



MASSACHUSETTS YOUTH SOCCER

GOAL Defensive third build-up 1: Possession to pass/dribble forward **Key Qualities** Be Proactive and Take Initiative

Age Group 10-U **Team Tactical Principles** Pass or dribble forward when possible or hold the ball (Ball carrier)

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

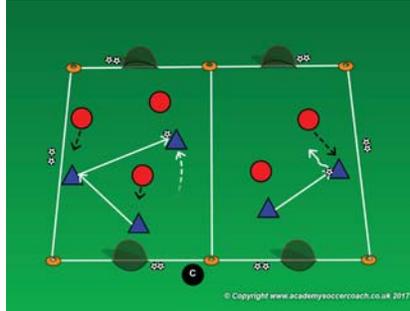
To score more goals than the opponent. To get players into a game as soon as they arrive.

Organization

Set up two or more 20Wx30L fields with a goal at each end. Play 1v1, 2v1, 2v3 up to 3v3.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Spread Out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling and Passing

Guided Questions:

What actions show that the players are engaged? Players are passing, dribbling, moving around playing the game.

Duration: 3 games of 2.5 minutes/30 sec. rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization: 4v0 Build Up: Half field with a regular goal and two small counter goals. The GK passes to any blue player. Everyone must touch the ball before scoring. Repeat to see how many goals can the blue team score in one minute.

Rules: All FIFA Laws apply.



Activity Duration	21 min	# of Intervals	3
Time Active	6 min	Active Rest	1 min



More Challenging Activity

Organization - 5v3 Build Up: In a half field with a regular goal and two small goals. The GK passes to a blue player and the red players enter the field. Blue scores in the small goals and Red in the regular goal.

Rules : All FIFA Laws apply

Objectives

To move the ball from the defending third into the midfield third in order to score goals.

Organization: 5v2 Build Up: In a half field with a regular goal and two small goals. The GK makes a pass to a blue player and the 2 Red players at the mid-line will enter the field. The blue team scores in either small goal and the red team scores in the regular goal.

Rules

All FIFA laws apply. After a goal the blue teams starts with the ball.

Coaching Points

- Spread out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, and Passing

Guided Questions

When should players try to play forward? -- When the players have space in front of them to dribble forward or when there are passing lanes to put the ball through to a teammate.

What do you do if players keep losing the ball? -- You stop the activity, recreate the situation and ask them what can they do better.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To move the ball from the defending third into the midfield third in order to score goals.

Organization

Make two equal teams based on the players you have in practice. If possible play 7v7. Organize them into the formations they will play on the weekend.

Rules

All FIFA rules apply.



Coaching Points

- Spread out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, Passing and Shooting

Guided Questions

Why do you praise positive outcomes? To encourage them to continue doing well. How can you tell if the session was successful? Players were able to play the ball forward.



MASSACHUSETTS YOUTH SOCCER

GOAL Defensive third build-up 2: Possession to pass/dribble forward **Key Qualities** Be Proactive and Take Initiative

Age Group 10-U **Team Tactical Principles** Pass or dribble forward when possible or hold the ball (Ball carrier)

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

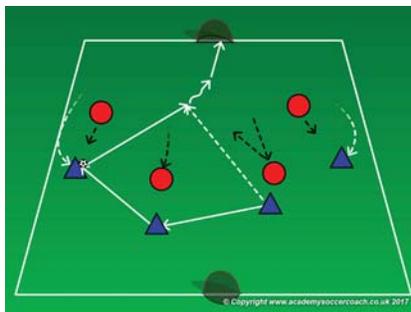
To get players playing as soon as they arrive. To score more goals than the opponent.

Organization

Set up two or more 20Wx30L fields with a goal at each end. Play 1v1, 2v1, 2v3 up to 4v4.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Spread Out
- Pass or dribble forward when possible or hold the ball.
- Receiving, Dribbling and Passing

Guided Questions

What tells you that the players are having fun in this activity? -- The players are moving, talking soccer with each other, engaged in the game.

Duration: 3 games of 2 minutes/1 minute rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

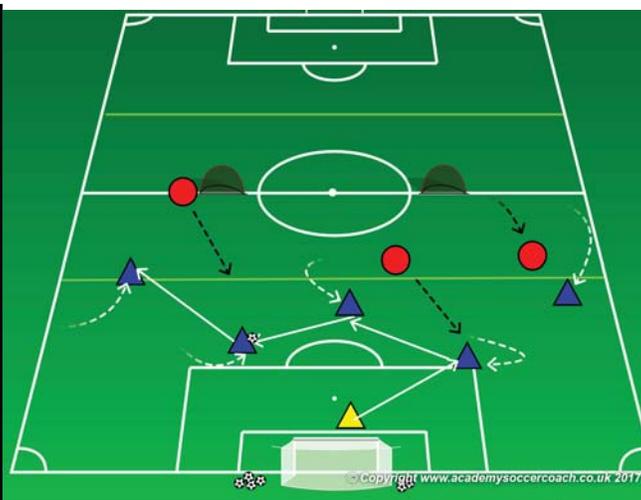
Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization: 6v2 Build up: In a half field with a regular goal and two small goals. The GK makes a pass to a blue player and the 2 red players enter the field. Blue scores in the small goals and Red in the regular goal.

Rules: All FIFA Laws apply.



Activity Duration	21 min	# of Intervals	3
Time Active	6 min	Active Rest	1 min



More Challenging Activity

Organization - 7v4 Build up: In a 3/4 field with a regular goal and two small goals. The GK or Def. makes a pass to a blue player and the red players enter the field. Blue scores in the small goals and Red in the regular goal.

Rules : All FIFA Laws apply.

Objectives:

To move the ball forward to create scoring chances while unbalancing and disorganizing the opponent.

Organization: 6v3 Build Up - In a half field with a regular goal and two small goals. The GK or Def. makes a pass to a blue player and the 3 Red players at the mid-line will enter the field. The blue team scores in either small goal and the red team scores in the regular goal.

Rules

All FIFA laws apply. After a goal the blue teams starts with the ball.

Coaching Points

- Spread out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling and Passing

Guided Questions

When is a good opportunity to dribble or pass forward? -- We dribble when we have space or one defender to beat and we pass when too many defenders are directly in front of us.

What can tell you if the activity is too easy or difficult? - Too easy, the players do not get challenged. Too difficult, no success.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To unbalance the opponent in order to get the ball from the defensive third to the midfield third and to try to create scoring opportunities.

Organization

Play a game based on the amount of players in attendance, make 2 equal teams. Organize them into the formations they will play on the weekend

Rules

All FIFA rules apply.



Coaching Points

- Spread out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, Passing and Shooting

Guided Questions

How do you know the players understood the training session? -- Players were passing and dribbling the ball to get it forward.

Duration: Two 13 minute halves/2 minute rest.



MASSACHUSETTS YOUTH SOCCER

GOAL Midfield third build-up 1: Possession to pass/dribble forward

Key Qualities Be Proactive and Take Initiative

Age Group 10-U

Team Tactical Principles Spread out, Pass or dribble forward when possible or hold the ball

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

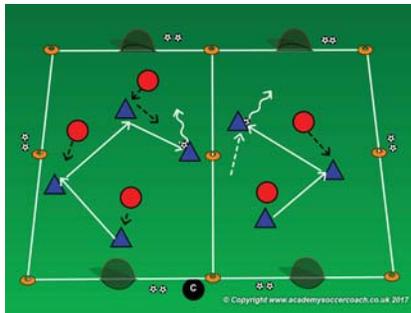
To score goals. Getting players in a game as soon as they get to training.

Organization

Set up two or more 20Wx30L fields with a goal at each end. Play 1v1, 2v1, 2v3 up to 4v4.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Spread Out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, Passing

Guided Questions

How are players challenging themselves in the activity? -- Players are trying to work together to get the ball forward and score.

Duration: 3 games of 2.5 minutes/30sec rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization - 3v2 and 2v2 Midfield Build up: Divide the middle into two 20Wx30L fields and play 3v2's or 2v2's. Play to score in the opponent's goal.

Rules: All FIFA Laws apply.



Activity Duration 21 min

of Intervals 3

Time Active 6 min

Active Rest 1 min



More Challenging Activity

Organization - 6v6 Midfield Build up: In a 3/4 field with a regular goal and two small goals. Blue team scores in the regular goal and the red team in either of the small goals.

Rules : All FIFA Laws apply.

Objectives

To unbalance and disorganize the opponent by creating passing and dribbling lanes through the midfield to create scoring opportunities.

Organization: 5v4 Midfield Build up: In the middle third (45Wx30L) with 2 small goals on each of the build-up lines. Play to score in either of the opponent's goals.

Rules

The blue team starts with the ball after a goal. All FIFA laws apply.

Coaching Points

- Spread out
- Pass or dribble forward when possible or hold the ball
- Occupy space and triangulate
- Receiving, Dribbling and Passing

Guided Questions

How are the players working together? -- The players are helping each other to create passing and dribbling lanes. They are trying to pass forward and also dribble forward.

When do you praise them? -- When the players are successful.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To unbalance and disorganize the opponent by creating passing and dribbling lanes through the midfield to create scoring opportunities.

Organization

With the players you have at practice make 2 teams. Play 7v7 if possible and organize them into the formations they will play on the weekend

Rules

All FIFA rules apply.



Coaching Points

- Spread out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, Passing and Shooting

Guided Questions

How can you tell if the players improve? The players were able to move the ball forward by passing and dribbling resulting in a few goals.

Duration: Two 12 minute halves/3 minute rest.



MASSACHUSETTS YOUTH SOCCER

GOAL Midfield third build-up 2: Possession to pass/dribble forward

Key Qualities Be Proactive and Take Initiative

Age Group 10-U

Team Tactical Principles Spread out, Pass or dribble forward when possible or hold the ball

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

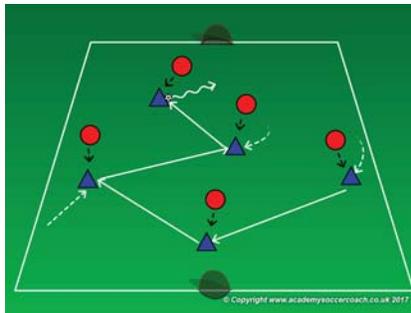
To get the players involved in a game as soon as they get to practice. To score goals.

Organization

Set up two or more 20Wx30L fields with a goal at each end. Play 2v2, 2v3, 3v3, 3v4 up to 5v5.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Spread Out - Create 2v1's
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling and Passing

Guided Questions

What are the players doing to score goals? The players are passing, dribbling forward to move the ball closer to the goal.

Duration: 3 games of 2 minutes/1minute rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?

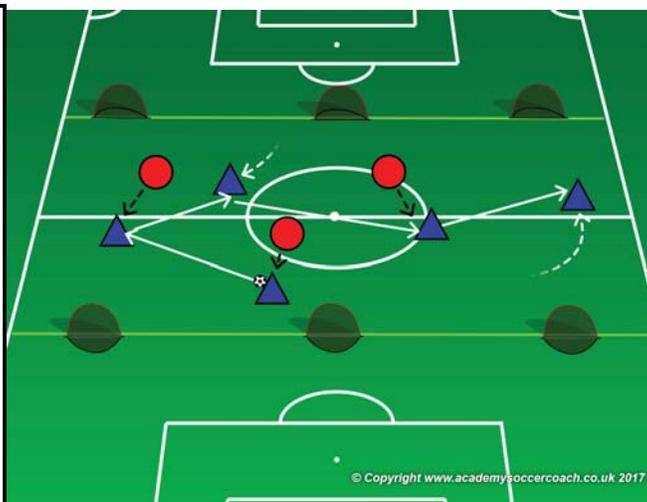


Less Challenging Activity

Organization - 3v3 Midfield Build up

Divide the middle into two 20Wx30L fields and play 3v3. Play to score in the opponent's goal.

Rules: All FIFA Laws apply.



Activity Duration 21 min

of Intervals 3

Time Active 6 min

Active Rest 1 min



More Challenging Activity

Organization - 5v4 Midfield Build up: In the middle third (45Wx30L) with 3 small goals on each of the build up lines. Play to score in either of the opponent's goals.

Rules : All FIFA Laws apply.

Objectives:

To play through the midfield to unbalance and disorganize the opponent and create goal scoring opportunities.

Organization - 5v3 Midfield Build up: In the middle third (45Wx30L) with 3 small goals on each of the build-up lines. Play to score in either of the opponent's goals.

Rules

All Rules apply but after a goal the blue team starts with the ball.

Coaching Points

- Spread out, Create 2v1's
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling and Passing

Guided Questions

What is a good indicator of repetitions? -- The amount of times that the players pass forward or dribble forward through the midfield. What tells you the players understand the training activity? -- The way players are passing and receiving the ball, dribbling, moving creating passing and dribbling lanes to go forward with the ball.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To play through the midfield to unbalance and disorganize the opponent and create goal scoring opportunities.

Organization

7v7 game with regular goals. Split the players into two equal teams. Play with the formations you will use on game day.

Rules

All FIFA rules apply.



Coaching Points

- Spread out, Create 2v1's
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, Passing and Shooting

Guided Questions

When do you praise a player during the game? When a player successfully dribbles forward, completes a forward pass or scores a goal.

Duration: Two 13 minute halves/2 minute rest.



MASSACHUSETTS YOUTH SOCCER

GOAL Midfield third build-up 3: Possession to pass/dribble forward

Key Qualities Be Proactive and Take Initiative

Age Group 10-U

Team Tactical Principles Spread out, Pass or dribble forward when possible or hold the ball

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

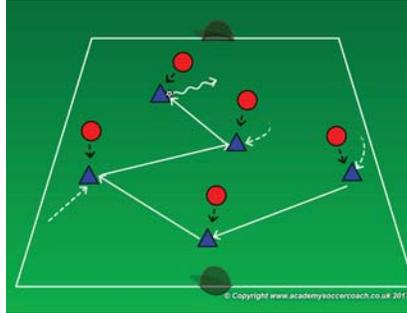
To score more goals than the opponent. To get players into a game as soon as they get to training.

Organization

Set up a 30Wx40L field with a goal at each end. Play 5v5.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Spread Out, Create 2v1's
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling and Passing

Guided Questions

What do you do if this game is not balanced? Change some players around to make it more competitive.

Duration: 3 games of 2.5minutes/ 30 sec. rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization - 5v3 Midfield Build up: In the middle third (45Wx30L) with three small goals on each of the build-up lines. Play to score in the opponent's goal.

Rules: All FIFA Laws apply.



Activity Duration 21 min

of Intervals 3

Time Active 6 min

Active Rest 1 min



More Challenging Activity

Organization - 6v6 Midfield Build up: In a 45Wx40L field with a regular goal placed at the top of each box. Play to score in the opponent's goal.

Rules : All FIFA Laws apply.

Objectives

To unbalance and disorganize the opponent in order to move the ball forward through the midfield to create goal scoring opportunities.

Organization - 5v4 Midfield Build up: In the middle third (45Wx30L) with 3 small goals on each of the build-up lines. Play to score in either of the opponent's goals.

Rules

All FIFA laws apply.

Coaching Points

- Spread out, Create 2v1's
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, Passing and Shooting

Guided Questions

What are the players doing to show possible transfer to the game? The players are engaged, moving and asking for the ball while passing through the midfield, dribbling forward and at times creating 2v1.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To unbalance and disorganize the opponent in order to move the ball forward through the midfield to create goal scoring opportunities.

Organization

Make two equal teams with the players in practice. If possible play 7v7. Organize them in the formations they will play on the weekend.

Rules

All FIFA rules apply.



Coaching Points

- Spread out
- Pass or dribble forward when possible or hold the ball
- Receiving, Dribbling, Passing and Shooting

Guided Questions

When should you provide information in the game? When a player fails to complete a pass or dribble forward. Do this by individual reference first.

Duration: Two 12 minute halves/3 minute rest



MASSACHUSETTS YOUTH SOCCER

GOAL Defending 1: Regain the ball, Deny chances, and Prevent goals **Key Qualities** Be Proactive and Take Initiative

Age Group 10-U **Team Tactical Principles** Make it compact, Keep it compact, Pressure the players with the ball

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

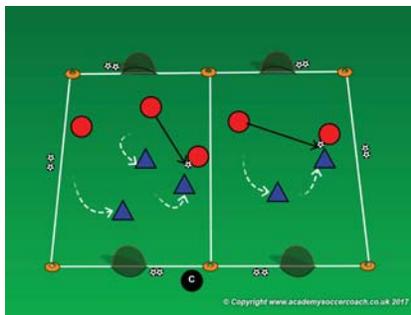
To prevent the opponent from playing forward or prevent goal scoring opportunities. Get the players into a game as they arrive to practice.

Organization

Set up two or more 15Wx20L fields with a goal at each end. Play 1v1, 2v1, 2v3 up to 3v3.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Pressure the player with the ball
- Make it compact
- Angle Speed and Distance of Approach, Footwork, and Body Shape

Guided Questions

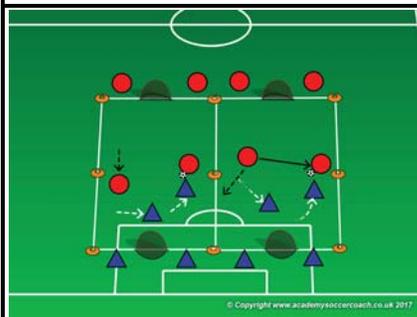
What are the players doing to prevent goals? The players are trying to press and delay the opponent by getting behind the ball.

Duration: 3 games of 2.5 minutes/30 sec. rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

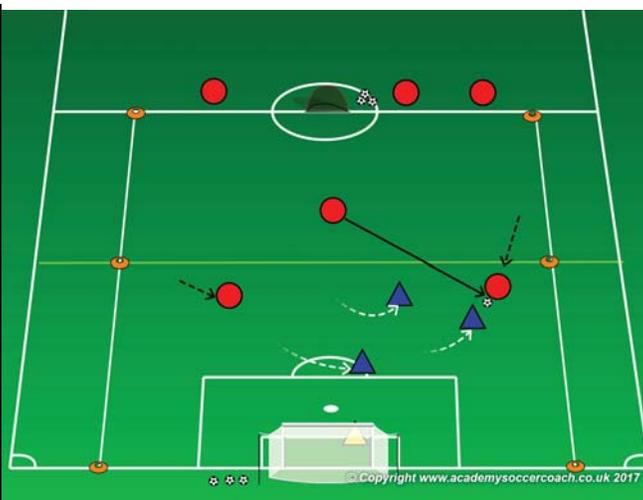
Does activity allow for Repetition? Coaching?



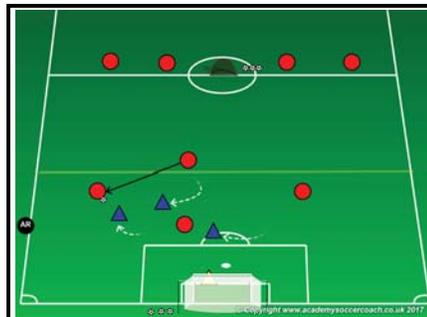
Less Challenging Activity

Organization - 2v2 Defending: Two grids of 15Wx20L grids with a small goal at each end. Defenders pass the ball to the Red team to start the game. Play to score in the opponent's small goal.

Rules: Red teams play for 2 balls or one goal.



Activity Duration	21 min	# of Intervals	3
Time Active	6 min	Active Rest	1 min



More Challenging Activity

Organization - 4v4 Defending: In a half field with a regular goal and a small goal on the midline. Play to score in the opponent's goal.

Rules: All FIFA Laws apply. The Red team gets two opportunities to score, then they switch with the stand-by team.

Objectives

To prevent the opponent from playing forward or deny penetration from dribble. Prevent goal scoring opportunities.

Organization - 4v3 Defending: In a 30Wx30L field with a regular goal and a small goal. Red scores in the regular goal, the blue team in the small goal.

Rules

All FIFA laws apply. The Red team gets two opportunities to score, then they switch with the stand-by team.

Coaching Points

- Pressure the Players with the ball, Make it compact, Keep it compact
- Angle Speed and Distance of Approach, Footwork, Body Shape, Eyes on the Ball, Head Still, Types of Tackle - Poke or Block

Guided Questions

How do you know if the players understand the topic? When we put them to play they are trying to prevent goals by pressing the opponent. How does the player know when he/she pressures the ball? Because he/she is the closest players to the ball.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To prevent the opponent from playing forward or deny penetration from dribble. Prevent goal scoring opportunities.

Organization

Play a game based on the amount of players in attendance, make 2 equal teams. Organize them into the formations they will play on the weekend

Rules

All FIFA rules apply.



Coaching Points

- Pressure the Players with the ball, Make and Keep it compact
- Angle Speed and Distance of Approach, Footwork, Body Shape, Eyes on the Ball, Head Still, Types of Tackle - Poke or Block

Guided Questions

In what ways did the players improve? -- They improve by recognizing when/how to pressure.

Duration: Two 12 minute halves/2 minute rest.



MASSACHUSETTS YOUTH SOCCER

GOAL Defending 1: Regain the ball, Deny chances, and Prevent goals **Key Qualities** Be Proactive and Take Initiative

Age Group 10-U **Team Tactical Principles** Make it compact, Keep it compact, Pressure the players with the ball

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

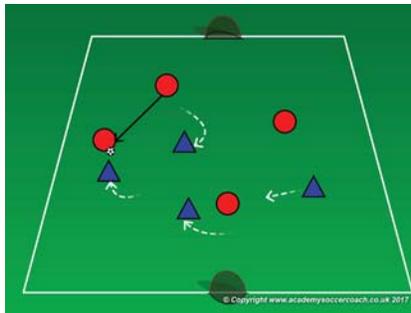
To deny and prevent any scoring chances and to regain the ball back in order to score goals. Get the players into a game as soon as they arrive.

Organization

Set up two or more 15Wx20L fields with a goal at each end. Play 1v1, 2v1, 2v3, 3v3 up to 4v4.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Pressure the player with the ball
- Make it compact, Keep it compact
- Angle, Speed and Distance of Approach, Footwork, Body Shape, Eyes on the Ball, Head Still, Tackling

Guided Questions

What tells you that the players are engaged? The players are working hard to regain the ball and preventing the opponent from scoring.

Duration: 3 games of 2.5minutes/30 sec. rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization - 3v3 Defending: Make two 15Wx20L grids with small goals at each end. Have the defenders serve the ball to the red team to start the game. Play to score in the small goals.

Rules: All FIFA Laws apply.



Activity Duration	21 min	# of Intervals	3
Time Active	6 min	Active Rest	1 min



More Challenging Activity

Title:

Organization - 5v5 Defending: In a half field with a regular goal and a small goal on the midline. Blue team scores in the small goal and the red team scores in the regular goal.

Rules : All FIFA Laws apply.

Objectives

To deny and prevent any scoring chances and to regain the ball back in order to score goals.

Organization - 4v5 Defending: In a 30Wx30L field with a regular goal and a small goal. Red scores in the regular goal, the blue team in the small goal.

Rules

All FIFA laws apply.

Coaching Points

- Pressure the players with the ball
- Make it compact, Keep it compact
- Angle, Speed and Distance of Approach, Footwork, Body Shape, Eyes on the Ball, Head Still, Types of Tackle - Poke or Block

Guided Questions

When is a good time to correct the defensive actions of the players? When a player is beaten by a dribbler or a group of players are beaten by a pass. We make the corrections by talking to the players or modeling the solution.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To prevent the opponent from playing forward or deny penetration from dribble. Regain the ball, deny chances and prevent goals.

Organization

With the players you have at practice make 2 teams. Play 7v7 if possible and organize them into the formations they will play on the weekend

Rules

All FIFA rules apply.



Coaching Points

- Pressure the Players with the ball
- Make it compact, Keep it compact
- Angle, Speed and Distance of Approach, Footwork, Body Shape, Eyes on the Ball, Head Still, Tackling

Guided Questions

What tells you that the players have understood the topic? -- They are pressing the ball, getting compacted and working together to regain it.

Duration: Two 13 minute halves/2 minute rest.



MASSACHUSETTS YOUTH SOCCER

GOAL Attacking third build-up 1: Possession to create scoring chances **Key Qualities** Be Proactive and Take Initiative

Age Group 10-U **Team Tactical Principles** Pass or dribble forward when possible or hold the ball, Create 2v1 or 1v1

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

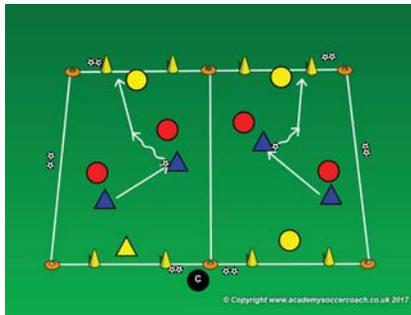
To create scoring chances to out score the opponent. Play a game as the players get to practice.

Organization

Set up two or more 20Wx30L fields with a goal at each end. Play 2v2, 2v3 up to 3v3.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Pass or dribble forward when possible or hold the ball, Spread out
- Create 2v1 and 1v1
- Receiving, Dribbling, Passing and Shooting

Guided Questions

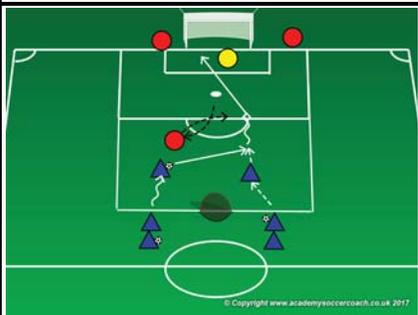
Why do we dribble and pass forward? To penetrate and create scoring chances.

Duration: 3 games of 2.5 minutes/30sec rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

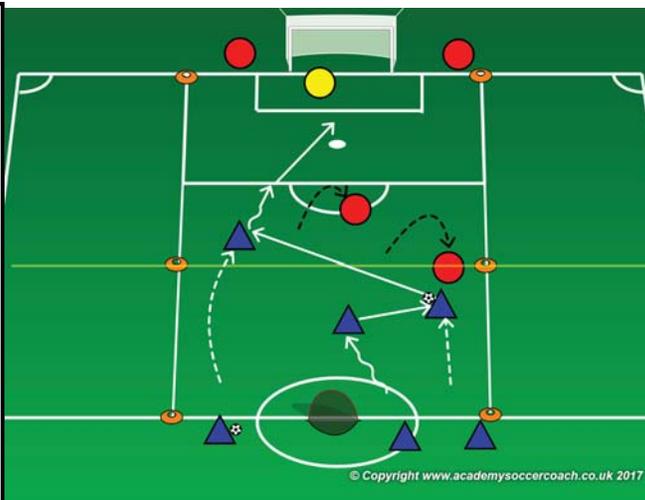
Does activity allow for Repetition? Coaching?



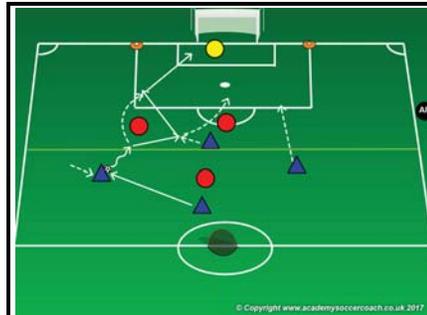
Less Challenging Activity

Organization - 2v2 Scoring: In a 24Wx24L grid play 2v2. The attacking player with the ball dribbles in or passes to his partner. The defender, starting at the PK point will try to regain the ball to score in the small goal.

Rules: Blue team gets two opportunities to score.



Activity Duration	24 min	# of Intervals	4
Time Active	4 min	Active Rest	2 min



More Challenging Activity

Organization - 4v4 Scoring: In a half field with a regular goal and a small goal. Defenders start from the PK point. Blue team scores in the regular goal and the red team in the small goal.

Rules : All FIFA Laws apply.

Objectives

To unbalance and disorganize the opponent in the attacking third in order to move the ball forward to create goal scoring opportunities.

Organization - 3v3 Scoring: In a 24Wx30L grid with a regular goal and small goal play 3v3. The attacking player with the ball dribbles in or passes to his partner to score in the regular goal. The defenders, starting from the PK point will try to regain the ball to score in the small goal.

Rules

The blue team gets two opportunities to score and switch.

Coaching Points

- Pass or dribble forward when possible or hold the ball, Spread out
- Create 2v1 and 1v1
- Receiving, Dribbling, Passing and Shooting

Guided Questions

When should the players play forward? -- The teammates have created a passing lane and can receive a pass, the dribbler has space to dribble forward or one defender to beat, or we can shoot at goal. What is influencing the topic in the session? -- The ability of the players to connect passes, to dribble forward and to shoot at goal.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To unbalance and disorganize the opponent in the attacking third in order to move the ball forward to create goal scoring opportunities.

Organization

7v7 game with regular goals. Split the players into two equal teams. Play with the formations you will use on game day.

Rules

All FIFA rules apply.



Coaching Points

- Pass or dribble forward when possible or hold the ball, Spread out, Create 2v1 and 1v1
- Receiving, Dribbling, Passing and Shooting

Guided Questions

How did the players feel after the game? Was it related to their performance? -- Ask this question to see how effective was the training session for the players.

Duration: Two 12 minute halves/3 minutes rest.



MASSACHUSETTS YOUTH SOCCER

GOAL Attacking third build-up 2: Possession to create scoring chances **Key Qualities** Be Proactive and Take Initiative

Age Group 10-U **Team Tactical Principles** Pass or dribble forward when possible or hold the ball, Create 2v1 or 1v1

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

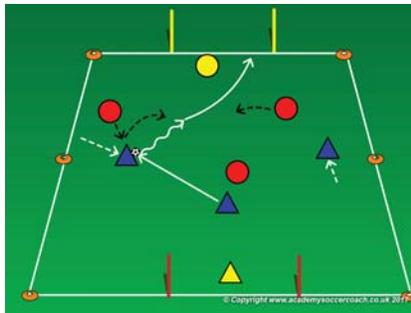
To play forward, create scoring chances and score goals. Get the players in a game as they get to training.

Organization

Set up two or more 20Wx30L fields with a goal at each end. Play 4v4 shooting game.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Pass or dribble forward when possible or hold the ball, Spread out
- Create 2v1 and 1v1
- Receiving, Dribbling, Passing and shooting

Guided Questions

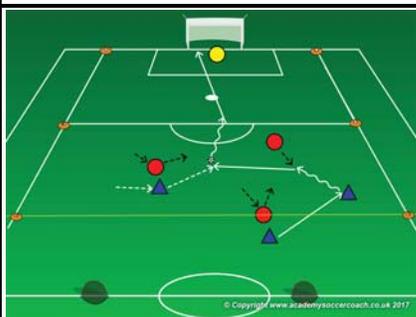
When should a player take a shot? When the player has a space (a shooting window) between defenders to release a shot.

Duration: 3 games of 2.5 minutes/30sec rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization - 3v4 Scoring: In a 24Wx30L grid with a regular goal and a two small goals. Blue team plays to score in the regular goal and the red team in either of the two small goals.

Rules: All Laws apply. When a goal is scored the blue teams starts with the ball



Activity Duration 24 min

of Intervals 4

Time Active 4 min

Active Rest 2 min



More Challenging Activity

Organization - 5v6 Scoring: In a 24Wx30L grid with a regular goal and a two small goals. Blue team plays to score in the regular goal and the red team in either of the two small goals.

Rules : All Laws apply. When a goal is scored the blue teams starts with the ball

Objectives

To unbalance and disorganize the opponent in order to move the ball forward through the attacking third to create goal scoring opportunities.

Organization - 4v5 Scoring: In a 24Wx30L grid with a regular goal and two small goals. Blue team plays to score in the regular goal and the red team in either of the two small goals. After a goal the Blue team starts with the ball from the midline.

Rules

All Laws apply. When a goals is scored the blue team starts with the ball.

Coaching Points

- Pass or dribble forward when possible or hold the ball, Spread out
- Create 2v1 and 1v1
- Receiving, Dribbling, Passing and Shooting

Guided Questions

What should you do if the activity is too easy or difficult? -- Too difficult - move to play 3v4 scoring -- Too easy, move to play 5v6 scoring.

What feedback can you give? -- We can tell players when to spread out, why to pass forward or backwards, how to recognize 1v1/2v1's.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To unbalance and disorganize the opponent in order to move the ball forward through the midfield to create goal scoring opportunities.

Organization

7v7 game with regular goals. Split the players into two equal teams. Play with the formations you will use on game day.

Rules

All FIFA rules apply.



Coaching Points

- Pass or dribble forward when possible or hold the ball, Spread out
- Create 2v1 and 1v1
- Receiving, Dribbling, Passing and Shooting

Guided Questions

How are the players working together to score goals? -- They are passing, dribbling, opening lanes and taking a shot to score.

Duration: Two 10 minute halves/3 minutes rest.



MASSACHUSETTS YOUTH SOCCER

GOAL Attacking third build-up 3: Possession to create scoring chances **Key Qualities** Be Proactive and Take Initiative

Age Group 10-U **Team Tactical Principles** Pass or dribble forward when possible or hold the ball, Create 2v1 or 1v1

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives

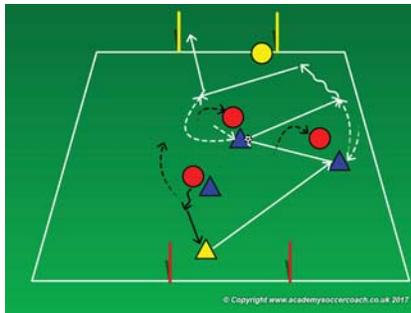
To score goals from low crosses. To move the ball forward to create scoring chances. Players arrive and get into a game.

Organization

Set up two or more 20Wx30L fields with a goal at each end. Play 4v4 shooting game.

Rules

Out of bounds: Pass or dribble the ball in.



Coaching Points

- Pass or dribble forward when possible or hold the ball, Create 2v1 and 1v1
- Receiving, Dribbling, Passing, Shooting and Crossing

Guided Questions

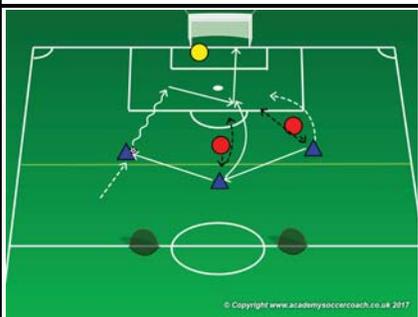
How do you know the players are enjoying the game? The players are engaged, they are competing and they are smiling.

Duration: 3 games of 2 minutes/1 minute rest.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

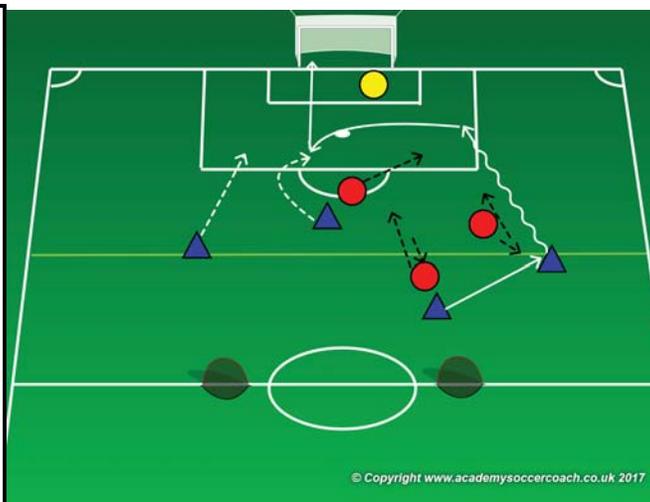
Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization - 3v3 Scoring: In a half field with a regular goal and 2 small goals on the sideline. Blue team scores in the regular goals and the red team scores in either of the 2 small goals.

Rules: All FIFA Laws apply. Blue team starts with the ball.



Activity Duration 24 min

of Intervals 4

Time Active 4 min

Active Rest 2 min



More Challenging Activity

Organization - 4v5 Scoring: In a half field with a regular goal and 2 small goals on the sideline. Blue team scores in the regular goal and the red teams scores in either of the two small goals.

Rules : All FIFA Laws apply. Blue team starts with the ball.

Objectives

To move the ball forward, and to create goal opportunities from wide areas with low ground crosses.

Organization - 4v4 Scoring: In a half field with a regular goal and two small goals on the sideline. Blue team scores in the regular goal and the red team in either of the two small goals.

Rules

All FIFA laws apply. Blue team starts with the ball after a goal.

Coaching Points

- Pass or dribble forward when possible or hold the ball
- Create 2v1 and 1v1, Get numbers into the box and play low crosses
- Crossing: Angle of approach, Head up to locate the target, Head down to strike the ball, Accuracy and Pace - Types of Crosses: Low on the ground, early and from the end line
- Receiving, Dribbling, Passing and Shooting

Guided Questions

When should players play wide? -- When defenders are compacted centrally and wingers are wide to receive the pass.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives

To move the ball forward, and to create goal opportunities from wide areas with low ground crosses.

Organization

Play a game based on the amount of players in attendance, make 2 equal teams. Organize them into the formations they will play on the weekend

Rules

All FIFA rules apply.



Coaching Points

- Pass or dribble forward when possible or hold the ball, Create 2v1 and 1v1, Get numbers into the box
- Receiving, Dribbling, Passing, Shooting and Crossing

Guided Questions

How are the players working together to score goals? -- By attacking down the flanks.

Duration: Two 11 minute halves/2 minutes rest.