



MASSACHUSETTS YOUTH SOCCER



GOAL Disrupt the build up on your own half to deny chances (wide) **Key Qualities** Read & Understand the game, Focus

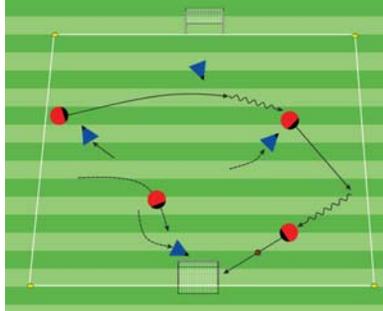
Age Group 14-U **Team Tactical Principles** Make it & Keep it compact, Stay involved, Steal the ball, Pressure

PLAY - SMALL SIDED GAMES

Up to 4v4 Games: Team with the ball attempts to score in the opponent's goal.

Organization: Set up two 25Wx35L 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 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games)

Rules: The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.

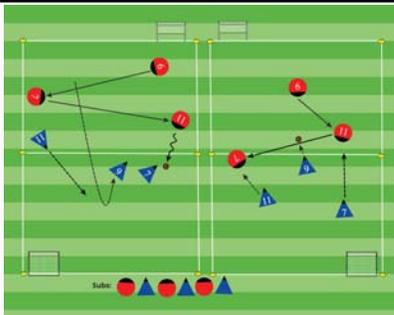


Key Words: Poke the ball away when you can, Press the ball to force it back

Guided Questions: As the players arrive, are they coming over to get the game started? Based on ability, are the teams relatively even?

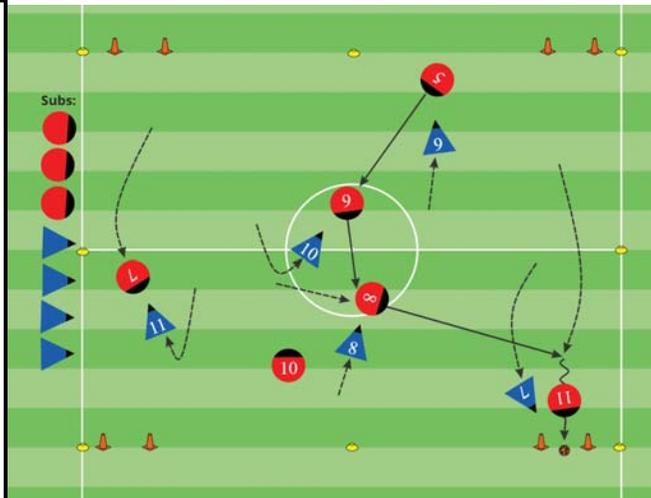
Answers: Arriving at the field and playing immediately is a new concept for many kids. Be prepared with the fields already set up so the games can start immediately. If needed, change players or opponents. Since the games are short though, sometimes it is ok to play out the round.

PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: Set up a field 35Wx40L field, a small goal on each end & diagonally across from each other, play a 3v3 game. (note: the goals are in opposite corners on the 2 fields-one defend to left and the other right) Both teams use player #'s 7, 9 & 11. Teams defend 1 end and score in the other. Try to force the team with the ball into the corner without the goal. Sub after each interval.



Activity Duration 25 min **# of Intervals** 5

Time Active 4 min **Active Rest** 1min



More Challenging Activity

Organization: On a 55Wx65L field, a big goal at 1 end & 3 counter goals at the other, play a 7v8 game. Blue team player #'s 5, 6, 7, 8, 9, 10 & 11. Red team player #'s 1, 5, 6, 7, 8, 9, 10 & 11. Blue scores in the big goal and red scores in any of the counter goals. Sub the players after each interval. (eliminate the outside goals if possible to make the attack to the center goal predictable)

Objective: Close openings, keep them closed, Regain the ball, Attack as quickly as possible

Organization: On a 55Wx50L field, 2 goals at each end, play a 5v6 game. Blue team player #'s 7, 8, 9, 10 & 11. Red team player #'s 5, 6, 7, 8, 10 & 11. Both teams can score in either of the opponent's goals. Ball can be dribbled through or passed through to a teammate. Sub players after each interval.

Rules: All FIFA Laws Apply. (if needed, red team can restart the play)

Key Words: Delay the attack, tell your teammates when to challenge for the ball or when to show some restraint

Guided Questions: How can you build a block to close any openings? Do the players without the ball have realistic opportunities to defend?

Answers: Set up 2 lines of players with some in front and some behind. Bunch closer together so the team with the ball will have to play through 2 lines of players to score. If the field is too big for the number of players involved, the chances of successfully defending and winning the ball becomes harder. Adjust the size of the field or the goals to help improve the success of the team without the ball.

PLAY - LET THEM PLAY

Organization: On a 55Wx80L field and a goal at each end, play an 9v9 game. Blue team plays 1-2-3-3 and the red team plays 1-2-3-3. (Play 2 x 10 min halves with a 2 min halftime)

Rules: FIFA laws apply.



Key Words: Get closer to the ball carrier to force their head down, Force the play into areas where your team can win the ball back

Guided Questions: When should the team without the ball shift across the field? How can you tell if the players enjoyed the training?

Answers: When the team with the ball is passing it across the field, shift as a team to close any openings forward. They are smiling during the training/game, they continue to work hard & when finished, they wanted the game to go on even longer.