



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

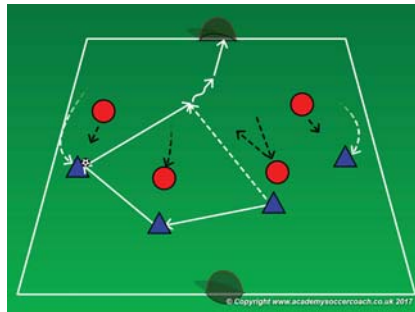
To get players playing as soon as they arrive. To score more goals than the opponent.

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

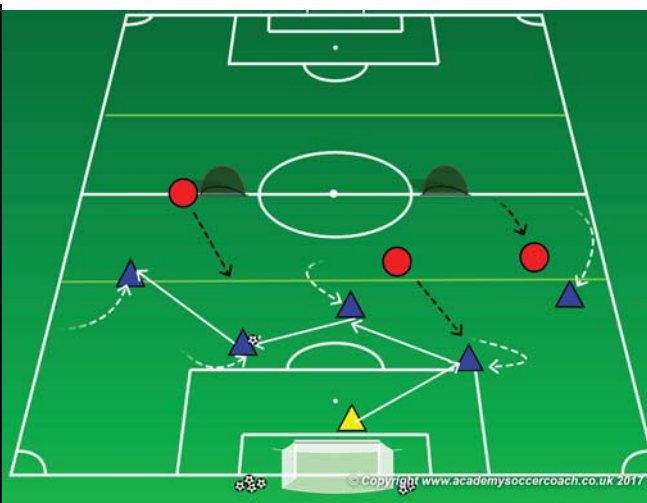
Does activity allow for Repetition? Coaching?



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.