



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the techniques of dribbling

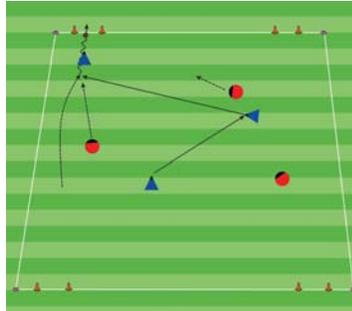
Key Qualities Take initiative, be pro-active

Age Group 6-U

Team Tactical Principles Shoot & Pass or Dribble Forward

PLAY SMALL SIDED GAMES

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.
Objective: Play a game where you can score in 2 goals.
Organization: set up two 15Wx20L fields with 2 cone goal on each end line. When 2 players arrive, start playing a game. Add players to the games as they arrive. Once 1 field is at 3v3, start the second game. (Play one 8 min game or multiple 2-3 minute games)
Game Starts: The ball is given to the first player with their pinny on to start the game.
Rules: Score in either of the opponent's goals. Local rules apply.

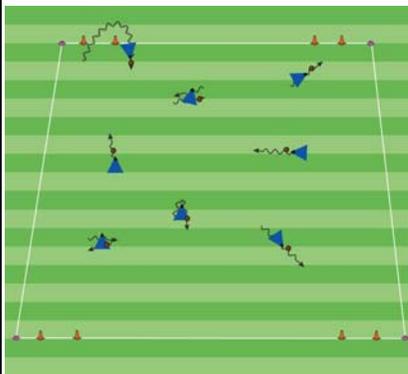


Key Words: Move towards the open goal. Try to change direction.

Guided Questions: What can you do or say to get the game started in 1 minute or less? What can you do if the game is lopsided?

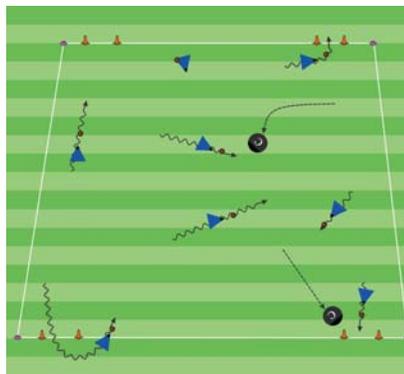
Answers: Only provide the players with the team they are on and the direction they are playing. Leave the rest of the details for the players to discover. If you have multiple games, rotate teams every 2 minutes. If you have 1 game, rotate teams every few minutes.

4 Surfaces-to the Drifting Continents:



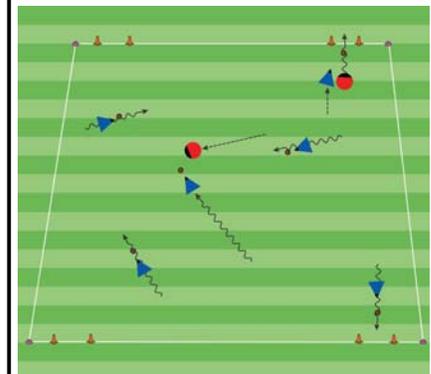
Organization: In a 15Wx20L grid, 2 cone goals on each end line & each player with a soccer ball: the players dribble their soccer ball using specific surfaces: outside right (pinky toe)-inside right (big toe)-repeat with the left foot. Coaches walk around and are the drifting continents. Players must avoid them and get to the safety of a goal. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals). How many goals can they get to in 40 sec?
Rules: Players begin dribbling as soon as they have their ball. On the coach's command (or whistle), the players will dribble their ball as fast as they can through any of the 4 goals. After each round, the coach can introduce a new surface.
Key Words: Move the ball away from the continents with the inside, outside or laces of your foot.
Coaching Points: Why should the players use soft touches when dribbling?
Answers: Soft touches help to keep the ball close.

Sid the Sloth vs Crash & Eddy:



Organization: In a 15Wx20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball anywhere in the grid & avoid Sid the Sloth. (coaches are Sid the Sloths & can only walk): Crash & Eddy try to dribble their soccer ball into as many goals as they can without getting tagged by Sid. (Play for 8 min-4 intervals of 90 sec with 30 sec rest between intervals)
Rules: play begins when Crash & Eddy are on the field. Crash & Eddy get 1000 pts for every goal they can score by dribbling through. If they get tagged by Sid the Sloth, they lose all their pts and have to begin counting over.
Key Words: Try to go around Sid using the inside and outside of your foot.
Guided Questions: When do you want to go fast with the soccer ball? Why would you use your laces to get away?
Answers: When Sid is chasing you, go faster with the ball. If you point your toe down you can use your laces for longer/stronger touches on the ball to accelerate.

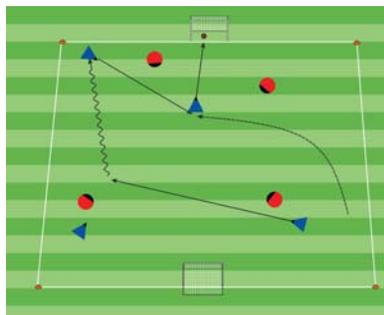
Sabertooth Squirrels (Scrat) Acorn Hunt



Organization: In a 15Wx20L grid, 2 cone goals on each end line, select 2 players to be Scrats, all other players have a soccer ball: the players try to dribble their soccer ball (acorn) anywhere in the grid & avoid the Scrats. The Scrats try to steal the acorns and hide them in any of the 4 goals (trees). Dribblers can steal their ball back from the Scrats or from the goal. (8 min - 4 intervals of 1.5 min with 30 sec rest between intervals)
Rules: Play begins as soon as the Scrats enter the field. Scrats get 1 pt for every ball they take to a goal. Any dribbler with a ball on the field after 1.5 minutes gets 1000 pts (even if they have to steal it back from a goal).
Key Words: Head up, keep your acorn away from Scrats.
Guided Questions: what can you do to avoid the Scrats? Why is it important to dribble with your head up?
Answers: Turn away from them and accelerate. Dribble with your head up to see where the Scrats are.

PLAY - LET THEM PLAY

Up to 4v4 Games: Team with the ball attempts to dribble past opponents and score.
Organization: In a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)
Rules: Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.



Key Words: Keep the ball close, find space
Guided Questions: When should the players keep the ball close?

Why should they kick it further in front of them?
Answers: Move slow in a crowd and fast when there is space in front.