



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?

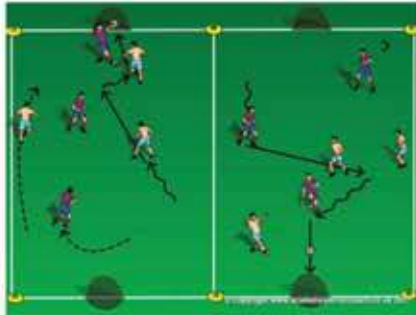
PLAY SMALL SIDED GAMES

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)

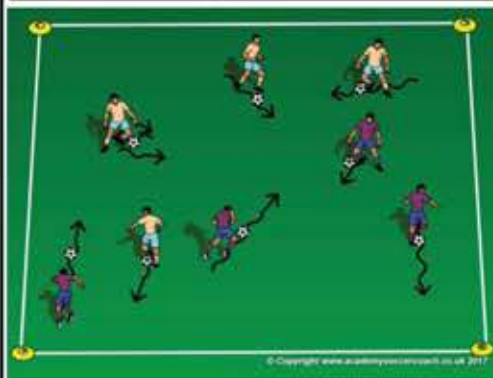
Rules: the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



Coaching Point: provide only periodic & positive feedback which keeps the players engaged.

Guided Question: where is the best place to stand and observe the games? The coach should stand in the middle of either end line to observe. This will help you see both games.

Sailing the Seas:



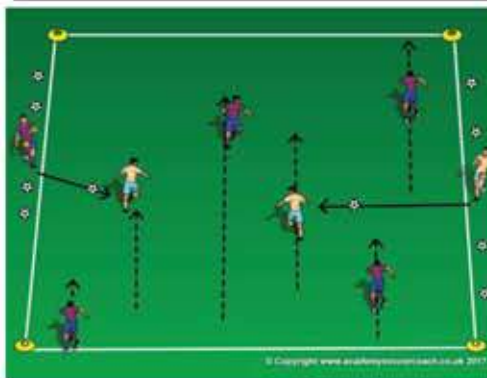
Organization: in a 15Wx20L grid, all the players with a soccer ball (ships) & the coaches the (ship's captain). The players dribble their ball and will change speed or direction based on the weather; high winds, go fast, no wind, go slow, hurricane, dribble in a circle, rogue wave, go backward. Each round, add a new direction, command or combine movements. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals)

Rules: play starts when the coach says, "ahoy mates, set sail".

Coaching Point: If the players are not getting enough repetitions, have them use softer touches to keep the ball closer.

Guided Question: what if the players are not engaged in the activity? Use your imagination & the theme of the activity to tell a story & make the game more of an adventure.

Pirates of the Caribbean:



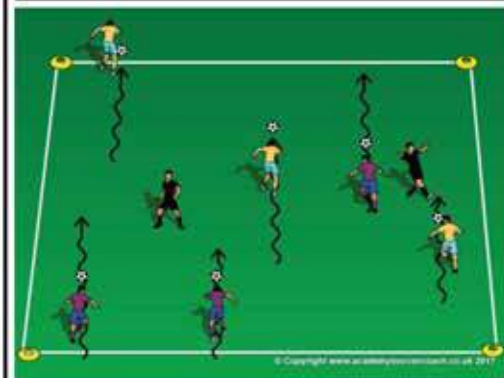
Organization: in a 15Wx20L grid, (the ship), place all the players one end line without a soccer ball (Captain Jack Sparrows). All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)

Rules: when the coach yells, "make it across or walk the plank" the players start across the grid. Pirates who get hit become Barbosas too. Hits below the knee change players from Pirates to Barbosas.

Coaching Point: Use the inside or outside of your foot to move the ball down the field before striking it at Captain Jack.

Guided Question: what do you do before striking the ball? Light the fuse by moving the ball to the side before striking it.

Bruce the Shark & Nemo:



Organization: in a 15Wx20L grid, select 1-3 players to be Bruce the Sharks without a ball (coaches can start as sharks too). The rest of the players are Nemo or Dori. They all have a ball & start at one end of the grid. They have to swim (dribble their ball to the other side without losing their soccer ball to Bruce the Shark. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)

Rules: game starts when Sharks yell, "Nemo, Nemo cross my ocean". Once a dribbler has reached the other side, he/she is safe.

Coaching Point: play with your head up, move across the shore and look for the best place to cross.

Guided Question: what is a schemer & how will that help them in this game? The player who patiently watches & waits for the best moment to go.

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 or strike the ball 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: to maximize playing time, have several ball close by so you can put a new one in play each time a ball goes out.

Guided Question: what tells you the practice was a success? The players enjoyed it. There was lots of dribbling and shooting. All the players were engaged. Positive reinforcement was provided for each player.