



MASSACHUSETTS YOUTH SOCCER



GOAL Improve a player's ability to Regain the ball to go score goals

Key Qualities Make decisions, Be proactive

Age Group 8-U

Team Tactical Principles Steal the ball, Protect the goal

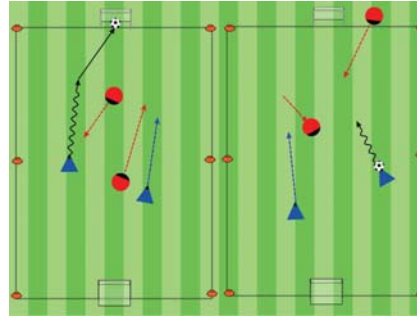
PLAY - SMALL SIDED GAMES

Objectives: Play the game. The team w/out the ball works together to get the ball back from the opposing team to then go score goals.

Organization: Create 2-3 fields that are 15W x 20L w/a goal at each end. As players arrive start them playing 1v1, 2v2, or 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. Allow for free play.



Key Words: Find the ball, get the ball, go help (to get the ball), block (close) the opening to the goal

Guided Questions: What type of encouragement should you give? How can you tell if players are having fun?

Answers: Positive responses to successful outcomes, for example, "good job", "I like that idea", "keep doing what you're doing". They are actively participating in the game.

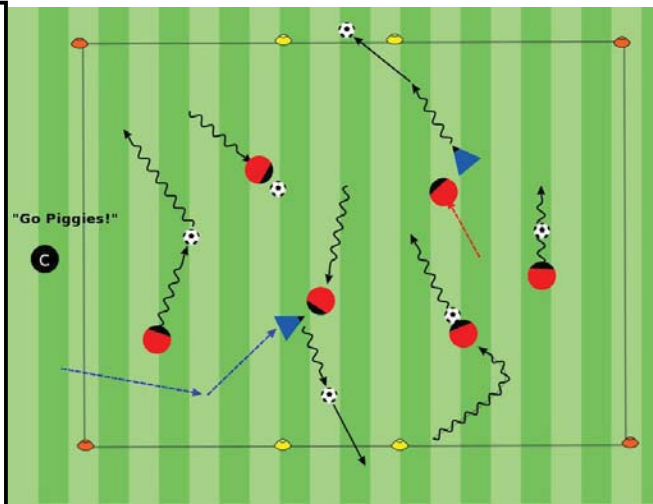
PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: 10Wx15L grid w/2yd box on the endlines. 2 equal teams on each endline. Number players 1-4. Coach w/balls at midfield. Play 1v1.

Rules: Coach calls a number. That player steps on the field from each team. Coach rolls ball to one of those players. Score by dribbling into opponents box.

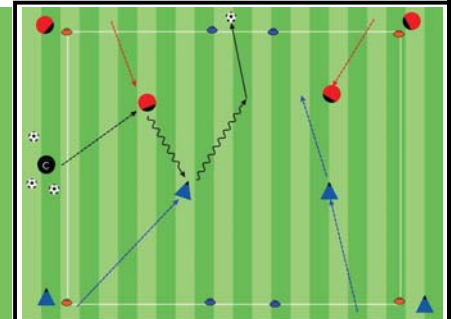


Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

Organization: 15Wx20L field w/goal on the endlines. Players evenly divided to each corner. Coach has balls at midfield. Play 2v2.

Rules: One player steps on field from each corner. Coach starts play by playing the ball to one (1) player. Play to score in opponents goal.

Objective: Improve individual defending techniques. How to take the ball from an attacker (dribbler) to then go and score.

Organization: Make a 15W x 20L grid w/a goal on each endline. Each player (Piggies) has a ball inside the grid. 2 players start as Defenders (Angry Birds) w/Coach on the sideline.

Rules: Coach starts activity by telling Piggies to start dribbling, "Go Piggies!". After a few seconds Coach releases 2 Angry Birds into the grid. The Angry Bird must take a ball away from a Piggie, dribble it & put (shoot) the ball into one of the goals. If a Piggie has their ball taken away & put into a goal they join the Angry Birds.

Key Words: Go to the ball (pressure), take the ball (tackle), get it back (regain it), go help (close the space or opening to the goal)

Guided Questions: What does successful individual defending look like? When should a player try to take the ball away?

Answers: When a player takes a ball away from an opponent and tries to go score. Players should take a ball (block or poke tackle it away) from the attacker or take the ball when it's dribbled too far away from an attacker's feet, not just kick the ball away. If you lose the ball go quickly and take it back right away.

PLAY - LET THEM PLAY

Objective: Play the game w/emphasis on taking the ball back from opponents immediately after losing possession to get forward & score goals.

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

Time: The game time is 30 min of total duration. Two halves (intervals) of 12 min (time active), each interval has 3 min of active rest (total 6 min for halftime).

Rules: All 8U modified 4v4 rules apply.



Key Words: Pressure the ball, take or win the ball back, go help (get the ball), close or block the space (the opening path to the goal)

Guided Questions: What shows you players understood the training session? How can you tell if players enjoy playing the game?

Answers: Players are trying to win the ball back from opponents right after losing it. They want to keep playing the game, they want to get on the field and play.