



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the techniques of dribbling, passing & shooting

Key Qualities Take initiative, be pro-active

Age Group 6-U

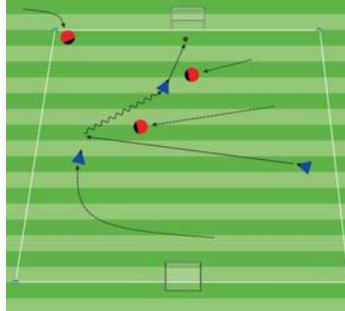
Team Tactical Principles Shoot, Pass or Dribble Forward

PLAY SMALL SIDED GAMES

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

Organization: Set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & 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 a second game on the field next to it. (Play one 8 min game or multiple 2-3 minute games)

Rules: The ball is given to the first player with his/her pinny on to start the game. Local rules apply.



Key Words: Play the game, go to goal

Guided Questions: Where is the best place to stand and observe the games?
How much information should the coach provide to the players?

Answers: The coach should stand in the middle of either end line to observe. This will help you see both games.
Provide only periodic and positive feedback which keeps the players engaged.

Sailing the Seas:



Organization: In a 15Wx20L grid, all the players with a soccer ball (ships) & the coaches the (ship's captain). The players dribble their ball and will change speed or direction based on the weather; high winds, go fast, no wind, go slow, hurricane, dribble in a circle, rogue wave, go backward. Each round, add a new direction, command or combine movements. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals)

Rules: Play starts when the coach says, "ahoy mates, set sail".

Key Words: Keep the ball close, move the ball around the space

Guided Questions: What if the players are not engaged in the activity?

How can you help the players get more repetitions?
Answers: Use your imagination & the theme of the activity to tell a story & make the game more of an adventure.

After calling out a weather condition, allow the players time to respond and get the repetitions you desire.

Pirates of the Caribbean:



Organization: In a 15Wx20L grid, (the ship), place all the players one end line without a soccer ball (Captain Jack Sparrows). All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)

Rules: When the coach yells, "make it across or walk the plank" the players start across the grid. Pirates who get hit become Barbosas too. Hits below the knee change players from Pirates to Barbosas.

Key Words: Pass with the inside of your foot or your laces

Guided Questions: What do you do before striking the ball?

Where can you go if Captain Jack is too far away?

Answers: Light the fuse by moving the ball to the side before striking it.

Use the inside or outside of your foot to move the ball down the field before striking it at Captain Jack.

Bruce the Shark & Nemo:



Organization: In a 15Wx20L grid, select 1-3 players to be Bruce the Sharks without a ball (coaches can start as sharks too). The rest of the players are Nemo or Dori. They all have a ball & start at one end of the grid. They have to swim (dribble their ball to the other side without losing their soccer ball to Bruce the Shark. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)

Rules: Game starts when Sharks yell, "Nemo, Nemo cross my ocean". Once a dribbler has reached the other side, he/she is safe.

Key Words: If you dribble to slow, Bruce the Shark will catch you

Guided Questions: What is a schemer?

How do you know where to cross the ocean?

Answers: The player who patiently watches & waits for the best moment to go.

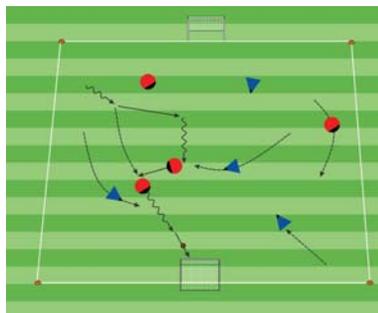
Play with your head up, move across the shore and look for the best place to cross.

PLAY - LET THEM PLAY

Up to 4v4 Games: Team with the ball attempts to dribble past opponents and score.

Organization: In a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)

Rules: Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.



Key Words: Use different part of your foot to score (the toe is only one of the surfaces)

Guided Questions: What tells you the practice was a success?
Why is it important to keep a supply of soccer balls close to the field?

Answers: The players enjoyed it. There was lots of dribbling and shooting. All the players were engaged. Positive reinforcement was provided for each player. To maximize playing time. Each time a ball goes out, you can put a new ball into play.