



MASSACHUSETTS YOUTH SOCCER



GOAL Improve build up on opponents half to create scoring chances- 1 **Key Qualities** Optimal physical abilities, Focus

Age Group 14-U **Team Tactical Principles** Support the attack, Create a 2v1 or 1v1, Change the pace

PLAY - SMALL SIDED GAMES

Objective: Play the game. Each team is working to outscore the opponent.

Organization: Make two (2) 25Wx35L fields, a small goal at each end. As players arrive start playing a game. Play games up to 4v4. Play 3 minute games with a 1 minute in between games of active rest with dynamic stretching.

Rules: All FIFA laws apply.



Key Words: Get to open space to support your teammate with the ball, make an opening around, through or over the opponent

Guided Questions: What tells you players are interested in practice? When should you do a "fun" activity?

Answers: Players are interested in practice when they ask you "What are we doing today?" Run a "fun" team building activity when you recognize that players are less than enthused or focused as they arrive to practice.

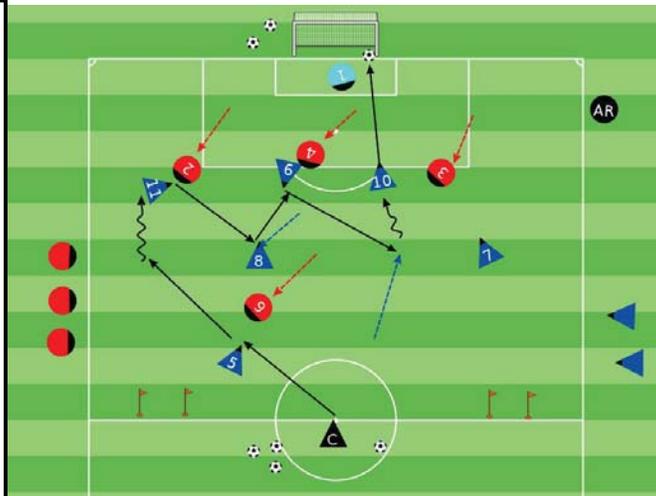
PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: 55Wx50L grid w/ a goal at each end, divide the team into groups of 4.

Rules: Each group will pass & move throughout the space. Groups will combine around or through the other groups and score in a goal. Continue to other goal. Repeat. Count number of combos & goals. Any mess up "zeros" your score to start again. Beat your score each interval.



Activity Duration	24 min	# of Intervals	4
Time Active	4 min	Active Rest	2 min



More Challenging Activity

Organization: 55Wx60L field with a goal at each end. Make 2 equal teams.

Rules: Play 6v6. Regular goal is one (1) pt. Goal after a combination play is 10 pts. Game is to 50 pts.

Objective: Move the ball forward by combining with teammates to keep possession, to be numbers up (2v1's) to create scoring chances.

Organization: On a 55Wx50L field, a regular goal on one endline and two (2) small goals at midfield. Coach in center circle at midfield with the balls. Play a 6v5 game to goal. Blue team player #'s 5, 7, 8, 9, 10, 11. Red team player #'s 1, 2, 3, 4, 6.

Rules: Coach starts play with the Blue attacking team. Blue scores in the regular goal. Red scores on the small goals at midfield. All FIFA Laws apply.

Key Words: Maintain possession, look to combine through an opening, penetrate the opening, move to move opponents, get numbers forward quickly

Guided Questions: What are the goals for the attackers in this activity? How can you adjust the activity to make it simpler, more repetitious?

Answers: The goal is to have numbers forward into the opponents half to build the attack by combining with teammates to create scoring chances. If there isn't enough repetition or the activity is too difficult for the attacking team take away a defender.

PLAY - LET THEM PLAY

Organization: On a 55Wx80L field and a goal at each end, play an 8v8 game. Blue team plays 1-2-3-2 and the red team plays 1-3-3-1. (Play 2 x 10 min halves with a 2 min halftime)

Rules: All FIFA laws apply.



Key Words: Create an opening, get numbers forward, possess to combine and create scoring chances

Guided Questions: When did the practice work for the players? How should you wrap up your practice?

Answers: It worked when you notice that the players are creating combinations to make openings to play through and score. End practice on a positive note at all times. One example is to highlight an objective the group successfully accomplished.