



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the techniques of Dribbling Forward to score goals

Key Qualities Focus, Read the game

Age Group 8-U

Team Tactical Principles Dribble Forward, Score goals

PLAY - SMALL SIDED GAMES

Objectives: Players get to play the game. Team w/the ball works to get past opponents and score goals.

Organization: Set up 2-3 15W x 20L fields w/a goal at each end. As players arrive to the field start to play 2v2, 3v3, up to 4v4 games.

Time: 4 games of 2 mins, 30 sec rest, activity duration is 10 min.

Rules: Start w/a kick off. Out of bounds, pass or dribble ball in. Allow for periods of free play.

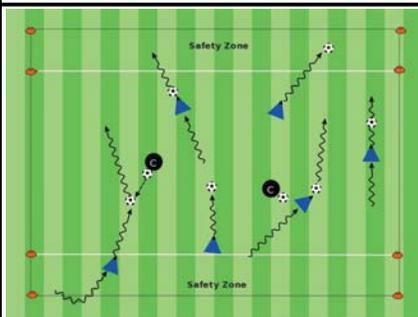


Key Words: Go to goal, head up, find an opening (through players) to goal, go score.

Guided Questions: How can you help make the game fun? What can you do to keep the game simple and less confusing for children?

Answers: Be encouraging by giving positive reinforcement for successful technical (dribbling & shooting) accomplishment. Keep coaching instruction to a minimum.

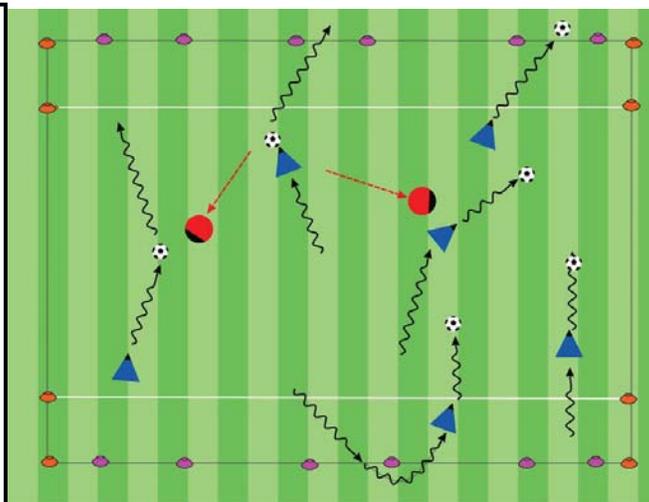
PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: Set up like core activity, no goals, & coaches are defenders w/ball in hand. Players dribble past coaches to the opposite safety zone.

Rules: Every player with a ball. Start on coach's "Go!". Dribble to other safety zone w/out your ball being tagged by a coach's ball dropped on yours. If so, switch roles.

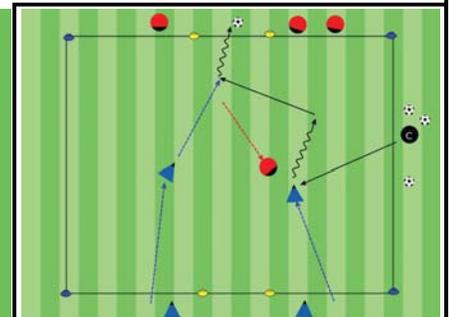


Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

Organization: In a 20Wx25L w/goals on the endline. Play 2v1, 3v1 or 3v2.

Rules: Make 2 equal teams. Coach starts w/balls. Coach sends players from each team on field & plays the ball out to the "numbers up" team. Score by dribbling through opponent's goal. If "numbers down" team scores it's double pts.

Objective: Players dribble across the field, past opponents and through a cone goal to score.

Organization: In 20Wx25L yd grid w/a 5yd end zone off the endline & 3 small goals on the endlines. (see diagram) Every player has a ball. 2 defenders without a ball.

Rules: Players w/ a ball start inside an end zone. On coach's "Go!" players try to dribble across to the other end zone & dribble through a goal. Defenders can only steal a ball outside the end zones. If a defender steals a ball and dribbles it into a goal, roles switch.

Key Words: Look up, find an opening, shield (hide) the ball, fake the defender, go to goal.

Guided Questions: What should you instruct players to do when confronted by a defender? When do you make the activity more challenging?

Answers: Show players how to keep the ball close & shield it while dribbling (put their body between ball & defender). Explain how to use moves & fakes (change of direction & speed) to get around and past the defender. When players have repeatedly demonstrated successful dribbling & running with the ball past defenders to score.

PLAY - LET THEM PLAY

Objective: Players try to dribble forward past opponents to score goals.

Organization: On a 25W x 35L field w/ a small goal at each end. Play 4v4.

Time: Play a 30 min game. Two 12 min halves with 3 min of rest after each half.

Rules: All modified 4v4 rules apply.



Key Words: Shield the ball, keep it close, try a move, find the opening to score.

Guided Questions: How do you know players understood your instructions? How do you know that they have improved?

Answers: Players can demonstrate or "show you" their moves or fakes & how to shield the ball. Players are "taking on" opponents 1v1 and dribbling past them to score goals.