



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the team/player in scoring goals from wide areas

Key Qualities Read the game, Be pro-active, Focus

Age Group 12-U

Team Tactical Principles Shoot, Pass/Dribble forward, Create passing options. Create a 2v1 or 1v1

PLAY - SMALL SIDED GAMES

Objective:

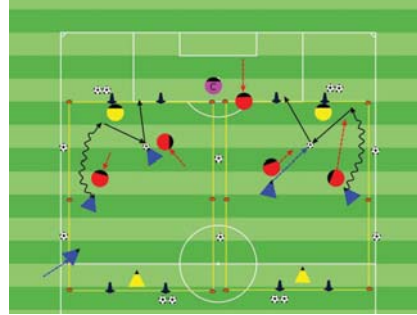
To out-score the opponents, get players playing early as they arrive.

Organization:

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play 1v1, 2v1, 2v3, up to 4v4.

Time: 4 games of 2 minutes with a 30 second rest for a total of 10 minutes.

Rules: Out of bounds: Pass or dribble the ball in.



Key Words: Go to goal, Cross the ball away from the keeper, Time the run and finish.

Guided Questions:

- What can you do to find out the players mind set for the practice? - When is a good time to introduce the training topic to the players?

Answer: Ask the players how was their day and how they are feeling today. Tell them the topic between one of the intervals.

PRACTICE - CORE ACTIVITY



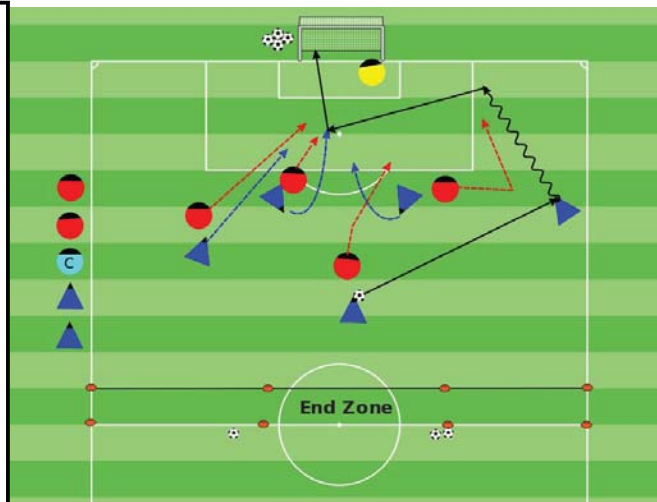
Less Challenging Activity

Organization:

- Play 3v3 in a 20Wx30L including the GK with a cone goal in one end and two small cone goals at other end.

Scoring: Scoring from a cross is 10 points, any other goal 1 point.

Rules: Pass or dribble in.



Activity Duration 21 min

of Intervals 6

Time Active 3 min

Active Rest 30 sec



More Challenging Activity

Organization:

- Play 6v6.
- in a 50Wx45L field with two regular goals.

- Substitute the players every two intervals.

Rules: All FIFA Laws apply.

Objective:

Possess the ball to unbalance and disorganize the opponent in order to create chances from the flank and score goals.

Organization:

- Play 5v5 in a half field (50Wx37L) with a regular goal including a 3 yard end zone by the mid line.

- The attacking team gets 4 balls to score. Substitute the players every interval.

Scoring: Goals from a cross are 10 points, any other goal is 1 point.

Rules: All FIFA Rules Apply.

Key Words: Go to goal, Get wider in the flanks, Cross to either the near post, far post or the top of the 6 yard line. Time your run and finish.

Guided Questions: - What should a flank player do when he/she gets the ball? - How do we know that players are getting plenty of repetitions?

Answers: Dribble towards the goal, take a look inside, take a look at the GK, and release the pass (cross) away from the GK in the path of the strikers. Because the flank players are dribbling, crossing the ball and getting opportunities to score goals by heading or shooting.

PLAY - LET THEM PLAY

Objective:

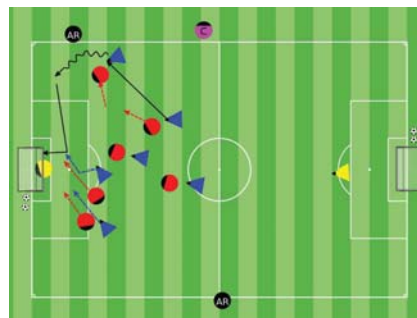
Possess the ball to unbalance and disorganize the opponent in order to create chances from the flank and score goals.

Organization:

- Make two equal teams with the players in practice, play in a 50Wx75L field with goals.

Time: 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

Rules: All FIFA Rules Apply.



Key Words: Go to goal, Get wider in the flanks, Cross to either the near post, far post or the top of the 6 yard line. Time your run and finish.

Guided Question: - What makes you think that the flank players will create scoring opportunities in a game?

Answer: During the session the flank players got wide, they took advantage of space, 1v1's and 2v1, and cross the ball into dangerous areas to create scoring chances.