



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve the team and player in scoring goals - 2

**Key Qualities** Be proactive, Take initiative

**Age Group** 14-U

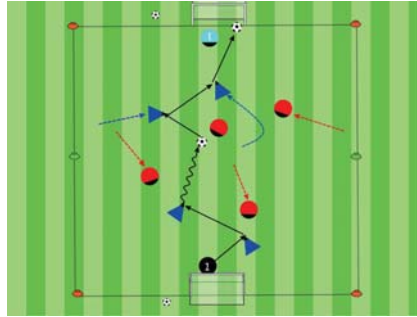
**Team Tactical Principles** Shoot, Support the attack, Create passing options

## PLAY - SMALL SIDED GAMES

**Play the Game:** The team with the ball works together to score in the opponent's goal.

**Organization:** Make 30Wx40L fields with a goal at each end. Play games up to 5v5. Use Gk's. Play games of 3-4 minutes. Have 2 minutes of active rest consisting of dynamic stretching after each game.

**Rules:** All FIFA laws apply.

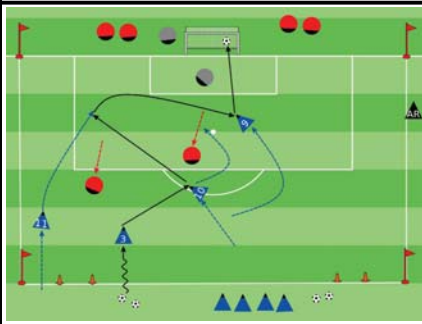


**Key Words:** Take more shots, find or make openings to shoot, score goals

**Guided Questions:** What is a great indicator that players are enthusiastic about practice? When should you introduce the objectives for the practice?

**Answers:** When players come early to training and start preparing to play. Start to bring out the objectives in conversation as players arrive, when they ask you, and during rest periods.

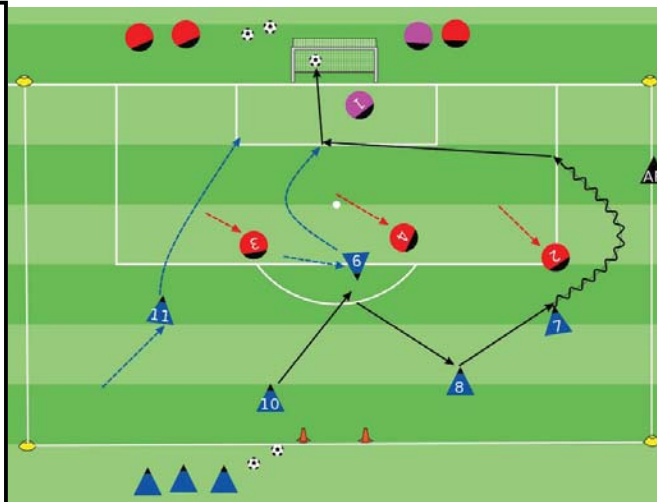
## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Set up a 50Wx40L field w/ a big goal on the endline and 2 small counter goals. 2 Red players defend the big goal w/ a GK #1. Blue plays with 4 attackers.

**Rules:** Make groups of 4 similar flank attackers, like Blue #'s 3,9,10,11 or #'s 2,7,8,9. Play 4v3. The 4 Blues score on the big goal, the 3 Reds score on the counter goals. All FIFA Laws apply.



**Activity Duration** 24 min

**# of Intervals** 4

**Time Active** 4 min

**Active Rest** 2 min



### More Challenging Activity

**Organization:** In a 55Wx50L field with a big goal on each endline. Reds #'s 1,2,3,4,6,8. Blues #'s 1,2,3,7,9,10,11.

**Rules:** Play 7v6. All FIFA Laws apply.

**Objective:** To create scoring chances using flank areas to score more goals.

**Organization:** On a 50Wx40L field, a regular goal on one endline and 1 small counter goal. Play a 5v4 game to goal. Blue team player #'s 7, 8, 9, 10, 11 vs Red team player #'s 1, 2, 3, 4.

**Rules:** Blue team starts with the ball. Blue team is playing to score in the regular goal. Red scores on the small counter goals. All FIFA Laws apply.

**Key Words:** Get wide to create openings, get forward quickly, find an opening to create chances to shoot to score

**Guided Questions:** What techniques should be repetitive in this activity? Where should attackers without the ball go?

**Answers:** The techniques of Passing (including crossing, long, short, driven, lofted), Shooting, Receiving and redirecting the ball forward toward the goal. Players without the ball need to support the attack by moving (wide, to the side or forward of the ball) to openings where they can be in a position to score. Players should also move to drag defenders to create an opening for a teammate to shoot through.

## PLAY - LET THEM PLAY

**Organization:** On a 55Wx80L field with a goal on each endline, play an 8v8 game. Blue team plays 1-2-3-2 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 to openings where you can score, shoot when you have an opening, move to make an opening to score

**Guided Questions:** When should you compliment a player's shooting technique? What is one thing you should do before a player leaves practice?

**Answers:** Compliment, encourage, or applaud a player's shooting technique only when they successfully shoot through an opening, the shot is on target (the goal), or the attempt to score results in a goal. Make sure before each player leaves practice that you have made an effort to connect, give feedback, or just talk with them.