



MASSACHUSETTS YOUTH SOCCER



GOAL Improve Passing for possession to go forward & score goals

Key Qualities Understand the game, make decisions

Age Group 8-U

Team Tactical Principles Spread Out, Support the attack, Create passing options

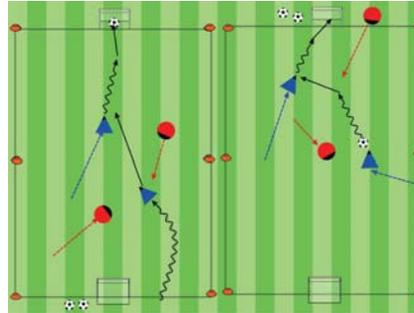
PLAY - SMALL SIDED GAMES

Objectives: Play the game. Possess or keep the ball to go forward past opponents to score goals.

Organization: Use 15W x 20L fields w/a goal at each end. When players arrive to training play 2-3 small sided games up to 4v4.

Time: Each game is 2.5 mins w/30 sec rest. Play 4 games. Duration is 12 min.

Rules: Games begin w/a kick off. Out of bounds, play the ball on the field with a pass. Allow for free play.

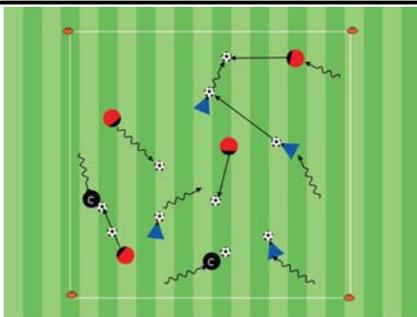


Key Words: Keep the ball (possess), find space, make an opening, get to an opening, go help score goals

Guided Questions: What can you ask players as they arrive to practice?

Answers: Ask players how they are doing, if they are excited to play soccer today.

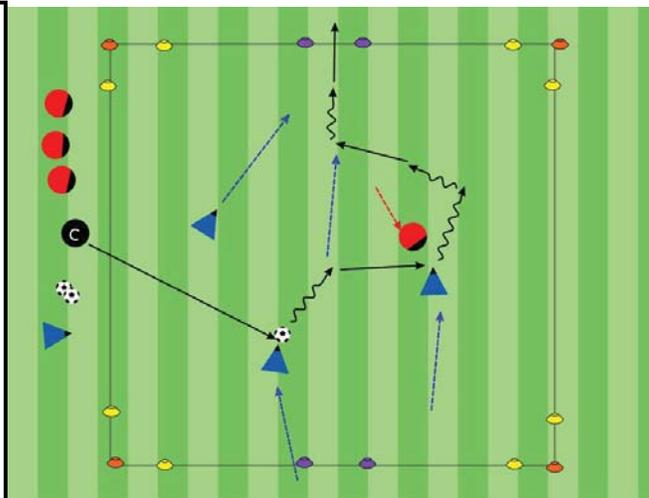
PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: On a 20Wx25L field, each player & coach w/ a ball.

Rules: On coach's command players start dribbling their ball. Score by passing your ball & knocking another player's ball w/ your ball. How many knocked balls in 2 min. Beat your score. Bonus pts for long passes or for hitting Coach's ball.

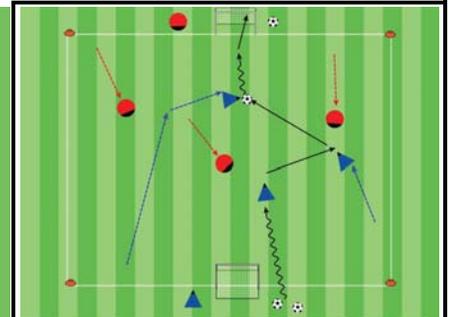


Activity Duration 21 min

of Intervals 7

Time Active 2 min

Active Rest 1 min



More Challenging Activity

Organization: 20Wx25L field with a goal on each endline Play 3v3.

Rules: 2 equal teams of 3 players. One team starts w/ the ball & tries to score in the opponent's goal. Play for 2 min before rotating the attacking team.

Objective: Players pass to keep possession, to find an opening or make an opening between and past defenders to go try to score.

Organization: 20Wx25L w/4 corner goals & a goal on each endline. Coach w/ the balls at midfield. Play 3v1. If too easy for the 3 players then play 3v2.

Rules: Coach plays the ball to the team of 3 players to start. Players try to pass and play w/their teammates to score in one of the opponents 3 goals. More passes = more pts. Numbers of passes = number pts/goal. i.e. 3 passes & then a goal is a goal worth 3pts. Pass count resets to zero after losing the ball. Play for 2min or a goal.

Key Words: Move into space, keep the ball (don't give it away), find an opening, or make an opening to a teammate, go help

Guided Questions: Where can a player go next to receive a pass from a teammate? What should you coach if attacking players just run up the field away from a teammate with the ball?

Answers: Show the player w/o the ball they can go to angled space near their teammate w/ the ball but away from defenders (support). Instruct attacking players to look for openings (space) forward and between defenders where they can receive a pass to then try to go score.

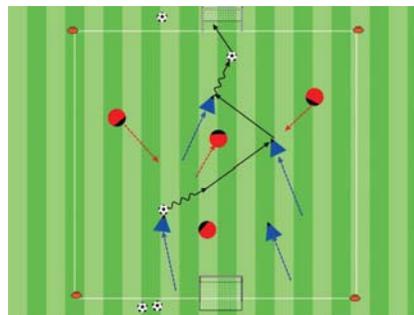
PLAY - LET THEM PLAY

Objective: Each team is trying to score more goals than their opponents.

Organization: Make a 25W x 35L field with a small goal at each end. Play 4v4.

Time: Game is 30 min. Two halves of 12 min each with 3 min of rest.

Rules: All modified 4v4 rules apply.



Key Words: Find or make an opening, move to space (spread out, support), keep the ball (possess), go score

Guided Questions: How do you know if players know when to pass? What will tell you that players are understanding the game or figuring it out for themselves?

Answers: A player learns when to pass to an open teammate when they are confronted by a defender they can't dribble around. Players understand the rules at game time, and they begin to continuously display individual and small group problem solving techniques.