



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the build up on the opponent's half to create chances 1 **Key Qualities** Be proactive, Optimal technique

Age Group 10-U **Team Tactical Principles** Pass/Dribble forward, Spread out, Support & Change the point of attack

PLAY - SMALL SIDED GAMES

Objective:

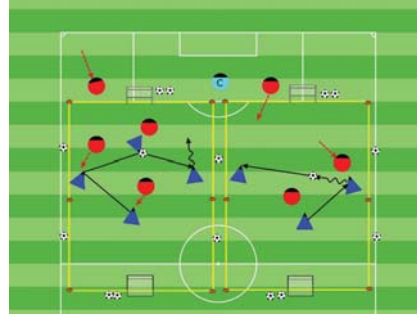
To score goals. To get players into a game as soon as they arrive to practice.

Organization:

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play 1v1, 2v1, 2v3, up to 4v4.

Time: 3 games of 2.5 minutes, 30 second rest: for a total of 9 minutes

Rules: Out of bounds - Pass or dribble the ball in



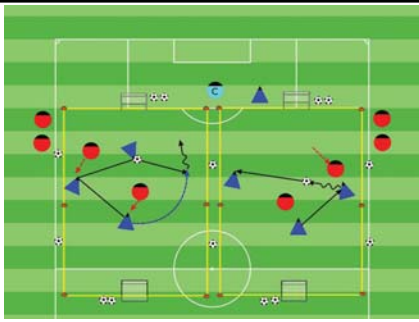
Key Words: Go to goal, Provide assistance (Behind, sides and in front of the ball), Be available to receive a pass.

Guided Questions:

- How fast did the players get to play?
- How are the players working together to get the ball forward?

Answer: As they arrive they started to play. The players are passing forward, backwards and sideways to find an opening to go forward.

PRACTICE - CORE ACTIVITY

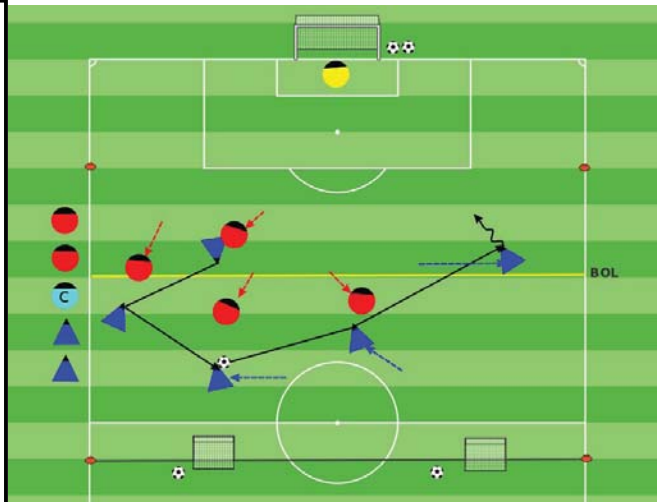


Less Challenging Activity

Organization:

- Play 3v2's
- Two 20Wx30L fields with small goals
- Sub the Blue and Red players every interval.

Rules: Out of bounds - Pass or dribble the ball in.

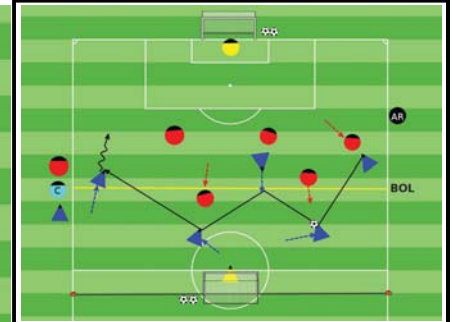


Activity Duration 21 min

of Intervals 6

Time Active 3 min

Active Rest 30sec



More Challenging Activity

Organization:

- Play 6v6
- 40Wx35L field with two regular goals.

Rules: All FIFA rules apply.
- After a goal: Red starts with a goal kick - Blue starts with a pass in.

Objective:

To unbalance and disorganize the opponent creating or finding an opening to pass or dribble forward and create scoring chances.

Organization:

- Play 5v5 in a 40Wx35L field with a regular goal and two counter goals.

Scoring: Blue scores in the regular goal, Red in the counter goals.
- Sub Blue and Red players every interval.

Rules: All FIFA Laws apply. After a goal Blue passes the ball in from the end line, Red gets a goal kick. Build out line is in effect.

Key Words: Penetrate, Move the ball to move the opponent, Quickly get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

Guided Questions

- When and why we need to pass backwards?
- Why do we want to get the ball to the other flank side?

Answer:

Too many defenders in front, and we want to keep possession of the ball.
To find an opening get the ball forward through the opening.

PLAY - LET THEM PLAY

Objective:

To unbalance and disorganize the opponent by passing and dribbling in the opponent's half in order to create scoring chances.

Organization:

- In a 40Wx60L field with regular goals make two equal teams.

Time: 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

Rules: All FIFA Rules Apply.



Key Words: Penetrate, Move the ball to move the opponent, Quickly get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

Guided Questions:

- How do we know that players understand when to go forward with a pass?

Answers: The players successfully recognized when to pass forward through an opening to a receiver in between the defender's lines.