MASSACHUSETTS YOUTH SOCCER

| GOAL	Disrupt the build up in the opponent's half to deny chances		Key Qualities	Understand the game, Take initiative
Age Group	14-U	Team Tactical Principles		Make it & Keep it compact, Outnumber the opponents, Steal the ball

PLAY - SMALL SIDED GAMES

Up to 4v4 Games: Team with the ball attempts to score in the opponent's goal.
Organization: Set up two 25Wx35L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games)
Rules: The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.
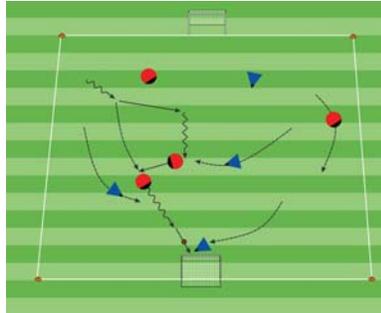

Key Words: try to keep the team with the ball from playing forward.

Guided Questions: How did you check the player's emotional state as they arrived at practice?
Is the team without the ball preventing forward passes (close the openings)?

Answers: Greet them by name, make eye contact and give them a high five/handshake/fist pump.
Get the players closest to the ball to work together to stop forward passes (close the opening).

PRACTICE - CORE ACTIVITY
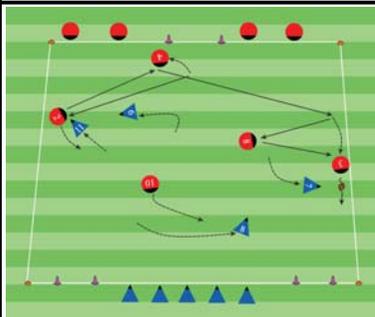
Less Challenging Activity

Organization: Set up a field 35Wx40L field, a small goal at 1 end and 2 counter goals at the other, play a 4v5 game. Blue team player #'s 7, 8, 9 & 11 (attack single goal). Red team player #'s 2, 3, 4, 8 & 10 (attack 2 counter goals). Sub after each interval. Use your watch or a count down to time the blue team to win the ball back in 10 seconds or less and score. (the game doesn't stop if they do not win the ball back; still play for 3 minutes)

Activity Duration	24 min	# of Intervals	6
Time Active	3 min	Active Rest	1min

More Challenging Activity

Organization: On a 55Wx65L field, a big goal at each end play a 8v9 game. Blue team player #'s 1, 2, 3, 7, 8, 9, 10 & 11. Red team player #'s 1, 2, 3, 4, 5, 6, 8, 9 & 10. Both teams score try to score in opponent's goal. Sub the blue player after each interval.

Objective: Close openings, keep them closed, Regain the ball
Organization: On a 55Wx50L field, a big goal at 1 end & 2 wide counter goals at the other (6 yards wide), play a 7v7 game. Blue team player #'s 2, 3, 7, 8, 9, 10 & 11. Red team player #'s 1, 2, 3, 4, 5, 8 & 10. Blue team scores in the big goal and red in either of the counter goals. Red team must dribble through or pass through to a teammate. Sub players after each interval.
Rules: All FIFA Laws Apply. (if needed, red team can restart the play)

Key Words: Stay together so it is more difficult for the player with the ball to see forward options.

Guided Questions: Why would you want to close a wide opening?
Who should try to close the wide openings?

Answers: The wide areas of the field tend to be less crowded so closing these openings will force the team with the ball back inside where you have more teammates (Outnumber the opponents).
#3 & 11 on the left and #2 & 7 on the right are the primary wide players but they may need help from some central players too.

PLAY - LET THEM PLAY

Organization: On a 55Wx80L field and a goal at each end, play an 9v9 game. Blue team plays 1-3-2-3 and the red team plays 1-4-3-1. (Play 2 x 10 min halves with a 2 min halftime)
Rules: FIFA laws apply.

Key Words: Adjust your body to force the player with the ball into your teammates or to the sideline.

Guided Questions: Did the players make their own decisions in the game?
Where the players able to focus on the game for the entire time?

Answers: Allow periods of uninterrupted play to determine if the players are working together to close openings.
Creating a competitive environment tends to help maintain focus. For example, the blue team is trying to play for the entire half without allowing a goal.