



# MASSACHUSETTS YOUTH SOCCER

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**Play** Up To A 3v3 Games Duration

Set up two 15W x 20L fields with a goal at each end. When practice is scheduled to start and as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the field next to it.

**Coaching Points** Activity Time  Rest  Intervals

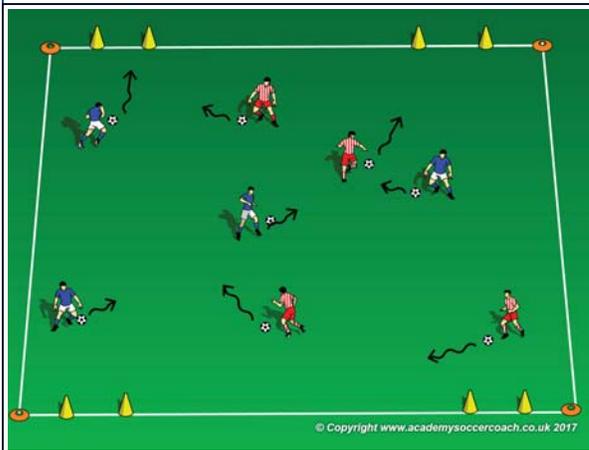
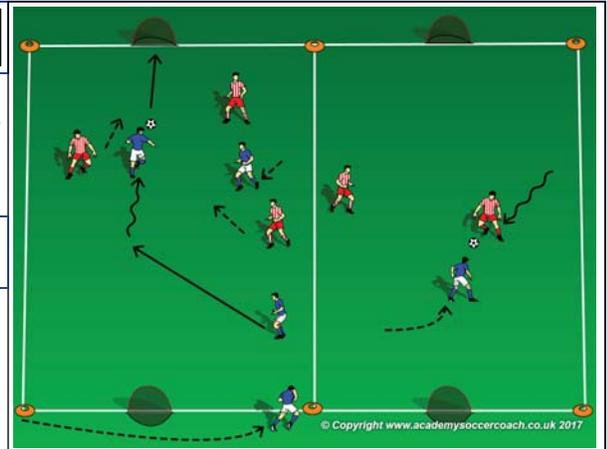
**Is the activity organized?** (cones, scrimmage vests, balls, players, goals)

**Is it reality-based?** (does it look like a soccer game?)

**Is there repetition?** (Focus on dribbling (session theme))

**Is it challenging?** (Players should be engaged not frustrated or bored)

**Is there coaching?** (Positive reinforcement of dribbling)



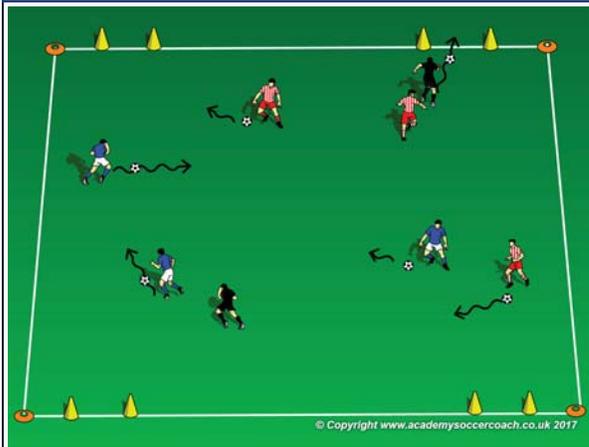
**Practice** 4 Surfaces - To the Drifting Continents Duration

In a 15W x 20L grid, 2 cone goals on each end line & each player with a soccer ball: The players dribble their soccer ball in a specific pattern: outside right foot (pinky toe)-inside right foot (big toe)-repeat with the left foot. On the coach's command (or whistle), the players will dribble their ball as fast as they can to any of the 4 goals and dribble through it.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** are the players keeping the ball close when using the inside or outside of the foot?

**Technical Tip:** use soft touches (baby touches) when using outside/inside



**Practice** Saber Tooth Squirrels (Scrat) Acorn Hunt Duration

In a 15W x 20L grid, 2 cone goals on each end line, select 2 players to be Scrats, all other players have a soccer ball: The players dribble their soccer ball (acorn) anywhere in the grid and avoid the Scrats. The Scrats try to steal their acorn and hide it in any of the 4 goals. The dribblers can try to steal their ball back and even steal it from the goal. Scrats get 1 point for every acorn they hide in a goal.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** are the players able to avoid the Scrats?

**Technical Tip:** keep your head up to find the Scrats. Dribble away from the Scrats with bigger touches on the ball.

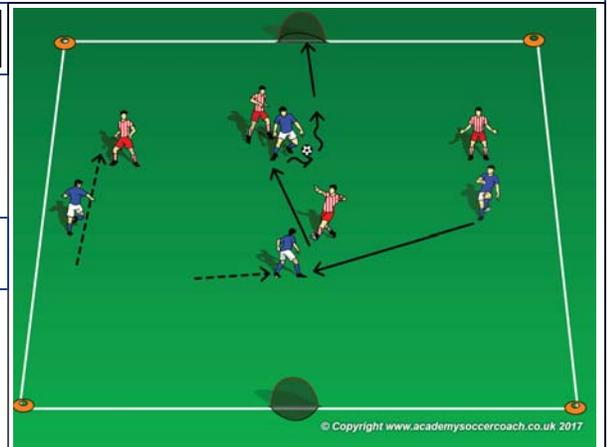
**Play** Up to a 4v4 Game Duration

In a 20W x 30L field and a small goal on each end line, play a 4v4 game. If the roster & attendance is larger than 8, divide the group into 2 equal teams, set up a second field and play 2 games at the same time. Take plenty of breaks for rest and water.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players keep the ball close when in a crowd and bigger touches in open space?

**Technical Tip:** soft touches (baby touches) in a crowd and push the ball further in front when space is open.





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**Play** Up To A 3v3 Games Duration

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**Coaching Points** Activity Time  Rest  Intervals

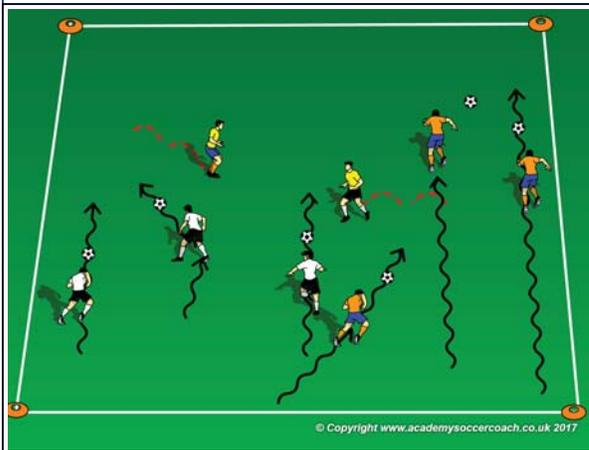
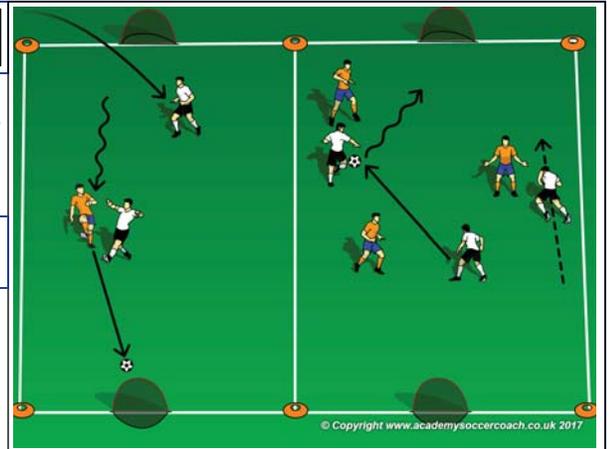
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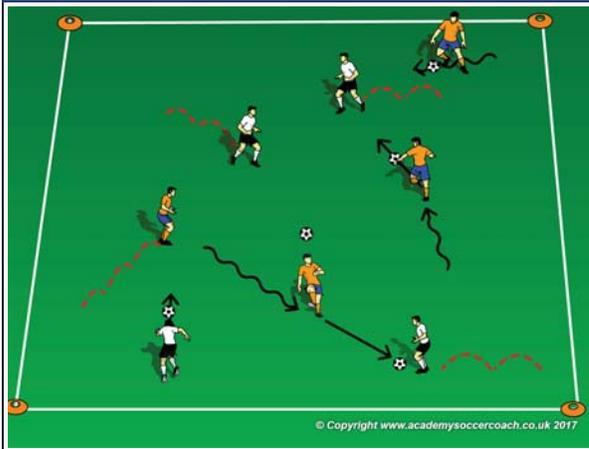
**Practice** The Cat In The Hat vs Things 1 & 2 Duration

In a 15W x 20L grid, select 2 players to start as Thing 1 & Thing 2; they do not need a soccer ball and can only hop around the field. The rest of the players start at 1 end line with a soccer ball; they are Cats in Hats. On the coach's command, the Cats try to get across the field without getting tagged by a Thing. If a dribbler gets tagged, they become a Thing also. (Coaches can start as Things or Cats if needed)

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** are the players able to avoid the Things?

**Technical Tip:** point the toe down and with their shoe laces, push the ball in front of themselves and into space away from the Things. Touches can be bigger if space is open.



**Practice** Tiggers vs Rabbits (Whinnie the Pooh) Duration

In a 15W x 20L grid, 2 cone goals on each end line, the coach will divide the group into 2 teams; 1 team is the Tiggers and the other is Rabbits. The Tiggers start without a soccer ball and can only hop (or skip). The Rabbits start with a soccer ball each and try to hit the Tiggers below their knees. When a Rabbit hits a Tigger, they switch roles. Which players can last the longest as Tiggers?

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** are the Rabbits able to strike the ball with the inside of their foot or laces?

**Technical Tip:** point the toe down to strike with the laces or point the toe to the side and up to use the instep.

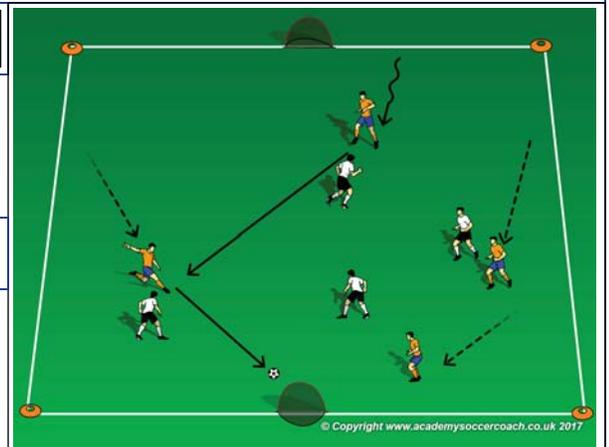
**Play** Up To A 4v4 Game Duration

In a 20W x 30L field and a small goal on each end line, play a 4v4 game. If the roster & attendance is larger than 8, divide the group into 2 equal team, set up a second field and play 2 games at the same time. Take plenty of breaks for rest and water.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players strike the ball with a surface other than the toe?

**Technical Tip:** encourage the players to move the ball slightly to the side and away from their body so they have room to rotate the foot for other surfaces.





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## Play Up To A 3v3 Games

Duration 12 min

Set up two 15W x 20L fields with 3 tall cones on each end line. When practice is scheduled to start and as soon as 2 players arrive, start playing a game. After 1 field is at 3v3, start the second game on the field next to it. If you knock a cone down with the soccer ball, carry it back to your end line. First team with all 6 cones, wins the round. Reset cones, play again. (game is similar to capture the flag)

### Coaching Points

Activity Time 12 min

Rest 0 min

Intervals 1

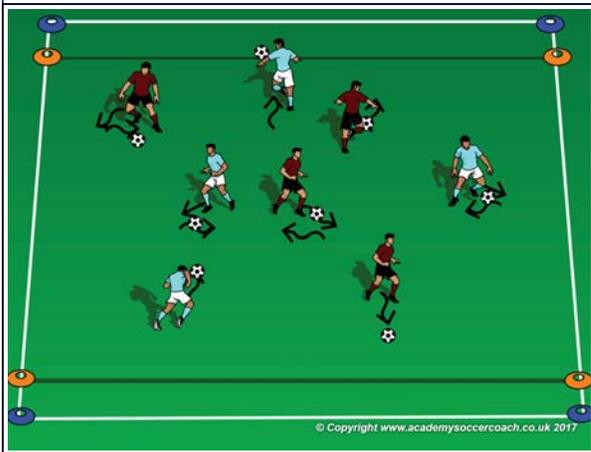
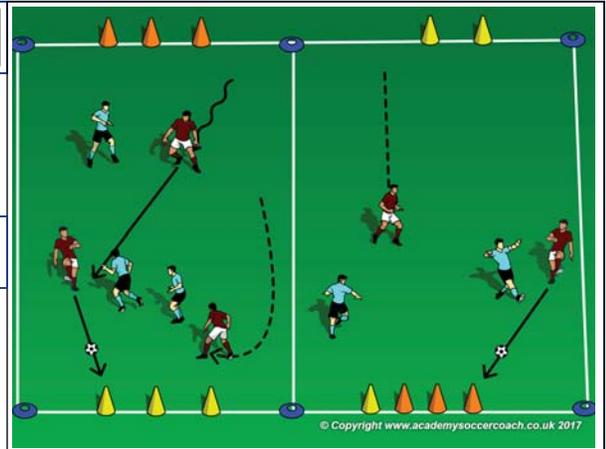
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**Is it reality-based?** (does it look like a soccer game?)

**Is there repetition?** (Focus on dribbling (session theme))

**Is it challenging?** (Players should be engaged not frustrated or bored)

**Is there coaching?** (Positive reinforcement of dribbling)



## Practice 4 Surfaces-Dribbling (Explore the Jungle)

Duration 9 min

In a 15W x 20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball, have the players try to use 4 surfaces of their foot in 1 fluid motion & in order: Outside of the foot (pinky toe) - Inside of the foot (big toe) - laces & bottom (sole). Once the ball has been stopped, have them try it with the other foot. Players move throughout the field toward each end zone.

### Coaching Points

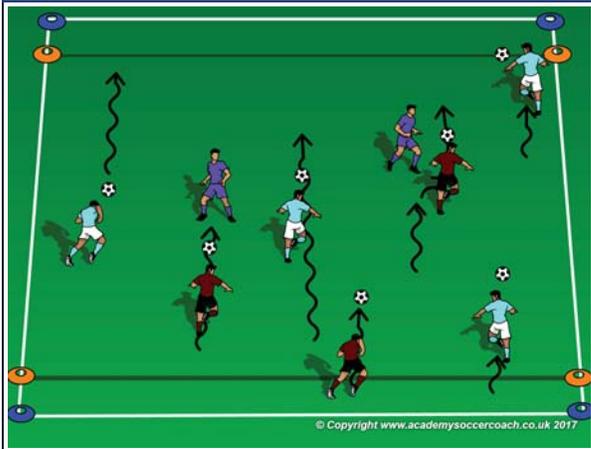
Activity Time 1 min

Rest 30 sec

Intervals 6

**Observation:** are the players able to remember all the surfaces?

**Technical Tip:** have the players call out the surface as they use it (outside-inside-laces-bottom).



## Practice Crocs in the River

Duration 15 min

In a 15W x 20L grid, including a 3 yard end zone on each end line & each player starts with a soccer ball at one end (river's edge). The coaches start as crocs in the river. On the coach's command, the players have to dribble their soccer ball across the river and stop it on the opposite river's edge. If the dribbler can stop their ball in an end zone, they are safe but if a croc steals their ball, they become a croc also.

### Coaching Points

Activity Time 90 secs

Rest 30 secs

Intervals 4

**Observation:** are the dribblers keeping the ball close when they are near a croc?

**Technical Tip:** use soft touch when close to a croc by using the inside and outside of the foot; and big touches with the laces to push the ball past the crocs.

## Play Up To A 4v4 Game

Duration 24 min

In a 20W x 30L field and a small goal on each end line, play a 4v4 game. If the roster & attendance is larger than 8, divide the group into 2 equal team, set up a second field and play 2 games at the same time. Take plenty of breaks for rest and water.

### Coaching Points

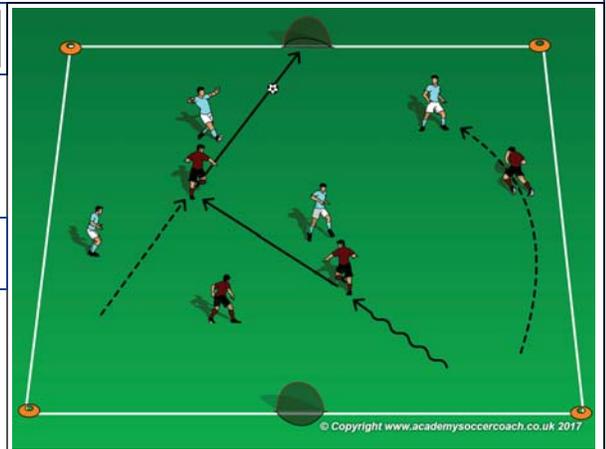
Activity Time 10 min

Rest 2 min

Intervals 2

**Observation:** Do the players keep dribble toward the goal?

**Technical Tip:** Encourage the players to lift up their head while dribbling so they know the direction to the goal.





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**Coaching Points** Activity Time  Rest  Intervals

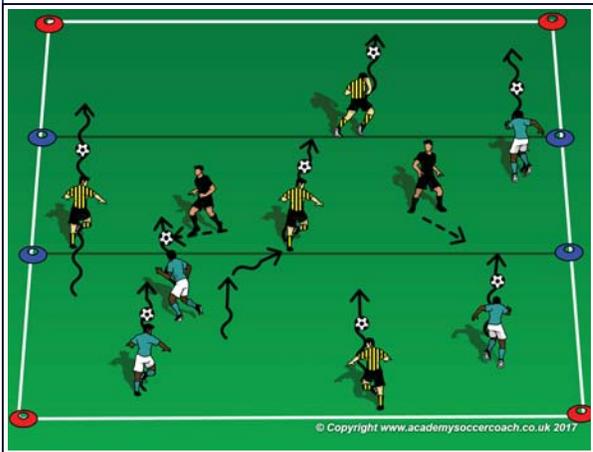
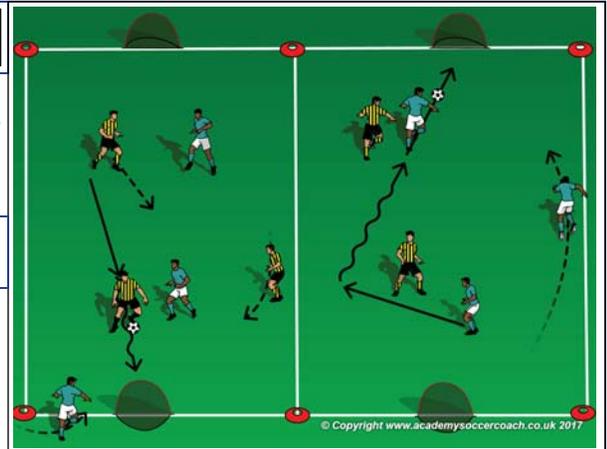
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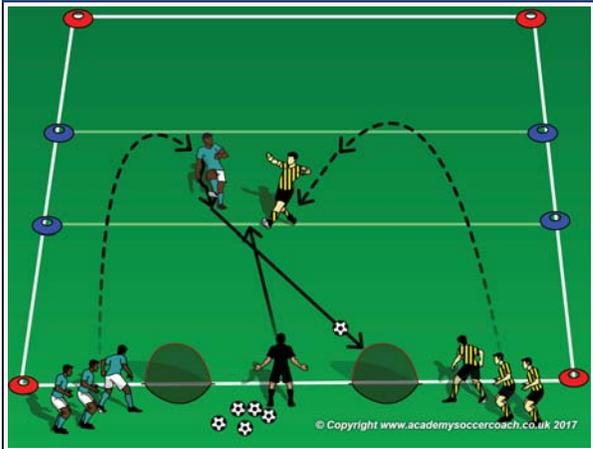
**Practice** Boston Bulldogs Duration

In a 15W x 20L grid & a 5 yard zone in the middle (the dog pound), coaches can start as dog catchers in the pound (dog catches do not use soccer balls and must stay in the pound). Each player has a soccer ball and start on one end line. On the coach's command, all players try to sneak through the pound without waking the dog catchers. If you wake a dog catcher and they steal your ball, you become a catcher.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players struggle to stop the ball at the end line or before crossing a side line?

**Technical Tip:** stop the ball on the end line with the bottom of the foot & use the inside or outside of the foot to steer the ball away from the sidelines.



**Practice** Bulldogs vs Dog Catchers - Revenge Duration

In a 15W x 20L grid, a 5 yard middle zone & 2 goals on one end line: coach divides the group into 2 teams; 1 team-bulldogs & 1 team-dog catchers. Coach stands between the goals with all the soccer balls, plays a ball out and the first player from each team goes after the ball. Whoever gets the ball tries to score in the other team's goal. Any goal scored from the middle zone is worth 100 pts. all others 1 pt.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** can the player with the ball reach the goal with a shot?

**Technical Tip:** with the laces, push the ball closer to the goal before shooting. (points are not as important as the player's ability to score)

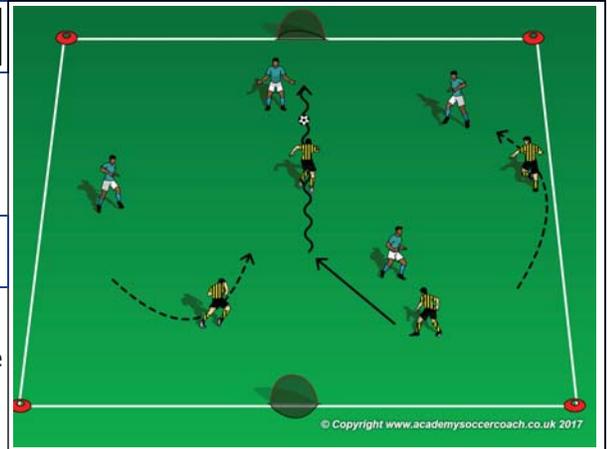
**Play** Up To A 4v4 Game Duration

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**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players try to dribble around opponents or continue in straight lines?

**Technical Tip:** use the inside or the outside of the foot to dribble side to side and the laces to go forward.





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**Play** Up To A 3v3 Games Duration

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**Coaching Points** Activity Time  Rest  Intervals

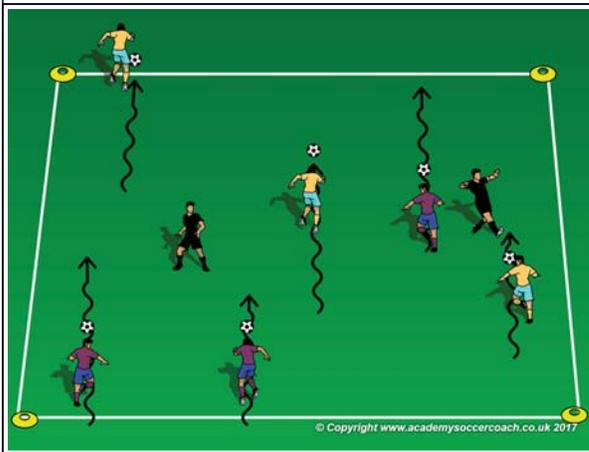
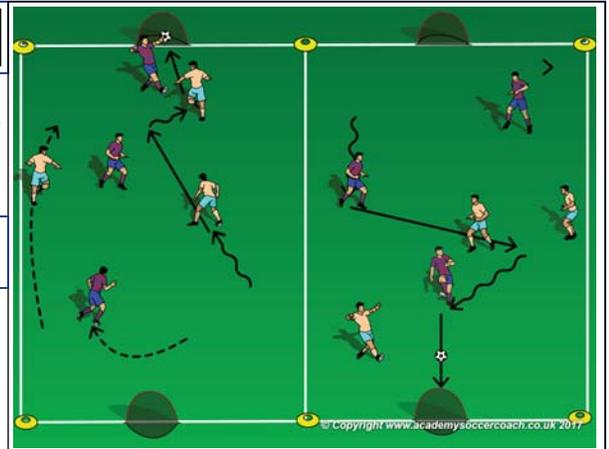
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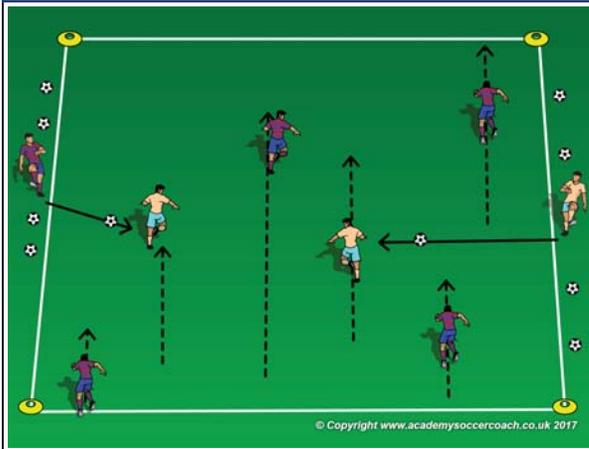
**Practice** Bruce the Shark & Nemo Duration

In a 15W x 20L grid, coach selects 1-3 players to be Bruce the Sharks. Sharks must stay inside the grid and do not need soccer balls. The rest of the players are Nemo or Dori. They all have a soccer ball and start at one end of the grid. When Bruce says, "Nemo, cross my ocean!", the Nemos have to swim (dribble) their ball to the other side. If Bruce the Shark steals their ball, they become Sharks also.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players avoiding the Sharks or dribbling into them?

**Technical Tip:** Use the inside or outside of the foot to move side to side and the laces to push the ball past the Sharks to get to the end line.



**Practice** Pirates of the Caribbean Duration

In a 15W x 20L grid (the ship), place all the players (Captain Jack Sparrows) on one end line without soccer balls. All soccer balls (cannon balls) are lined up on either side of the grid. On the coach's command, the pirates will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbossa) will be the shooters to start. Pirates who get hit are now shooters.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the Pirates strike the ball so it stays on the ground?

**Technical Tip:** have them try to point their toe to side and up so they can strike the ball with the middle of their foot and hit the middle of the ball.

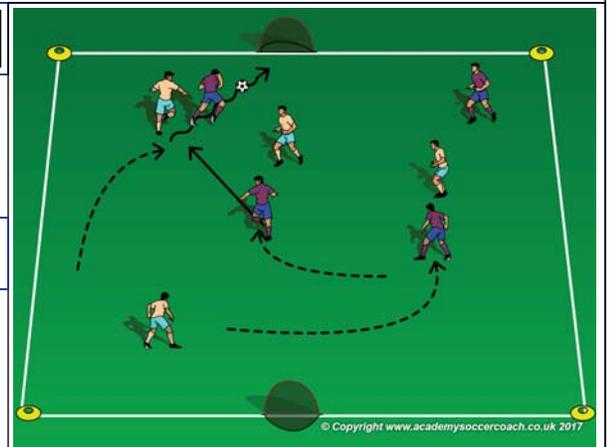
**Play** Up To A 4v4 Game Duration

In a 20W x 30L field and a small goal on each end line, play a 4v4 game. If the roster & attendance is larger than 8, divide the group into 2 equal teams, set up a second field and play 2 games at the same time. Take plenty of breaks for rest and water.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players strike the ball with a surface other than the toe?

**Technical Tip:** have them try to point their toe to the ground then make a fist with their foot before striking the ball.





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**Play** Up To A 3v3 Games - to Corner Goals Duration

Set up two 15W x 20L fields and a goal in every corner. Players can score in either corner goal of their attacking side. When practice is scheduled to start and as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the field next to it.

**Coaching Points** Activity Time  Rest  Intervals

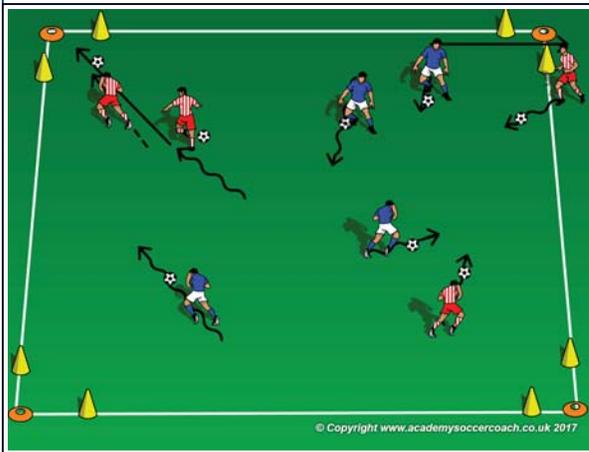
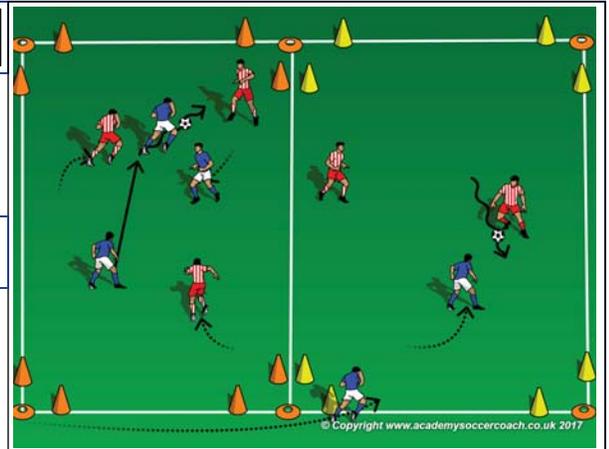
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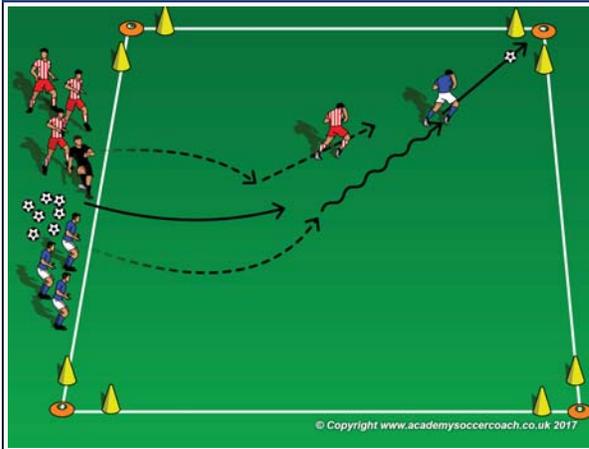
**Practice** Demolition Derby Duration

In a 15W x 20L, a small gate in every corner & every player with a soccer ball. On the coach's command, the players protect their soccer ball while trying to kick the other soccer balls into one of the 4 goals. If a player's ball gets kicked into a goal by an opponent, they must retrieve it and re-enter the Derby (game). Coaches can have the players perform a task before re-entering such as 5 toe taps.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** are the players keeping the ball close when approached by an opponent?

**Technical Tip:** use soft touches (baby touches) with the outside/inside of the foot to keep it close.



**Practice** Lightning McQueen vs Jackson Storm Duration

In a 15W x 20L, a small gate in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the players into 2 teams; Team 1-Lightning & Team 2-Storm. One team starts on the coaches right and the other on the left. When the coach plays a ball onto the field, 1 player from each team enters the field. Whoever scores in any of the 4 goals gets 1000points for their team. After a goal or 10 seconds, game over.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** where can you go if a goal is blocked?

**Technical Tip:** turn the ball with the inside, outside or bottom of the foot to change direction and go to another goal.

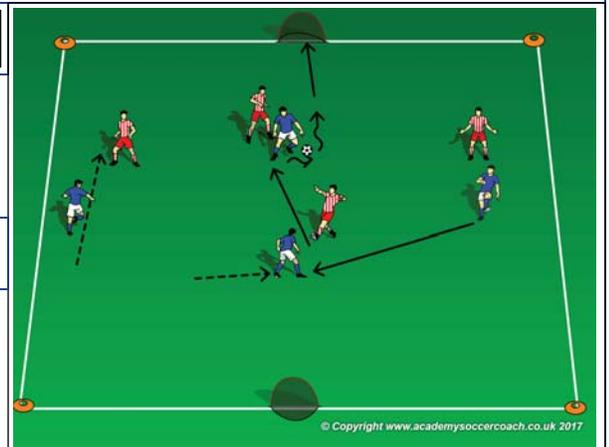
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**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players keep the ball close when in a crowd and bigger touches in open space?

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**Play** Up To A 3v3 Games Duration

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**Coaching Points** Activity Time  Rest  Intervals

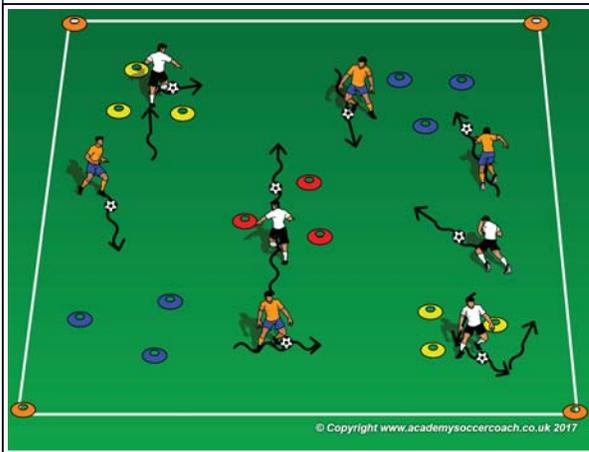
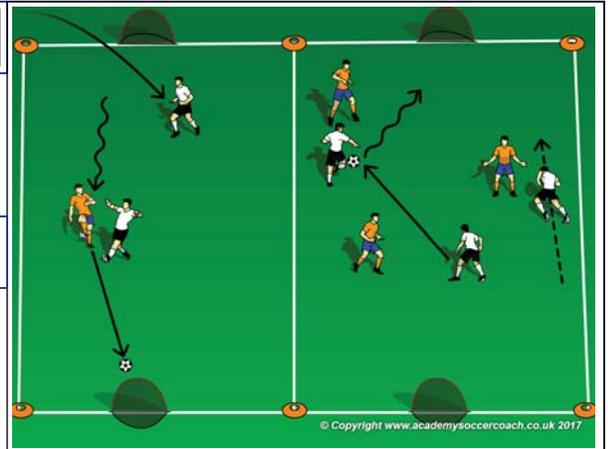
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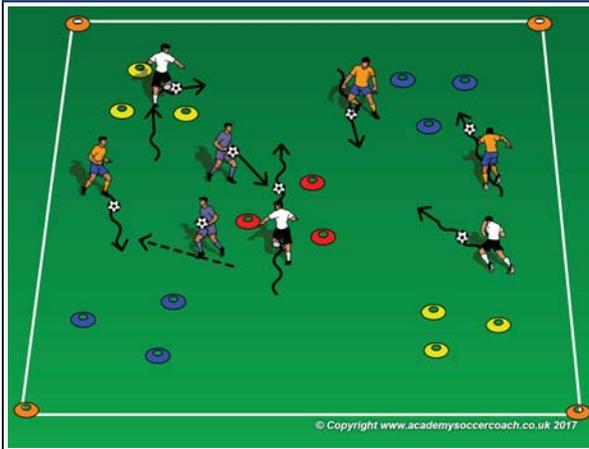
**Practice** Dribbling Galaxy Hoppers Duration

In a 15W x 20L, with several 3 yard triangular shaped Galaxies and all the players have a soccer ball. In 90 seconds, challenge the players to get into and out of as many Galaxies as they can. Interval 2 & 3, have them try to beat their previous score. Intervals 4 & 5, have them stop their ball in the Galaxy and exit the Galaxy with a different turn.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** are the players able to stop the ball in the different Galaxies?

**Technical Tip:** stop the ball with a soft touch with the bottom of the foot, the inside or the outside.



**Practice** Guardians of the Galaxy Duration

In a 15Wx20L yard grid with several 3 yard Space Ships (bases). Select 2 players to be it. They have their ball in their hands and are the Guardians of the Galaxy who protect the ships. The rest of the players dribble their soccer ball and are space fighters why try to land on a ship to be safe. The Guardians try to toss their ball (underhand only) and hit the space fighter's ball. Have the space fighters count the number of ships they can get to.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** are the space fighters able to avoid the Guardians of the Galaxy?

**Technical Tip:** try to dribble with the head up to locate the Guardians then turn and dribble away.

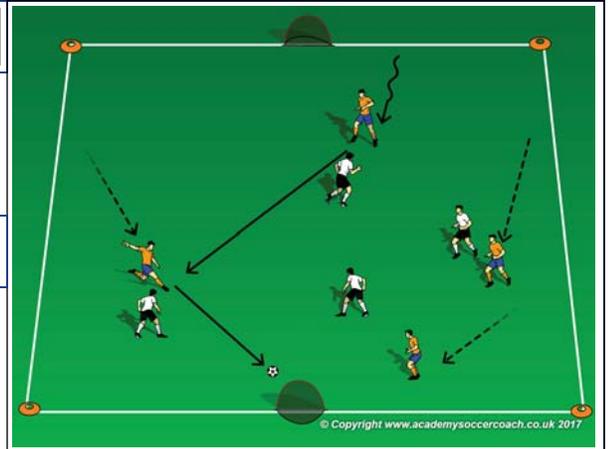
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**Observation:** do the players strike the ball with a surface other than the toe?

**Technical Tip:** encourage the players to move the ball slightly to the side and away from their body so they have room to rotate the foot for other surfaces.





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**Play** Up To A 3v3 Games Duration

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**Coaching Points** Activity Time  Rest  Intervals

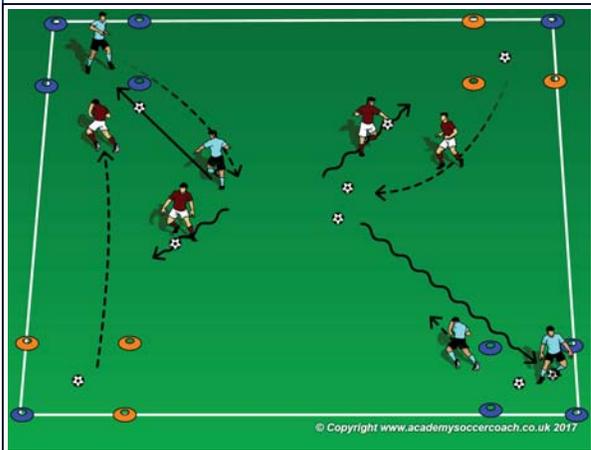
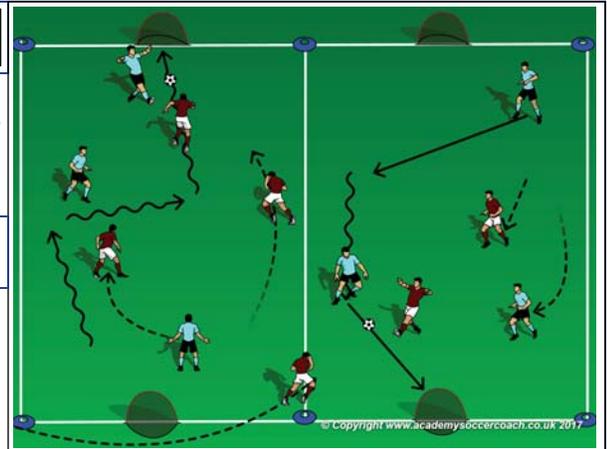
**Is the activity organized?** (cones, scrimmage vests, balls, players, goals)

**Is it reality-based?** (does it look like a soccer game?)

**Is there repetition?** (Focus on dribbling (session theme))

**Is it challenging?** (Players should be engaged not frustrated or bored)

**Is there coaching?** (Positive reinforcement of dribbling)



**Practice** Capture the Soccer Balls Duration

In a 15W x 20L grid, place a 4x4 square in each corner. Divide the players equally between the 4 corners (each team makes up a team name). All the soccer balls start in the center of the grid. On the coaches command, the players race into the middle, get a ball (with their feet only!) and take it back to their team's home space. Once all balls are gone from the middle, steal them from other teams.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players cooperate with their teammates?

**Technical Tip:** another way to get the ball to the home space is to pass it to a teammate by pointing the toe to the side and strike the ball with the inside of the foot.



**Practice** Two Headed Monster Invasion Duration

In a 15W x 20L grid, place a 4x4 square in each corner (cave). Divide the players equally between the 4 corners & each player has a soccer ball, except for 2 sets of 2 players join hands (Two Headed Monsters). The players try to dribble their ball into as many caves as possible. They get 1000 points for every cave they get into. If tagged by a Monster, they lose all their points and must start scoring again.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** can the dribblers avoid the Monsters?

**Technical Tip:** keep the ball close using the inside and outside of the foot but use the laces to push the ball away from the Monsters when needed.

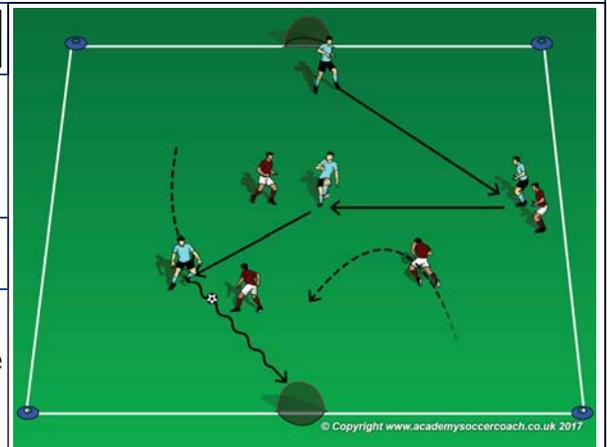
**Play** Up To A 4v4 Game Duration

In a 20W x 30L field and a small goal on each end line, play a 4v4 game. If the roster & attendance is larger than 8, divide the group into 2 equal team, set up a second field and play 2 games at the same time. Take plenty of breaks for rest and water.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players try to dribble around players or continue in straight lines?

**Technical Tip:** use the inside or the outside of the foot to dribble side to side and the laces to go forward.





# MASSACHUSETTS YOUTH SOCCER

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**Play** Up To A 3v3 Games Duration

Set up two 15W x 20L fields with 2 goals on each end line. When practice is scheduled to start and as soon as 2 players arrive, start playing a game. As players arrive, add them to the game. After 1 field is at 3v3, start the second game on the field next to it. Each team can score in either of the opponent's goals.

**Coaching Points** Activity Time  Rest  Intervals

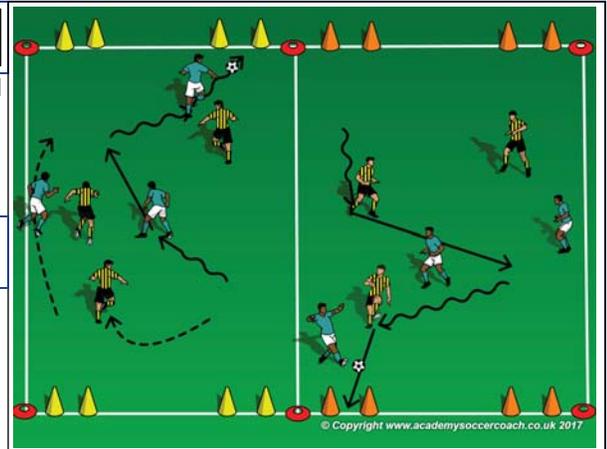
**Is the activity organized?** (cones, scrimmage vests, balls, players, goals)

**Is it reality-based?** (does it look like a soccer game?)

**Is there repetition?** (Focus on dribbling (session theme))

**Is it challenging?** (Players should be engaged not frustrated or bored)

**Is there coaching?** (Positive reinforcement of dribbling)



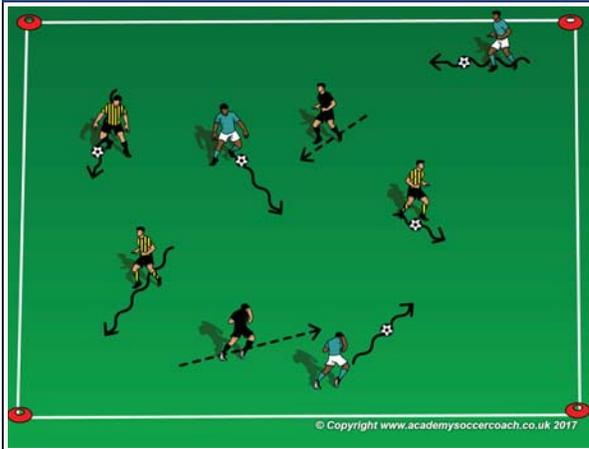
**Practice** Big Hero 6 Surface - Dribble Duration

In a 15W x 20L grid & all the players with a soccer ball, have the players try to use different surfaces of the foot in a pattern: outside right (pinky toe), inside right (big toe), outside left, inside left, 2 touches with the right laces & 2 touches with the left laces. Once the player uses the laces on both feet, repeat the pattern. (start with 1-2 surfaces at a time then layer in the other foot and surfaces)

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** are the players able to remember all the surfaces?

**Technical Tip:** have the players call out the surface as they use it (outside-inside-laces).



**Practice** Frozen Tag Duration

In a 15W x 20L grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their balls around the grid. The Freeze Monsters will try to tag the dribblers with their hand. Once tagged, the dribbler is frozen and must stand still with the ball over their head. To get unfrozen, a teammate can pass the ball and hit their shin or pass through their legs.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** are the dribblers able to avoid the Freeze Monster?

**Technical Tip:** try to dribble with your head up so you can always see where the Freeze Monster is.

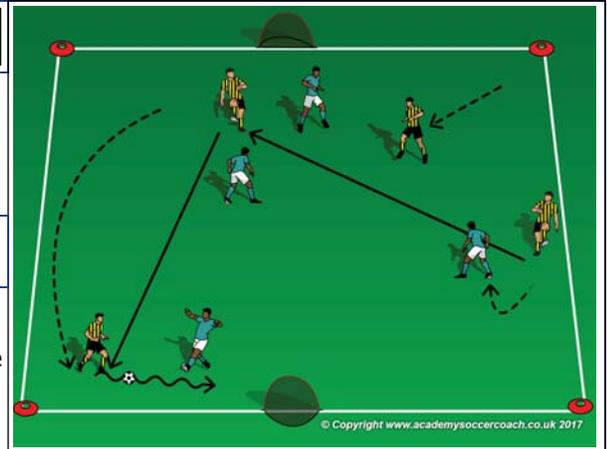
**Play** Up To A 4v4 Game Duration

In a 20W x 30L field and a small goal on each end line, play a 4v4 game. If the roster & attendance is larger than 8, divide the group into 2 equal team, set up a second field and play 2 games at the same time. Take plenty of breaks for rest and water.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players try to dribble around opponents or continue in straight lines?

**Technical Tip:** use the inside or the outside of the foot to dribble side to side and the laces to go forward.





# MASSACHUSETTS YOUTH SOCCER

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**Play** Up To A 3v3 Games Duration

Set up two 15W x 20L fields with a goal at each end. When practice is scheduled to start and as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the field next to it.

**Coaching Points** Activity Time  Rest  Intervals

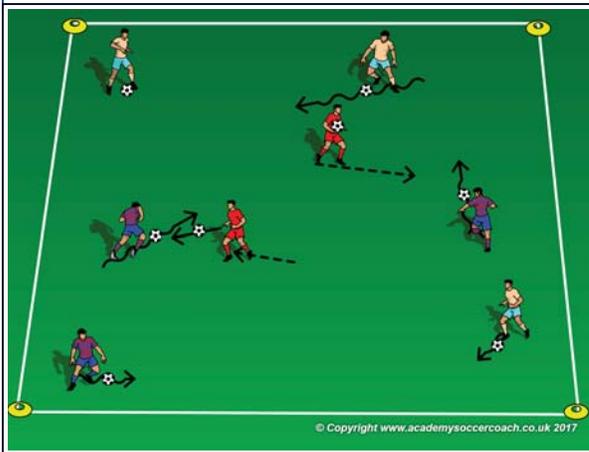
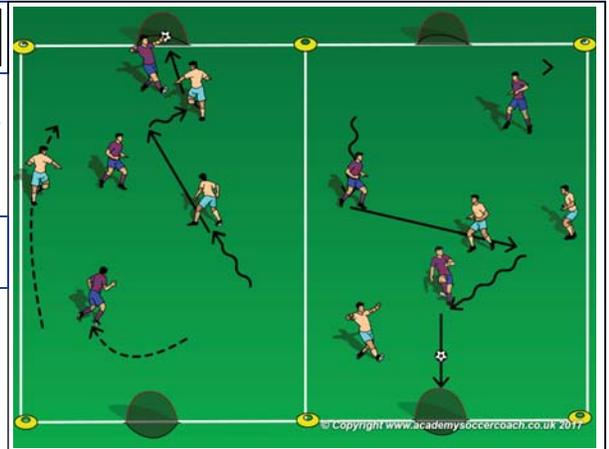
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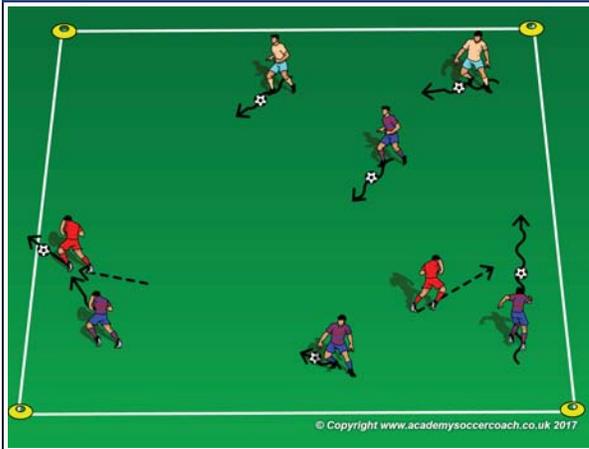
**Practice** Police Patrol Duration

In a 15W x 20L grid select 2-3 players to start with their soccer ball in their hands (Police Patrol). The rest of the players dribble their ball with their feet (like crazy drivers). The Police Patrol run around to and try to ticket the crazy drivers by hitting the driver's ball with their ball (can only toss underhand). The Police Patrol count the number of tickets given in 90 seconds. (coaches can start as Police Patrol)

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players avoid the Police Patrol?

**Technical Tip:** turn the ball with the inside, outside or drag it with the bottom to avoid the Police Patrol then speed up to get away.



**Practice** Crushing Monster Trucks Duration

In a 15W x 20L grid select 2-3 players to be Trucks (no soccer ball). All other players dribble their soccer ball around the grid and 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 go get it and re-enter the game. Coach can ask them to complete a task before re-entering such as 5 toe taps.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** can the players avoid the Trucks?

**Technical Tip:** with the inside or outside of the foot, move the ball to the side of the oncoming Truck. Use your laces to push the ball away into open space.

**Play** Up To A 4v4 Game Duration

In a 20W x 30L field and a small goal on each end line, play a 4v4 game. If the roster & attendance is larger than 8, divide the group into 2 equal team, set up a second field and play 2 games at the same time. Take plenty of breaks for rest and water.

**Coaching Points** Activity Time  Rest  Intervals

**Observation:** do the players try to dribble around players or continue in straight lines?

**Technical Tip:** use the inside or the outside of the foot to dribble side to side and the laces to go forward.

