



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?

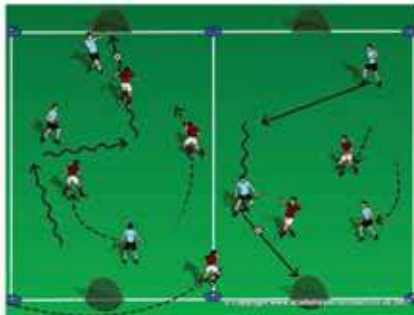
PLAY SMALL SIDED GAMES

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: If the players are struggling to keep the ball in play, award them bonus point if they can stop the ball before in crosses a touch line.

Guided Question: what have you noticed with this part of the practice? More engaged, less engaged, better game understanding, no change.

Steal the Treasure:



Organization: in a 15Wx20L grid, place a 4x4 square in every corner. Divide the players equally between the corners. (each team makes up a team name). All the soccer balls start in the center of the grid. On the coach's command, the players race to the middle to get a ball (with their feet only) and take it to their home base. Once all the balls are gone from the middle, steal them from other teams. (Play for 8 min - 4 intervals of 1min with 1 min rest between intervals).

Rules: play when coach says, "Game On!". Dribblers can only use their feet when getting or stealing a soccer ball. In later rounds, players can also kick the ball back to their home as long as someone can stop it.

Coaching Point: push the ball further in front of you with your laces if no one is in the way but you softer touches if your base is blocked.

Guided Question: after you steal a treasure, what now? Once you have stolen some treasure, dribble back to you base as fast as you can.

Two-Headed Monster Invasion:



Organization: in a 15Wx20L grid, place a 4x4 square in every corner (cave). Divide the players equally between the 4 corners & each player has a soccer ball except for 2 set of 2 players. These players join hands (Two-Headed Monsters). The players try to dribble their ball into as many caves as possible. The Monsters try to tag them (Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).

Rules: play when coach says, "Monsters on the Loose!". Dribblers get 100 points for each cave they get into. If tagged by a monster, they lose their points and have to begin scoring again. Monsters must stay connected.

Coaching Point: play with your head up & look around to see where the monsters are & which cave you can get to next.

Guided Question: what can you do if the monster is chasing you? Run to a cave with your soccer ball to avoid them.

Field of Doom:



Organization: in a 15Wx20L grid, place a 4x4 square in every corner. Select 2 players to start without a soccer ball. Players with a ball try to dribble from box to box while avoiding players without a soccer ball to score points. Players without a ball try to steal any ball and start scoring by getting into boxes. (Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).

Rules: play when coach says, "Game On!". Only players with a ball can score. If you lose your ball, you can either steal your ball back or steal one from any of the dribblers. Dribblers are safe in any box but need to get to another box for more points.

Coaching Point: Sometimes it is best to stay in a box until it is clear to go to the next box. Help the players recognize these moments through guided questions. For example, when is it a good time to run to the next box? See if the players can answer.

Guided Question: when should you move to the next box? When the monsters are not ready or not looking, get to the next box as fast as you can.

Is Activity Organized? Game-like? Challenging?

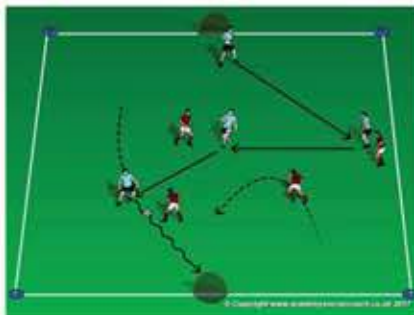
PLAY - LET THEM PLAY

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: at the start of each half & after every time the ball goes out of play, give the ball to the team who can make the biggest triangle (3v3) or diamond (4v4) first. This will introduce them to some basic group shapes.

Guided Question: what can you do if your team does not have the ball? Try to chase after to see if you can steal it back.