



MASSACHUSETTS YOUTH SOCCER



GOAL

Dribbling to create scoring opportunities

Key Qualities

Read and understand the game

Age Group **U5 - U6**

Team Tactical Principles

Dribble forward when possible

Is Activity Organized? Game-like? Challenging?

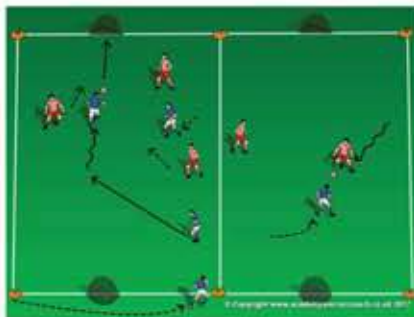
PLAY SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Up to 3v3 Games: team with the ball attempts to dribble past opponents and score.

Organization: set up two 15Wx20L 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 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game)

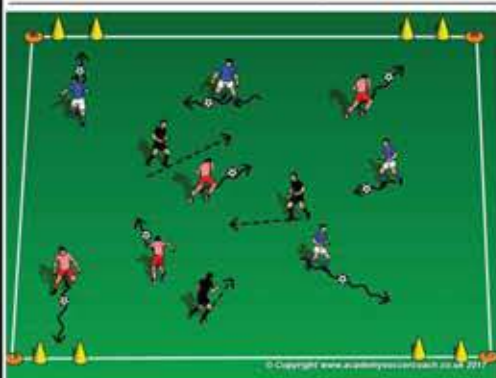
Rules: the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



Coaching Point: When no one is in front of you, kick the ball further in front so you can run faster to the goal.

Guided Question: what can you do if the teams are not balanced/even? Change the players on each team or have 1 team with more players than the other team.

4 Surfaces-to the Drifting Continents



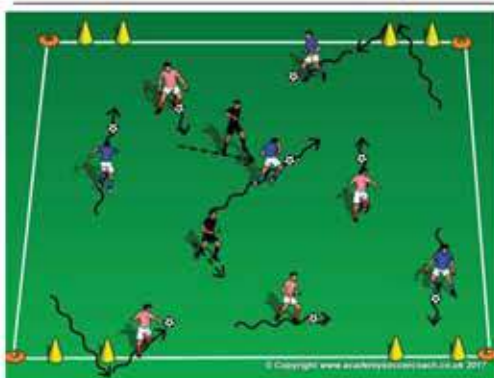
Organization: in a 15Wx20L grid, 2 cone goals on each end line & each player with a soccer ball: the players dribble their soccer ball using specific surfaces: outside right (pinkie toe)-inside right (big toe)-repeat with the left foot. Coaches walk around and are the drifting continents. Players must 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 (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.

Coaching Point: use soft touches with the inside and outside of the foot to move the ball from side to side.

Guided Question: why should the players use soft touches when dribbling? Soft touches help to keep the ball close.

Sid the Sloth vs Crash & Eddy:



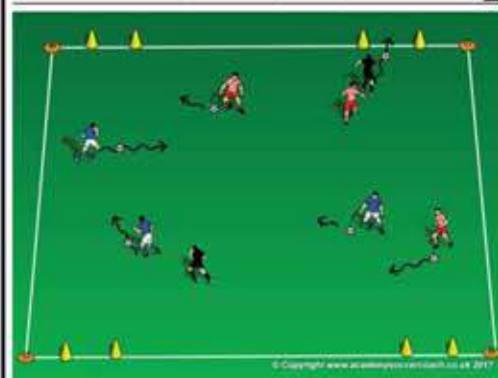
Organization: in a 15Wx20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball anywhere in the grid & avoid Sid the Sloth. (coaches are Sid the Sloths & can only walk): Crash & Eddy try to dribble their soccer ball into as many goals as they can 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.

Coaching Point: point your toe down so you can use your laces for longer/stronger touches on the ball to accelerate.

Guided Question: when do you want to go fast with the soccer ball? When Sid is chasing you, go faster with the ball.

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).

Coaching Point: dribble with your head up to see where the Scrats are.

Guided Question: what can you do to avoid the Scrats? Turn away from them and accelerate away.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

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 Game laws apply.



Coaching Point: help the players to recognize when to go slow and when to go fast.

Guided Question: when should the players keep the ball close? Why should they kick it further in front of them? Move slow in a crowd and fast when there is space in front.