intervals 1 Is the activity organized? Balls, Cones, Players, Scrimmage Vests, Goals Is it reality-based (is it soccer)? Are they making decisions? Is there repetition? Are players consistently trying to pass to a teammate Is it challenging? Are players engaged, frustrated or bored Is there coaching? Positive reinforcement of passing and receiving, and moving in to a new space						
	Practice 4 Corner Passing Duration 24 min In 15Wx20L yard grid, create 4 5x5 boxes in each corner. Players get in pairs. Players pass to their partner and try to receive the ball in all 4 boxes to score points. Variations:1. Start w/all balls in the center of the field. Pairs race to get & pass balls into the corners, 2. Pairs w/a ball work to score in as many boxes as they can in 1min, beat your score, 3. Split pairs into 2 teams, add totals after 1min, 4. Add defender(s). Coaching Points Activity Time 1 min Rest 30 secs Intervals 4 Key Questions: What surface of your foot do you use to make a short pass, a long pass? What's a good way to receive a pass? Answers: Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.					

Play 4v4 Game	Duration	25 min
In a 25W x 35L field with a small goal at each end, play a sc 4v4 game. Make two equal teams, and manage substitutions rest periods.		
Coaching Points Activity Time 10 Rest 2.30 m	Interva	als 2
Key Questions: What are some visual cues for when to pass to a teammate? Answers: When you see a teammate that is past a defended teammate when they have space to dribble and are closer to shoot.	, er. Pass to a	,

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Age Group U8 Topic	Shooting - Striking the Ball
Who: Attacking players with the ball What: Shooting, Dribbling, Running with the l Where: In the flank areas or centrally close to When: In possession of the ball with time and Why: To dribble past an opponent and create	o the goal I/or space to shoot
Play The Game Set up two to three 15W x 20L fields with a goal at each of playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 players arrive to practice fill each field with a game. Allow	game per field. As
Coaching Points Activity Time 15 min Rest 0 1. Is the activity organized? Field space, cones, pinnie 2. Is it reality-based? Does it look like soccer, are player 3. Is there repetition? Are players consistently trying to 4. Is it challenging? Are players engaged, frustrated or 5. Is there coaching? Positive reinforcement when play are successful at shooting and scoring on goal	Intervals 1 es, goals, players ers making decisions o shoot to goal bored
	PracticeShooting GalleryDuration24 minIn a 20Wx30L field with 2 goals on each endline. Make two equal teams on either side of the coach. Coach plays a ball on the field and a player from each team enters the field. After a goal, a shot, or out of bounds next players enter the field of play.Variations: 1) Play 1v1, 2v2. 2) A goal from past the marker is worth 10pts. 3) Play 3v3. 4) Continuous play for 1 min before new group enters field.
© Copyright www.academysoccercoach.co.uk	Coaching Points Activity Time 30 secs Rest 30 secs Intervals 6 Key Questions: When you're ready to shoot what should you do? What part of your foot do you use to shoot when you are close to the goal, farther away? Answers: Put your non-shooting foot beside ball pointing to the target, knees bent, head down, lean a little over the ball, lock ankle of kicking foot, toe down, strike center of the ball. Use the inside of your foot to shoot, toe up, when you are close to the goal. When you are farther away use the laces, toe down.
Play 4v4 Game In a 25W x 35L field with a small goal at each end, play a 4v4 game. Make two equal teams, and manage substitutives the periods. Coaching Points Activity Time 10 min Rest 2:30 Key Questions: What are some visual cues for when to would you try to dribble past a defender and shoot? Answers: Shoot when you're in front of the goal all alon dribble to a space close to the goal. Dribble past a defender and shoot.	ons, water breaks and Dmin Intervals 2 shoot? When and why he with the ball or you

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Age Group	Topic Dribbling to Beat an Opponent			
Who: Attacking players with the ball What: Dribbling, Running with the ball, Shooting Where: In the flank areas or centrally When: In possession of the ball with space to attack beyond the defender Why: To dribble past an opponent and create scoring opportunities				
Play The Game Set up two to three 15W x 20L fields with playing a small sided 1v1, 2v1, or 2v2 ga players arrive to practice fill each field wi play.	e, up to a 3v3 game per field. As			
Coaching Points Activity Time 15 min 1. Is the activity organized? Field spa 2. Is it reality-based? Does it look like 3. Is there repetition? Are players con 4. Is it challenging? Are players engag 5. Is there coaching? Positive reinforce defenders	occer, are players making decisions stently trying to dribble by defenders d, frustrated or bored			



Practice	End Zone Dribble		Duration	20 min
In a 15W x 20L field,	a 5 yard end zone at eac	ch end. Players	have a ball	at one
end zone. Players(Att	ackers) dribble their ball	into other end	zone. Defer	nders try
to steal the ball. If de	fender steals the ball the	ey become an a	ttacker. Pha	ase 1: 1
defender, 5 min, Phase 2: 2 defenders, 5 min, Phase 3: 3 defenders, Phase 4: 4.				
Coaching Points /	Activity Time 30 secs	Rest 30 secs	Interv	als 5
Key Questions: How can you get the ball into the end zone? When there's only one defender how do you dribble past them?				
Answers: Dribbling,	running fast w/the ball, u the ball close, using sho			

Play 4v4 Game Duration 25 min In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods. Ave a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods. Coaching Points Activity Time 10 min Rest 2:30min Intervals 2 Key Questions: What are some visual cues for when to dribble past a defender? When and why would you try to dribble past a defender? Answers: Dribble past the defender if he is too close to you and there's space beyond the defender. Dribble past a defender when you are near the goal and you can shoot.



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Age Group	Passing and Receiving
Who: Attacking players with the ball What: Passing and Receiving, Dribbling Where: In the central and flank areas of the field When: In possession of the ball Why: To pass the ball by defenders and create sco	oring opportunities
Play The Game	Duration 15 min
Set up two to three 15W x 20L fields with a goal at each end. playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game players arrive to practice fill each field with a game. Allow play play.	e per field. As
Coaching Points Activity Time15 minRest01. Is the activity organized? Field space, cones, pinnies, go2. Is it reality-based? Does it look like soccer, are players m3. Is there repetition? Are players consistently trying to pas4. Is it challenging? Are players engaged, frustrated or bore5. Is there coaching? Positive reinforcement when players tteammates and for players receiving the pass	haking decisions so to a teammate
Defender	Practice Pairs Passing with Defenders Duration 20 min In 15Wx20L yd grid w/a goal on each end, players are in pairs w/a ball. Select a pair to be Defenders w/out a ball. Defenders try to steal ball from passers & put it in a goal. Passing pairs can steal the ball back from Defenders. If Defender puts the ball in a goal, passing pair become Defenders. Variations: 1. Coach as Defender, 2. # of passes = # of pts, 3. Pass & score in one goal, then the other. Coaching Points Activity Time 90 secs Rest 30 secs Intervals 10 Key Questions: What surface of your foot do you use to make a short pass, a long pass? What's a good way to receive a pass? Answers: Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.
	Duration 25 min
In a 25W x 35L field with a small goal at each end, play a scrir 4v4 game. Make two equal teams, and manage substitutions, rest periods. Coaching Points Activity Time 10 min Rest 2:30min Key Questions: What are some visual cues for when to pass pass to a teammate? Answers: When you see a teammate that is past a defender teammate when they have space to dribble and are closer to t shoot.	Intervals 2 ? Why would you . Pass to a

ASSACHUSETTS YOUTH SOCCER www.mayouthsoccer.org 🔰 @MAYouthSoccer 👩 @mayouthsoccer 🛛 Generation and a construction of the second Age Group U8 Topic Shooting off the Dribble Who: Attacking players with the ball What: Shooting, Dribbling, Running with the ball Where: In the flank areas or centrally close to the goal When: In possession of the ball with time and/or space to shoot Why: To dribble past an opponent and create scoring opportunities Duration 15 min Play The Game Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play. **Coaching Points** Activity Time 15 min Rest 0 min Intervals 1 **1. Is the activity organized?** Field space, cones, pinnies, goals, players 2. Is it reality-based? Does it look like soccer, are players making decisions 3. Is there repetition? Are players consistently trying to shoot off the dribble 4. Is it challenging? Are players engaged, frustrated or bored 5. Is there coaching? Positive reinforcement when players try to take shots and when they dribble past defenders and shoot at goal © Cop Duration 20 min Practice **4** Corner Shooting In a 15Wx20L yard grid, goals at each end, two teams, players from the same team are evenly placed by the field corners of the goal they are defending. Coach is at midfield with all the balls. Game starts when the coach serves the ball towards one team's corner. The first player at each corner comes onto the field, play 2v2. Players try to score on the opponents goal. Play ends on a goal, a shot, or out of bounds. Variations: 1. Increase to a 3v3, 2.Have one team start with the balls, 3.Continuous play until a team reaches 2 goals. **Coaching Points** Activity Time 90 secs Rest 30 secs Intervals 10 **Key Questions:** How can you get the ball closer to the goal to shoot? When vou're ready to shoot how should you dribble the ball? Answers: Dribbling, running fast w/the ball, using long & short touches, looking around. Dribble past the defender and touch the ball in the direction of the goal for your shooting foot. 25 min Play Duration 4v4 Game In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods. **Coaching Points** Activity Time 10 min Rest 2:30min 2 Intervals

Key Questions: What are some visual cues for when to shoot? When and why would you try to dribble past a defender and shoot?

Answers: Shoot when you're in front of the goal all alone with the ball or you dribble to a space close to the goal. Dribble past a defender when you are near the goal and you can shoot.



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Age Group	U8	Торіс	The 4v4 Festival		
What: Passi Where: In th When: In po	ing players in posses ng, Receiving, Dribbli ne attacking half of th ossession of the ball netrate the defense an	ng, Shooting e field	ng opportunities		
Play The	Game		Duration 15 min	<u>} </u>	• <u>*</u> *
playing a small players arrive to play.	hree 15W x 20L fields with sided 1v1, 2v1, or 2v2 gan o practice fill each field with ints Activity Time 15 min	ne, up to a 3v3 gar n a game. Allow pla	me per field. As		
Is the activity Is it reality-ba Is there repet Is it challengi	v organized? Balls, Cones, ased (is it soccer)? Are the tition? Are players consistent ing? Are players engaged, hing? Positive reinforceme	Players, Scrimmag ney making decision ently trying to pass frustrated or borec	Je Vests, Goals ns? to a teammate		© Copyright www.academysoccercoach.co.uk 2017
	,		Practice 4v4 Fe	stival	Duration 24 min
			(combine w/other group after each 3min game. Variations: 1. Everyou	s). Play 3min 4v4 games w ne on team must touch bal	te players into teams of 4 players each ith incentives. Rotate players & teams l before scoring, 2. A goal after # of goals, 4. Coolest goal = 1000pts.
_/`	Marine Marine		Coaching Points A	Activity Time 3 min	Rest 1 min Intervals 6
	* ** • Copyright www	3.3 academysoccercoach.co.uk 2017	long pass? What's a g Answers: Short pass the laces of the foot,	ood way to receive a pa	ot, toe pointing up. Long pass use eceive a pass use the inside of the
Play 4v4 Ga	me		Duration 25 min		
4v4 game. Mak rest periods.	field with a small goal at e e two equal teams, and ma	anage substitutions	, water breaks and		***
Key Question: Answers: Drib beyond the defi and they have s	ints Activity Time 10 s: What are some visual cubble past the defender if he ender. Pass when you see space to dribble and are clo front of the goal all alone val.	e is too close to you a teammate that is oser to the goal and	bble, pass, or shoot? and there's space past a defender d can shoot. Shoot		Copyright www.academysoccercoach.co.uk 2017