



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?

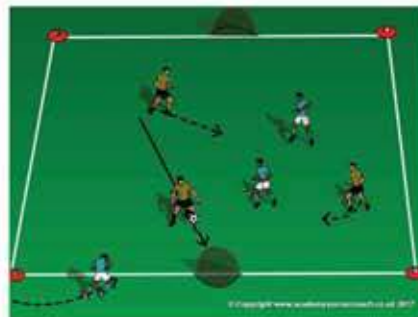
PLAY SMALL SIDED GAMES

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)

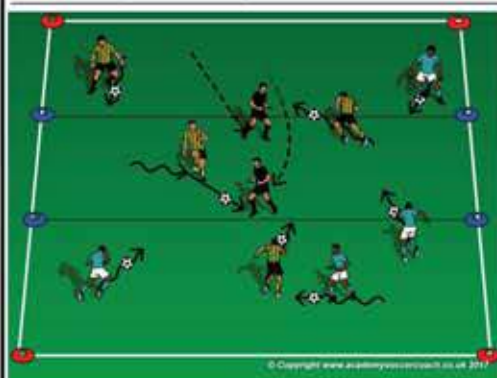
Rules: the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



Coaching Point: Help the players understand the boundaries of the field and the direction they are going by checking for understanding. For example, ask the players what goal they are trying to score in?

Guided Question: what can you do to improve the flow of the game? Place soccer balls around the field so when a ball goes out, another can be put into play quicker.

Bulldogs Hunting for Milk-bones:



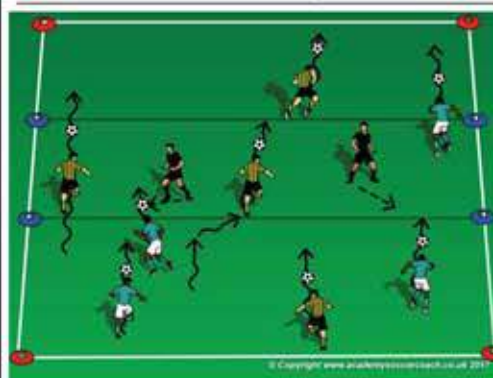
Organization: in a 15Wx20L grid, all the players with a soccer ball (the Bulldogs) & the coaches are the guards of the milk-bones. The players dribble their ball and try to hit the coach below the knees to score a milk-bone. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals)

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.

Coaching Point: turn your toe to the side and strike the ball with the middle of your foot to hit the coach. (award more points if they can use the side of the foot instead of their toe)

Guided Question: did all the players have a chance to win a milk-bone at least once? The coach can walk closer to the players who need more help so it is easier for them to get the prize.

Boston Bulldogs:



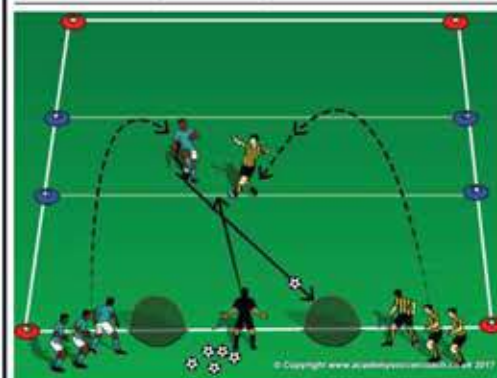
Organization: in a 15Wx20L grid, with a 5 yard zone in the middle (the dog pound), coaches start in the pound as the dog catchers (dog catchers do not use a soccer ball & must stay in the pound). Each player has a ball and starts on one end line. Players try to sneak through the dog pound without waking 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.

Coaching Point: use a soft touch with the bottom of the foot to stop your ball on the end line.

Guided Question: are the players getting lots of dribbling repetitions during this activity? If they players are not getting enough repetitions, have them dribble across the field and back again before playing the next round.

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.

Coaching Point: point your toe down, make a big swing with your kicking foot & try to hit the ball with your laces to make it go further.

Guided Question: did the players try to score from far away or very close to the goal? If they players are dribbling into the goal, award more points for goals scored from your middle zone on the field.

Is Activity Organized? Game-like? Challenging?

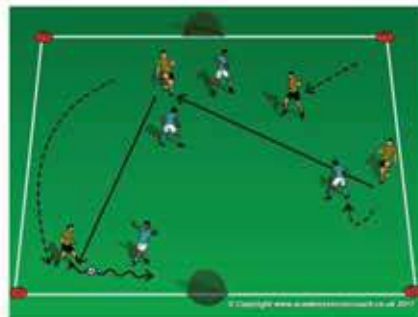
PLAY - LET THEM PLAY

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 23 min - 2 intervals of 10 min with 90 sec 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: Encourage the players to turn their body to face forward when they have the ball.

Guided Question: When should the coach provide information? 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.