



MASSACHUSETTS YOUTH SOCCER



GOAL Improve build up on own half to create scoring chances - 2

Key Qualities Take initiative, make decisions

Age Group 14-U

Team Tactical Principles Pass forward, Spread out, Create passing options

PLAY - SMALL SIDED GAMES

Objective: Play the game. Each team is working to outscore the opponent.

Organization: Make two 25Wx35L fields, a small goal at each end. As players arrive start playing a game. Play games up to 4v4. Play 3 minute games with a 1 minute in between games of active rest with dynamic stretching.

Rules: All FIFA laws apply.

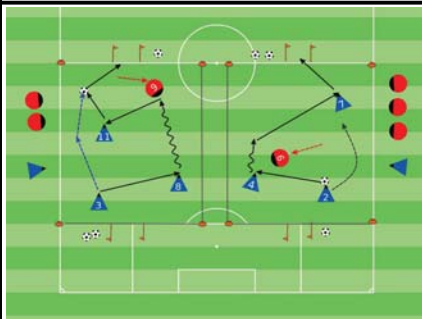


Key Words: Get to open space to receive a pass, support your teammate with the ball, make an opening

Guided Questions: When can you engage a player in conversation? How can you give players more responsibility?

Answers: Touch base with a player in conversation as soon as they arrive to the field. Continue developing a rapport with them. Have the players set up the small sided games, pick teams and manage the rules.

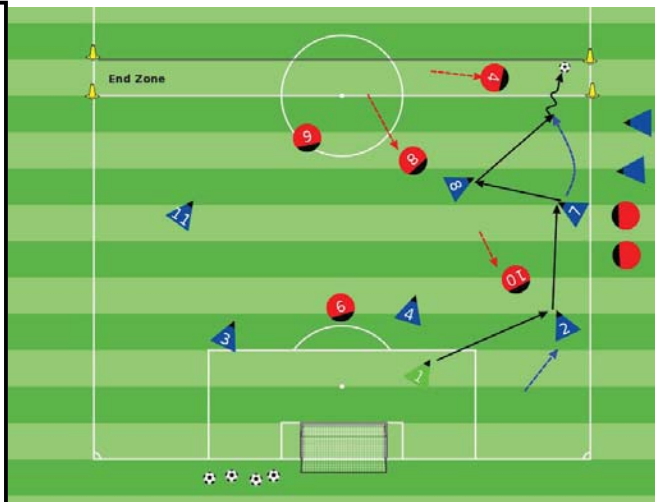
PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: Make 2 fields 25Wx35L. Small goal on each endline. One field is Blue #'s 2,4,7 vs Red #9. Other field is Blue #'s 3,6,11 vs Red #6.

Rules: Play 3v1. The 3 Blue players must combine before they can score. 3 min games with 2 min rest. Rotate the players after each game.

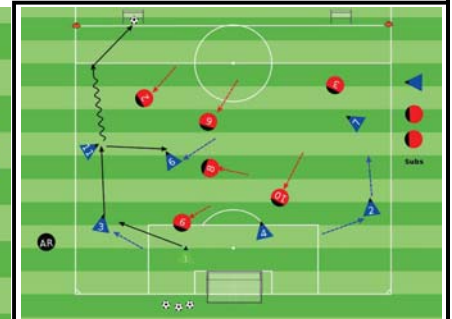


Activity Duration 24 min

of Intervals 4

Time Active 4 min

Active Rest 2 min



More Challenging Activity

Organization: Make a field that is 55Wx50L w/ a goal on the endline and 2 small counter goals. Play 7v6. Blue #'s 1, 2, 3, 4, 6, 7, 11 vs Red #'s 2, 3, 6, 8, 9, 10.

Rules: Red scores in the big goal, Blue scores in the 2 small counter goals. All FIFA Laws apply.

Objective: Possess the ball using flank players and flanks areas to move the ball into the attacking half.

Organization: On a 55Wx50L field, a regular goal on one endline and an 5yd end zone at midfield. Play a 7v5 game. Blue team player #'s 1, 2, 3, 4, 7, 8, 11. Red team player #'s 4, 6, 8, 9, 10. Red #4 acts as an end zone defender. See diagram.

Rules: Start play with Blue team GK #1. Blue scores by playing into the end zone past the defender. Red scores on the big goal. All FIFA Laws apply.

Key Words: Support behind, to the side, or forward of the ball, get wide, create an opening, find an opening, keep possession.

Guided Questions: Why should players look to play the ball wide to move the ball forward?
What shows you the activity is working?

Answers: Play the ball wide to exploit the openings on the flanks. Players are finding the openings in the flanks areas to teammates to keep the ball and move it forward.

PLAY - LET THEM PLAY

Organization: On a 55Wx80L field and a goal at each end, play an 8v8 game. Blue team plays 1-3-3-1 and the red team plays 1-3-3-1. (Play 2 x 10 min halves with a 2 min halftime)

Rules: All FIFA laws apply.



Key Words: Get wide quickly, play through safe openings, keep the ball

Guided Questions: How can you tell the training session was effective for the players? What can you say to encourage players?

Answers: Players are maintaining possession using wide areas to move the ball forward into the attacking half to score goals. Keep feedback positively focused on successful completion of the training objectives.