



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the techniques of dribbling & striking the ball to score **Key Qualities** **Read & understand the game**

Age Group U5 - U6 **Team Tactical Principles** Shoot & Pass or Dribble Forward

PLAY SMALL SIDED GAMES

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 or multiple 2-3 minute games)

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



Key Words: Move the ball toward the goal

Guided Questions: What goal are you scoring in? What can you do to improve the flow of the game?

Answers: By checking for understanding, you will have a better idea of who understands the game and their direction of play. Place soccer balls around the field so when a ball goes out, another can be put into play quicker.

Bulldogs Hunting for Milk-Bones:



Organization: In a 15Wx20L grid, all the players with a soccer ball (the Bulldogs) & the coaches are the guards of the milk-bones. The players dribble their ball and try to hit the coach below the knees to score a milk-bone. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals)

Rules: Play starts when the coach asks, "does anyone want a milk-bone?" Coaches can only walk. Whoever scores the most milk-bones wins the round.

Key Words: Make the ball move faster with bigger kicks

Guided Questions: Did all the players have a chance to win a milk-bone at least once? How can you get the players to use different surfaces of the foot to pass?

Answers: The coach can walk closer to the players who need more help so it is easier for them to get the prize. Award extra milk-bones if a player can hit the coach using surface other than the toe.

Boston Bulldogs:



Organization: In a 15Wx20L grid, with a 5 yard zone in the middle (the dog pound), coaches start in the pound as the dog catchers (dog catchers do not use a soccer ball & must stay in the pound). Each player has a ball and starts on one end line. Players try to sneak through the dog pound without waking the catchers. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)

Rules: When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you become a catcher also. Dog catchers can also switch roles with the bulldogs.

Key Words: Slow the ball down

Guided Questions: Are the players getting lots of dribbling repetitions during this activity? Once you get past the dog pound, what part of your foot can you use to stop the ball on the end line?

Answers: ? If they players are not getting enough repetitions, have them dribble across the field and back again before playing the next round. You can stop it with the bottom of your foot or your inside or outside of the foot by wrapping your toe around the ball.

Bulldogs vs Dog Catchers:



Organization: In a 15Wx20L grid, with a 5 yard zone in the middle & 2 goals on 1 end line: divide the players into 2 teams; Bulldogs vs Dog Catchers. Coach stands between the goals with all the soccer balls. One team starts on the coach's right the other on his left. Coach plays a ball onto the field. 1 player from each team chases it. Whoever gets it tries to score in their opponent's goal. (Play for 9 min - 12 intervals of 15 sec with 30 sec rest between intervals)

Rules: Game starts when the coach passes a ball onto the field. Score with feet.

Key Words: Turn to score

Guided Questions: Are the players trying to score from far away or very close to the goal? Can the players strike the ball from greater distances?

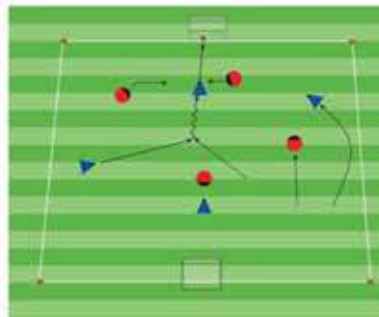
Answers: If they players are dribbling into the goal, award more points for goals scored from your middle zone on the field. Point your toe down, make a big swing with your kicking foot & try to hit the ball with your laces to make the ball go further.

PLAY - LET THEM PLAY

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. Local game laws apply.



Key Words: Split the opponents with the ball

Guided Questions: When should the coach provide information to the players. Where should you your body be facing when ready to shoot?

Answers: Try to identify the players who are struggling with the game and give them some hints or encouragement to get them more engaged. The rest of the game, observe the and enjoy the game. Encourage the players to turn their body to face the goal when they are ready to shoot.