



# MASSACHUSETTS YOUTH SOCCER



**GOAL**

**Dribbling & striking the ball to score**

**Key Qualities**

**Read and understand the game**

**Age Group**

**U5 - U6**

**Team Tactical Principles**

**Pass (strike the ball) or 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)

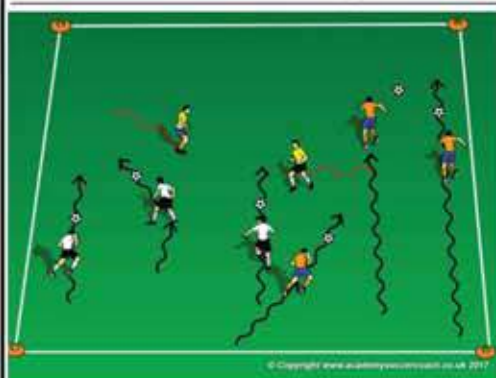
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



**Coaching Point:** Encourage players to shoot from further away from the goal. Coach can stand on the field and any goal scored from further away from the goal than the coach is worth bonus points.

**Guided Question:** how do you engage all the players? Consider using multiple soccer balls in the game.

### The Cat in the Hat vs Things 1 & 2:



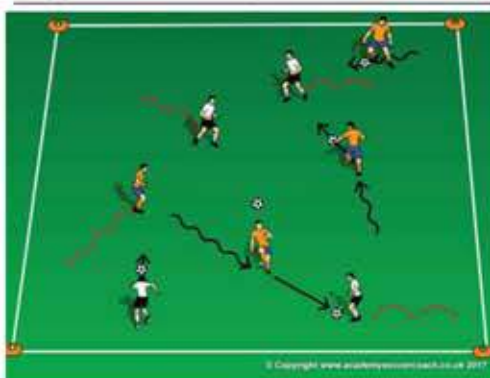
**Organization:** in a 15Wx20L grid, select 2 players to start as Thing 1 & 2; they do not need a soccer ball & can only hop around the field. The rest of the players start at 1 end line, all with a ball. They are Cats in Hats. The Cats try to dribble their soccer ball from 1 end of the field to the other without getting tagged by Things 1 or 2. (Play for 8 min - 8 intervals of 30 sec with 30 sec between intervals)

**Rules:** players begin dribbling as soon as the coach say "Let's Have Fun!" and they stop once at the other side. The coach repeats the command. If a Cat gets tagged, they become a Thing also.

**Coaching Point:** point your toe down to use your laces to push the ball further in front of you.

**Guided Question:** why should the players use big touches to dribble? You can build up and maintain speed if the can get the ball further away from their body.

### Tiggers vs Rabbits (Whinnie the Pooh):



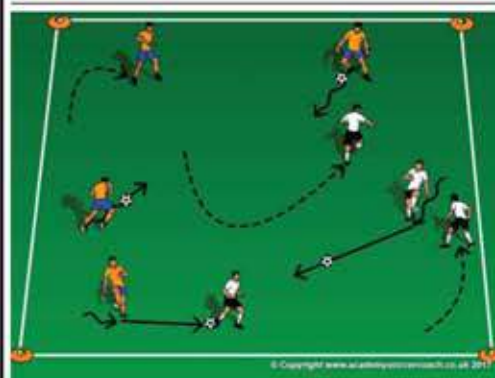
**Organization:** in a 15Wx20L grid, Tiggers start without a soccer ball & can only hop/skip to avoid getting hit. The Rabbits start with a ball, can dribble & try to pass their ball to hit the Tiggers below their knees. (Play for 8 min - 8 intervals of 45 sec with 15 sec between intervals)

**Rules:** players begin dribbling as soon as the first Tigger makes one hop. Rabbits get 1000 pts for every Tigger they can hit. Each round, switch who are the Rabbits and who are the Tiggers.

**Coaching Point:** strike through the middle of the ball with the middle of your foot to keep the ball low.

**Guided Question:** what makes it easier to hit the Tiggers? Get closer to the Tiggers before kicking the soccer ball.

### Good Minions vs Evil Minions:



**Organization:** in a 15Wx20L grid, 2 teams-1 team of Good Minions; without a soccer ball & 1 team of Evil Minions; with soccer balls. Evil Minions try to dribble the soccer ball and zap the Good Minions by hitting them below the knee with the ball. Good Minions try not to get hit. (Play for 8 min - 8 intervals of 45 sec with 15 sec between intervals)

**Rules:** players begin as soon as the first Evil Minion starts to dribble. If an Evil Minion hits a Good Minion, the Evil becomes good and the good becomes Evil. The new Evil Minion gets a soccer ball. Who are the Good Minions at the end of the interval?

**Coaching Point:** when striking the ball far, give a big swing with the kicking leg and follow through the ball.

**Guided Question:** Was there lots of movement from all the players? Try using more Evil Minions to force the Good Minions to move more.

*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 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:** Challenge the players to shoot with different surfaces of the foot (including their toe). Who can score with the most different surfaces?

**Guided Question:** how do you determine the success of your session? Look at the player's faces, if they are smiling, the session is successful.