



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

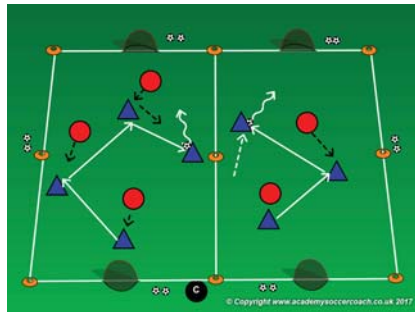
To score goals. Getting players in a game as soon as they get to training.

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.