



MASSACHUSETTS YOUTH SOCCER



GOAL Improve Passing forward to score goals

Key Qualities Take initiative, understand the game

Age Group 8-U

Team Tactical Principles Pass or Dribble Forward, Spread Out, Support the Attack

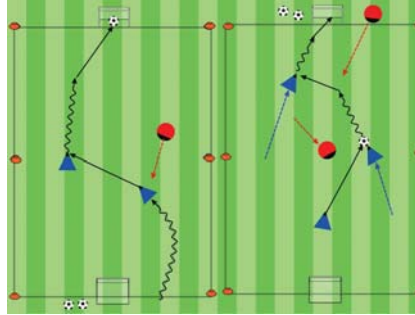
PLAY - SMALL SIDED GAMES

Objectives: Let the players play the game. To pass or dribble forward to get past opponents and score goals.

Organization: Set up 2-3 fields 15W x 20L w/a goal at each end. As players arrive to the field start to play 2v1, 2v2, up to 3v3 games.

Time: 4 games of 2 mins, 30 sec rest, activity duration is 10 min.

Rules: Begin game w/a kick off. Out of bounds, pass or dribble ball in. Let players have free play.

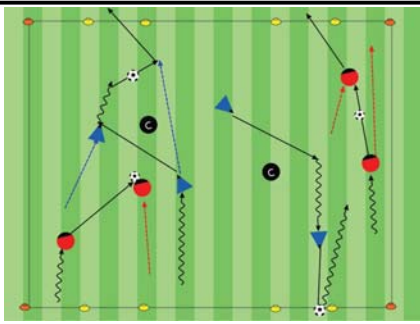


Key Words: Go score, move up the field, go help, find an opening (path) to the goal

Guided Questions: How can you tell players understand when to go forward (attack)? How can you make the games easier or harder?

Answers: When players have the ball they are trying to get the ball forward through an opening to the goal to score. Play uneven numbered games like 2v1, 3v1 or 3v2.

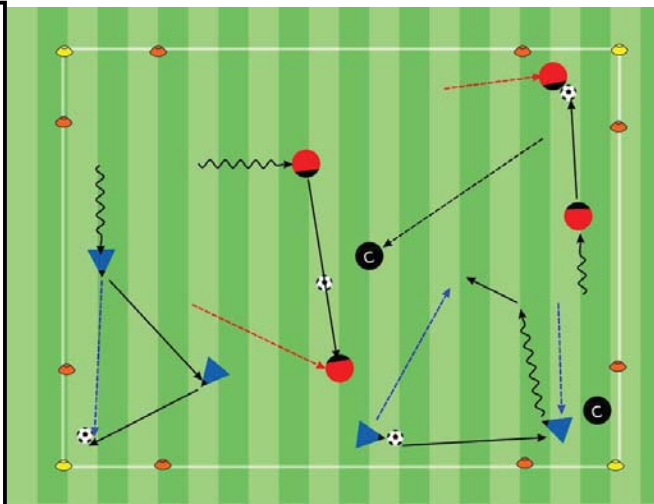
PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: 20Wx25Lyd grid w/2 goals on each endline. Pairs pass, dribble, move to get past defenders & score goals.

Rules: Players in pairs w/a ball. Coaches can be defenders. Pass & move w/the ball. Score in one goal then pass w/partner & score in a goal on other side, repeat. How many goals in 1 min, beat your score.

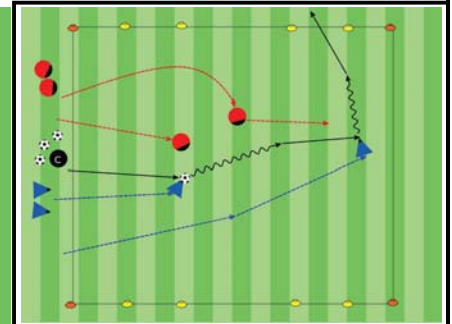


Activity Duration 18 min

of Intervals 6

Time Active 1.5 min

Active Rest 1.5 min



More Challenging Activity

Organization: 20Wx25Lyd grid w/2 goals on each endline. Players evenly flank coach in a line at midfield. Play 2v1, 2v2, 3v1, 3v2, up to 3v3 to the goals.

Rules: Coach sends players on field from each line, rolls ball on the field to start the game. Players try to pass or dribble forward to score in the opponent's goals.

Objective: Players pass, dribble & move into and out of space, past defenders to score.

Organization: 20Wx25L yd grid, w/4 corner cone goals. Each pair has a ball. Have 2 defenders. Coaches can be defenders. Defenders can move throughout the field & from goal to goal to defend the goals.

Rules: On coach's command pairs will pass & move w/partner. Score by passing to your partner in a corner goal, through a goal, or as your partner arrives into the goal. Repeat at a different goal. If a defender steals the ball, steal it back. 1 million pts for each goal you pass into or through w/your partner in 1 min. Bonus points for a successful pass into or through a goal that has a defender in it.

Key Words: Get into or move to (open) space, find an opening (or create an opening) dribble or pass forward (through an opening) to a teammate to score

Guided Questions: Where should the player w/out the ball go to help their teammate? When is the activity working?

Answers: Players w/out the ball can go away from defenders into open space, into an opening to the goal. Show players what "open space" or an "opening" between players looks like, where to find it, or how to make it. When players are making multiple passes that reach their partners to score.

PLAY - LET THEM PLAY

Objective: Team with the ball tries to pass & dribble forward past opponents to score goals.

Organization: On a 25W x 35L field w/ a small goal at each end. Play 4v4.

Time: Game is for 30 min, 2 halves of 10 min with 5 min of rest after each half.

Rules: All modified 4v4 rules apply.



Key Words: Find an opening, get through, go score

Guided Questions: When should players pass? How can you recognize players are engaged in the game?

Answers: Pass to a teammate when a teammate is in an opening to the goal, has more open space to the goal, or that teammate can shoot right away. Players are paying attention, and trying to score goals to win the game.