



MASSACHUSETTS YOUTH SOCCER



GOAL

Dribbling the ball to score

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: If your activity/game does not replicate game movement and decisions, consider what was asked of the players prior to playing. If too much instruction is offered, the game may become confusing to the players. Limit instruction to 1-2 points or challenges.

Guided Question: what makes an activity game like? The action in each game should replicate something that would happen in a game.

Dribbling Galaxy Hoppers:



Organization: in a 15Wx20L grid, with several 3 yard triangular shaped Galaxies, all players with a soccer ball. In 90 seconds, challenge the players to get into & out of as many Galaxies as they can. Players dribble from one galaxy to another (triangle on the field). (Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).

Rules: play when coach says, "Go explore the Galaxy". Interval 1-how many Galaxies can you visit? Intervals 2 & 3, beat your score. Interval 4, must stop in the Galaxy before you can exit.

Coaching Point: pick your head up and check over your shoulder to find the open galaxies. Continue to look around while dribbling slowly.

Guided Question: where would you start the players? Either start the players inside one galaxy or divide them into all the galaxies.

Guardians of the Galaxy:



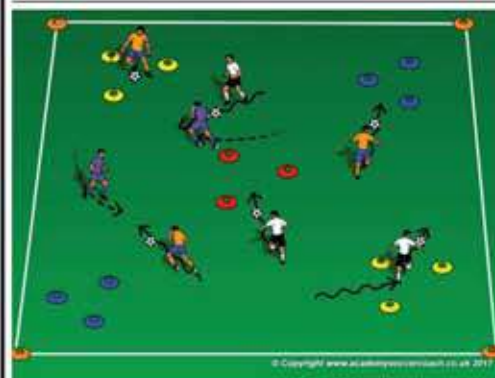
Organization: in a 15Wx20L grid, with several 3 yard Space Ships (bases). Select 2 players to be it. They have their ball in their hands & are the Guardians of the Galaxy; the protect the ships. The rest of the players dribble their soccer ball and are space fighters who are safe if they can land on a ship. (Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).

Rules: play when coach says, "Go save the Galaxy". Guardians can only toss their soccer ball underhand to hit the space fighter's ball. Space fighters are safe if they can stop in a triangle. Count how many bases you can land on. If you ball is hit, you lose your points

Coaching Point: point your toe down and make a fist with your toes when using your laces.

Guided Question: Were the triangle (galaxies) big enough for the players to stop the ball in? Make the triangles bigger if the players are not successful.

Monsters Inc:



Organization: in a 15Wx20L grid, with several 3 yard triangles (closets to hide in). Select 2 players to be it (they are Boo) & do not need a ball. The rest of the players are Mike & Sully (from Monsters Inc). They dribble their soccer ball and try to hide from Boo in the closets. Boo is trying to steal their ball and hide it by dribbling it off the grid. (Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).

Rules: play when coach says, "look out for Boo". Dribblers must get from closet to closet. Dribblers are safe if they can stop their ball in a closet. Award points as needed for getting into a closet.

Coaching Point: Try to run slightly ahead of the rolling ball before trying to put your foot on top to stop it.

Guided Question: when would you stop the ball? Stop the ball with the bottom of your foot once in a closet.

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: help the players use the different surfaces of the foot to dribble, stop, turn or shoot. Sometimes it helps to slow the game down or demonstrate at a water break how to use the different surfaces. Remember to have the players show you what they have learned.

Guided Question: what actions are you looking for from the players? Try to identify when the players are dribbling, stopping, turning or shooting.